PSYCHOLOGICAL COUNSELING TO SOLVE LIFE CRISSES: PRACTICE AND ISSUES

INTRODUCTION
Psychological counseling is an applied branch of modern psychology. Its task is to develop theoretical foundations and applications for providing psychological assistance to mentally and somatically healthy people in situations where they face their problems. The goals and objectives of psychological counseling can be defined differently depending on the approach to psychological counseling in which the specialist prefers to work. The main task of a counseling psychologist is to create conditions for a normal, mentally healthy client in which he would begin to create conscious non-standard ways of action that would allow him to act in accordance with his own life values and attitudes.

Interest in studying the problem of personal crisis in psychology has deep historical roots. The need to quickly and effectively adapt to different situations in today’s dynamic world still determines the professional need of professionals to improve their services. In this way, the necessity of establishing systemic links in the practical and problematic course of psychological counseling to solve life crises becomes relevant.

LITERATURE REVIEW
In psychology, there are different definitions of the concept of life crisis, its features, forms and stages of experience and overcoming. In essence, the crisis of life, as a deep human experience of the inability to continue normal life, associated with the need to reassess former life values and meaning, is a constant component of human life, a source of development, self-improvement and self-realization (CHUYKO & KOMISARYK, 2019). An article by Semushchenko (2016) discusses the main theoretical and methodological problems of current psychological counseling of life crises as a specific branch of scientific knowledge.

Andronnikova (2021) in its intelligence provides information and the necessary methodological assistance for the formation of professional competencies in the field of counseling practice, covering a set of information on various special issues of psychological counseling.

Kassymova, Gimazov, Bulatova, Rodol’skaya, Posypanova, Stepanova, Kirichkova, Arpentieva & Adinda (2020) note that mutual understanding as a multilevel and multicomponent process is an important condition for the success of inclusive practices in the field of psychological counseling in life crises. The possibilities of psychological counseling as an inclusive practice are related to the fact that it should and can be aimed at establishing a counseling dialogue, which is reflected in the leading ethical models of communication. The limitation of counseling is related only to its task of advisory, non-subject-educational support for the formation and development of the client. The specificity of counseling is because it simultaneously manages the client and his family on the principles of reality and development.

Yakhin (2021) offers the theory and practice of using symbols in psychotherapy based on the analysis of the Qur’an. In this way, the author emphasizes the connection between the symbolic
images of the text and the inner world of man (WONG, 2016), the state of their intellectual and spiritual connection.

Duckic & Blažeka-Kokorić (2014) argue that the intense spiritual experience of members of charismatic communities, their religious beliefs and experiences, as well as the support of the religious community create a significant resource for overcoming crises, helping them find meaning in life, cultivating an optimistic attitude to the future, strengthening marriage and family cohesion.

Tavrovetska (2019) analyzes theoretical and practical approaches in the study of basic beliefs of the individual in the context of overcoming life crises from a cognitive, social and existential standpoint. The scientist notes that a traumatic stressful event is an experience of a sharp and sudden collision of human beliefs with reality, and the course of the crisis will lay on the vitality of man, on the level of disruption of semantic connections in the structure of the individual’s life world. The author conducted a correlation analysis, which proves that the more a person’s life is full of stressful events, the less he assesses the significance of their impact on their own emotions, cognitions and behavior and to a lesser extent demonstrates the ability to overcome crises through personal growth.

Zhurba & Dokukina (2020) investigated the current problem of meaningful life crises and barriers of modern adolescents.

Kassymova, Tokar, Tashcheva, Slepukhina, Gridneva, Bazhenova, Shpakovskaya & Arpentieva (2019) study the practice of overcoming life crises through the understanding of stress by student youth. Stress is an important problem today, affecting both the physical and mental health of people. Researchers have established the stress impact degree on students’ academic achievement and health to suggest techniques and methods for dealing with student’s stress.

In social gerontology, according to Carr & Pudrovska (2010), there is no single concept of crises of middle and old age. The life crisis of these periods is perceived as a normal situation at the stage of life, when a person must solve a developmental problem or a psychosocial problem. Instead, sociologists and social epidemiologists define crisis in a broad sense as the transition and change of circumstances that deprive a person of a significant role, status, or relationship. Such crises can be acute events or chronic stressors.

Wright (2020) considers the loss of a loved one to be the biggest life crisis.

According to Davie (2018), the existence of a number of life crises or major life stages is observed in adulthood.

Mikušová & Horváthová, (2019) work on defining the basic elements of crisis management in the organization, the sequence of relationships of the main elements in the creation of crisis management, their importance in this process.

If the cause of a person’s mental state is considered as a normal life crisis and not as a disease, the person does not seek medical help, which, according to Biesta & Lawy (2006), is a negative social manifestation.

The findings of Westmaas & Silver (2001) indicate the importance of commitment to predict interpersonal reactions in a stressful context during psychological counseling.

