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*Linking technology and psychology:
feeding the mind, energy for life*

ABSTRACT BOOK

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Abstract Book

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PSYCHOLOGICAL HELP TO THE REPRESENTATIVES OF DIFFERENT PROFESSIONAL GROUPS WHO EXPERIENCE SUBDEPRESSIVE STATE OF BURNOUT

E01. Health and clinical intervention - Assessing and accrediting quality of psychotherapy training and practice

Nadezhda Vlakh, Siberian Branch of the Institute of Economics and Law, Novokusnetsk - Russian Federation

Emma Meshcheryakova, Tomsk State University, Tomsk - Russian Federation

The research aim is to develop a model of psychodiagnostics and psychological support for people with subdepression in cases of job burnout. Research design. The integrative anthropological approach is the most suitable for representing aetio- and pathogenetic factors of subdepression in cases of burnout. Psychodiagnostic methods: Boyko Burnout Inventory, Maslach Burnout Inventory (MBI), Dodonov Emotional focus questionnaire, 16PF questionnaire (by R.Cattell), Langle's Existential analysis. Methods of psychological support: Problem-oriented Therapy (Blaser A, Heim E., Ringer C, Thommen M, 1998), Existential counselling by Deurzen (2007), Balint groups of professional and personal growth. Statistic methods: correlation, dispersion methods and cluster analysis. The sample range of the survey were 968 people (doctors, teachers, businessmen and policemen), who asked for a psychological support at the Counselling Centre of Novokuznetsk, Kemerovskaya Oblast. The obtained results widen and deepen the scientific understanding of burnout syndrome within "support" occupations. It was proven that subdepressive disorders in the case of burnout indicate the state of personal and communicative sphere of a person employed in a "support" occupation. It was revealed that a wider circle of subdepressive disorders is typical for people with an ill-formed personal-communicative sphere, and therefore, this is the reason for their low stress tolerance. The predicting factor of a decrease of subdepressive symptoms in case of burnout was the appearance of existential life purposes. The process of psychological treatment brings a positive improvement in the system of life-purpose orientation, relationship systems, and the widening of the self understanding sphere and existential issues of professional activities. The research data is used by clinical psychologists and psychotherapists. It can be used in work with four groups of professionals: doctors, teachers, businessmen and policemen. As a result, for the first time, original models of psychological support of representatives of "support" occupations with subdepressive disorders in cases of burnout have been formed and the efficiency of these models was checked. Psychological support aims to restore the life-purpose orientation of self understanding as a criterion of personal growth and for understanding personal existential problems.