



## PSYCHOLOGICAL INTERVENTIONS

**Tangrykulyyeva Aylar**

Instructor of Oguz han Engineering and Technology University of Turkmenistan  
Ashgabat, Turkmenistan

### **Abstract.**

Psychological intervention is undertaken to meet a wide variety of purposes. Some purposes are more focused and specialized, as in sports psychology, executive coaching, or various forensic contexts. Others are more comprehensive and general, as in many outpatient clinics. A biopsychosocial approach to professional psychology has distinct implications for conceptualizing the intervention process across all types of psychological practice. The chapters in this part of the book describe the basic implications of taking this approach across the four general phases of the treatment process, from assessment through treatment planning, treatment, and outcomes assessment. Many of these issues apply in nonclinical contexts as well, but the discussion here focuses on the behavior health care treatment process.

**Key words:** Applied psychology; mental disorders; psychotherapy; sports psychology; executive coaching; outpatient clinics; health care; measurement issue; cognitive coping; intervention.

Cognitive intervention is therapeutic approach that focuses on addressing and modifying cognitive processes, thoughts, and beliefs to bring about positive changes in an individual's emotional and behavioral well – being. This form of intervention is commonly used in the field of psychology and mental health to help individuals overcome various challenges, such as anxiety, depression, addiction, and post – traumatic stress disorder.

Key elements of cognitive intervention include these:

- 1. Cognitive Restructuring:** This technique involves identifying and challenging irrational or negative thought patterns and replacing them with more realistic and positive ones. By changing thought processes, individuals can often change their emotional responses and behaviors.

2. **Cognitive Behavioral Therapy (CBT):** CBT is a widely used form of cognitive intervention that combines cognitive restructuring with behavioral techniques. It helps individuals recognize and modify unhelpful thought patterns and behaviors that contribute to their psychological distress.
3. **Mindfulness and Meditation:** Mindfulness based interventions teach individuals to observe their thoughts without judgment and cultivate a greater awareness of the present moment. These practices can help reduce stress and improve overall mental well-being.
4. **Cognitive Rehabilitation:** In cases of cognitive deficits due to conditions like traumatic brain injury or neurodegenerative diseases, cognitive intervention may involve specific rehabilitation exercises and strategies to improve cognitive functioning.
5. **Problem – solving Skills:** Cognitive intervention often includes teaching individuals effective problem – solving skills to manage life’s challenges more adaptively.

Overall, cognitive intervention aims to empower individuals to gain better control over their thoughts and emotions, leading to improved mental health and enhanced coping skills to navigate life’s difficulties. It is a widely respected and evidence – based approach in the field of psychology and psychotherapy.

The recording of psychological interventions is not normally regarded as a measurement issue. However, a wide range of psychological and behavioral interventions is used in health care and it becomes increasingly important to be able to at least classify interventions. In the field of preparation for stressful medical procedures there are many interventions, for example, procedural information, sensory information, cognitive coping, and relaxation. For methods to be replicable and discriminable, they need to be characterized in sufficient detail to be able to at least classify which type of intervention is being used and perhaps to be able to rate interventions on the extent to which they use each mechanism (e.g., giving information, providing behavioral instruction, and training in relaxation). This issue becomes increasingly urgent as high – profile reports of investigations of such interventions are published without any data, descriptive information, or methods of accessing such information about the interventions being provided.

A variety of psychological interventions have been successfully implemented to alter the psychological responses, rehabilitation processes, and rehabilitation outcomes of athletes with injuries, particularly knee injuries. As with interventions targeted at preventing sport injuries, the reasons why the interventions work are not fully understood.

Included studies used any form of psychological intervention: including, but not restricted to, Cognitive Behavioral Therapy (CBT), Cognitive Therapy (CT) and Behavior Therapy (BT).

Psychological interventions can also be used to promote good mental health in order to prevent mental disorders. Those interventions are not tailored towards treating a condition but are designed to foster healthy emotions, attitudes and habits. Such interventions can improve quality of life even when mental illness is not present.

To treat mental disorders psychological interventions can be coupled with psychoactive medication. Psychiatrists commonly prescribe drugs to manage symptoms of mental disorders. Psychosocial interventions have a greater or more direct focus on a person's social environment in interaction with their psychological functioning.

Interventions can be diverse and can be tailored specifically to the individual or group receiving treatment depending on their needs. This versatility adds to their effectiveness in addressing any kind of situation.

As the conclusion, in applied psychology, interventions are actions performed to bring about change in people. A wide range of intervention strategies exist and they are directed towards various types of issues. Most generally, it means any activities used to modify behavior, emotional state, or feelings. Psychological interventions have many different applications and the most common use is for the treatment of mental disorders, most commonly using psychotherapy. The ultimate goal behind these interventions is not only to alleviate symptoms but also to target the root cause of mental disorders.

## **Conclusion**

Psychological interventions play a crucial role in addressing various psychological and behavioral challenges, ranging from mental disorders to cognitive and emotional well-being. These interventions are applied in different contexts, including clinical settings, sports psychology, executive coaching, and health care. Cognitive interventions, such as Cognitive Behavioral Therapy (CBT), cognitive restructuring, mindfulness, and problem-solving techniques, have proven to be effective in modifying thought patterns and behaviors, leading to improved mental health and overall quality of life.

Moreover, psychological interventions are essential in rehabilitation processes, particularly for individuals recovering from injuries, such as athletes with knee injuries. The classification and measurement of these interventions remain significant to ensure their effectiveness and replicability in different settings. While psychological interventions can be applied independently, they are often used alongside psychoactive medications to enhance treatment outcomes for individuals with mental disorders.

In conclusion, psychological interventions encompass a broad spectrum of strategies aimed at modifying behavior, emotions, and cognitive processes to promote mental well-being. Their flexibility and adaptability make them valuable tools in various professional and therapeutic fields. The ultimate goal is not only to alleviate symptoms but also to address the root causes of mental health challenges, ensuring long-term positive outcomes for individuals undergoing treatment.

## References

1. Beck, A. T. (2011). *Cognitive Therapy: Basics and Beyond*. Guilford Press.
2. Hayes, S. C., Strosahl, K. D., & Wilson, K. G. (2016). *Acceptance and Commitment Therapy: The Process and Practice of Mindful Change*. Guilford Publications.
3. Hofmann, S. G., Asnaani, A., Vonk, I. J., Sawyer, A. T., & Fang, A. (2012). The efficacy of cognitive behavioral therapy: A review of meta-analyses. *Cognitive Therapy and Research*, 36(5), 427-440.
4. Kazdin, A. E. (2017). *Evidence-Based Psychotherapies for Children and Adolescents*. Guilford Press.
5. Lazarus, R. S., & Folkman, S. (1984). *Stress, Appraisal, and Coping*. Springer.
6. Meichenbaum, D. (1995). *Cognitive-Behavioral Stress Management: A Treatment Approach*. Guilford Press.
7. Seligman, M. E. P., & Csikszentmihalyi, M. (2000). Positive psychology: An introduction. *American Psychologist*, 55(1), 5-14.
8. Wampold, B. E., & Imel, Z. E. (2015). *The Great Psychotherapy Debate: The Evidence for What Makes Psychotherapy Work*. Routledge.