Brühlmann (2013) argues that burnout is not a medical diagnosis, but a developmental disorder that is associated with the risk of further mental and physical illness. Burnout can be generalized in the process of fatigue with stress symptoms associated with society, stressors and the driving force of the stress enhancer. Burnout is also the content of a life crisis caused by a narrowing of success rates.

Kröll (2019) explores the use of non-prescription drugs (NMUPs) to overcome everyday life crises in order to manage their daily rhythms of life to reduce the sense of urgency and restore temporary power over the situation.

Persistent changes in human behavior, according to Hills (2008), are caused by a significant life crisis related to their health, relationships or important stages of life.

The way to overcome a life crisis is based on communication (MIRIVEL & THOMBRE, 2010).
Promoting human resilience and ingenuity illustrates a new approach to psychotherapy that is suitable for a wide range of psychological and medical problems related to stress, trauma and emotional crises. Rossi E., Mortimer & Rossi K. (2011) describe the theory, research, and practice of using a 4-step creative process to increase the duration of problem solving and mental and physical recovery by optimizing brain activity.

Mälkki (2012) analyzes in detail how a disorienting dilemma, a crisis of life events, can provoke reflection. Disorienting dilemmas are manifested in various emotional experiences, indicating that a person’s attitude to these emotions, in contrast to the nature of emotions, becomes important in the triggering of reflection.

Scientists have long been interested in crises and crisis management (anti-crisis management). Bundy, Pfarrer, Short & Coombs (2017) offer an integrative framework for crisis and crisis management based on research on strategy, organizational theory and organizational behavior, as well as research in public relations and corporate communications.

Despite the significant amount of scientific research on psychological counseling to overcome life crises, there is a need for a comprehensive study of the practice and issues of helping people in borderline situations.

AIMS

The aim of the study: offer system of connections of practice and problems of psychological counseling of overcoming life crises.

Research tasks:

Achieving a scientific goal involves solving a system of problems, including

- highlighting the understanding of the features and possibilities of psychological counseling as an inclusive practice;
- definition of ethical and trans model principles of counseling;
- clarification of the principles of meaning and life values;
- defining a system of barriers;
- outlining the basic features early adulthood;
- definition of the system of important crises of middle and late age;
- identification of threats to the well-being of middle-aged and elderly people;
- outlining the unpredictable positive consequences of crises;
- representation links between practice and issues of overcoming life crises.

RESEARCH METHODS AND METHODOLOGY

The methodological base is based on sociological and statistical methods of intelligence, as well as on a systematic analysis of the importance of understanding the paradigmatic links between practice and issues of overcoming life crises. Sociological methods (sociological survey, method of information analysis); statistical methods (ranking method, descriptive statistics) allowed to identify elements understanding the features and possibilities of psychological counseling as an inclusive practice; ethical and trans model principles of counseling; principles of meaning and life values; barrier systems; basic features early adulthood; systems of important crises of middle and late age; threats to the well-being of middle-aged and elderly people; unpredictable positive consequences of crises; links between practice and issues of overcoming life crises.

The study was conducted among 480 practical psychologists (Ukraine) using the Google-forms platform. Respondents were asked to answer different types of questions to be asked connections of practice and problems of overcoming life crises.
RESULTS

480 respondents took part in the poll. They are asked to rank thematic categories according to their experience. The first question concerned highlighting the understanding of the features and possibilities of psychological counseling as an inclusive practice. Respondents in percentage terms found such special guiding opportunities for psychological counseling as inclusive practice. In the first place was the desire to help customers understand their true "I" (58%); on the second - to achieve authenticity (25%); on the third - to achieve competitiveness and transparency (19%). The results are presented in Fig. 1.

Fig.1. Possibilities of psychological counseling as an inclusive practice

Source: Author’s own; compiled from respondents’ answers

In the second question, psychologists were asked to choose ethical and trans model principles of counseling. Respondents ranked the answers as follows: focus on the person and acceptance of the problem came first with a score of 33%, respect and delegation of responsibility empathy came second with a score of 25%, parity and trust in understanding the client and the world was third with a figure of 18%, the issue of specificity (attractiveness and personalization, objectivity and subjectivity) was in the penultimate place with 16 percent, optimism and focus on the development of the client as a person, partner and professional took last place with a result of 8 %. The results are presented in Fig.2.

Fig.2. Ethical and trans model principles of counseling

Source: Author’s own; compiled from respondents’ answers
Respondents were also asked to identify system of filling meaning and life values. They divided it into two elements: life planning (58%), and developing a life strategy that would help achieve the goal and overcome adverse barriers (42%). The results are presented in Fig. 3.

**Fig.3. The system of filling meaning and life values**

![Diagram showing life planning and developing a life strategy](image)

*Source: Author’s own; compiled from respondents’ answers*

The fourth question needed to be determined internal and external barriers to life strategy. Among the domestic respondents singled out barriers, contradictions, conflicts, personal qualities, fears. Among external - life circumstances, situations, adverse conditions, social and political crises. The results are presented in Fig.4.

**Fig.4. Internal and external barriers of life strategy.**

![Diagram showing internal and external barriers](image)

*Source: Author’s own; compiled from respondents’ answers*

In the next question, it was necessary to find out the components of the crisis early adulthood and rank them in descending order. Unrealistic expectations for the future, the establishment of stable emotional relationships, career building, separation from parents, personality changes, and doubts about their own abilities received 171, 120, 78, 46, 35 and 30 appeals, respectively. The results are presented in Fig.5.
In the sixth question, it was necessary to clarify the components of the crisis middle and late age and rank them in descending order. Divorce, widowhood, retirement, job loss, health problems, and loss of relatives received 111, 109, 98, 76, 65, 21 appeals, respectively. The results are presented in Fig.6.

Fig.6. Components of crises of middle and late age

Based on a previous question, psychologists were asked to identify threats to the well-being of middle-aged people. In the first place, respondents put self-reception (241 answers), the creation of secondary stressors (156 answers), pointing out the impossibility of achieving the previous goals (83 answers). The results are presented in Fig.7.
The last question was aimed at determining the unpredictable positive consequences of crises. In this system, respondents divided the answers as follows: in the first place, with a result of 39% put the thesis "they can promote personal growth", in second place was the statement of increased self-efficacy (23%), in the penultimate place - the achievement of significant new challenges (20%); in the last place - the promotion of new relationships (18%). The results are presented in Fig.8.

DISCUSSION
Based on a large number of investigations on the topic under discussion, we highlight the following provisions:

1. Kassymova, Gimazov, Bulatova, Rodol’skaya, Posypanova, Stepanova, Kirichkova, Arpentieva & Adinda (2020) highlight the understanding of the features and possibilities of psychological counseling as an inclusive practice aimed at
   a. help clients understand their true selves;
   b. achieve authenticity;
   c. achieve competitiveness and transparency.

   • Ethical and trans model principles of counseling:
     a. human orientation and acceptance,
b. respect and translation (transfer) of responsibility (to the client as a consultant) of empathy,
c. parity and trust in the client’s understanding of himself and the world,
d. specificity (attractiveness and personalization, objectivity and subjectivity),
e. optimism and focus on the development of the client as a person, partner and professional (KASSYMOVA, GIMAZOV, BULATOVA, RODOL’SKAYA, POSYPANOVA, STEPANOVA, KIRICHKOVA, ARPENTIEVA & ADINDA, 2020).

2. Scientists Zhurba, & Dokukina (2020) proved that the development of personal meaning and life values implies
   a. life planning,
   b. developing a life strategy that would help achieve the goal and overcome barriers:
      i. internal (barriers, contradictions, conflicts, personal qualities, fears);
      ii. external (life circumstances, situations, adverse conditions, social and political crises, etc.).

3. The focus of the study Leist & Jambori (2016) focuses on the early adulthood of a person based on
   a. unrealistic expectations for the future,
   b. establishing stable emotional relationships,
   c. career building,
   d. separation from parents,
   e. personality changes;
   f. doubts about their own abilities.

4. According to Carr & Pudrovskas (2010), important crises of middle and late age include
   a. divorce,
   b. widowhood,
   c. retirement,
   d. job loss,
   e. health problems,
   f. loss of relatives.

These acute and chronic crises threaten the well-being of middle-aged people (GRIGGS, 2013) and the elderly because they can threaten
   a. self-reception,
   b. create secondary stressors,
   c. indicate the impossibility of achieving their previous goals.

5. Both psychological and sociological perspectives share the assumption that crises often have: unpredictable positive consequences;
   a. they can promote personal growth,
   b. enhanced sense of self-efficacy;
   c. achieving significant new challenges;
   d. new relationships (CARR & PUDROVSKA, 2010).
CONCLUSIONS

Thus, based on research, it can be argued that the practice and issues of overcoming life crises - is a comprehensive implementation of the experience of a psychologist who provides care, which will only be successful if the counseling psychologist adheres to such guidelines for the relationship of analyzed concepts, presented in Table 1.

Again the table in the Conclusions, which contains material that has not been considered before.

Table 1. Connections of practice and problems of the system of overcoming life crises

| Problem                | Source of origin                          | The practice of overcoming                                                                 | Universal practices                                      |
|------------------------|-------------------------------------------|-------------------------------------------------------------------------------------------|----------------------------------------------------------|
| Normative life crisis  | patterns of personality development       | Coping strategies<br>Mechanisms of psychological protection of personality<br>Cognitive reassessment of a critical situation<br>Search for the meaning of the event<br>The desire to achieve a sense of control<br>The desire to achieve adequate self-esteem<br>Actualization of positive emotions<br>Recognition, understanding, acceptance and expression of one’s emotions | Physical condition<br>Social support<br>Life values<br>- viability<br>- locus control<br>- reflexivity<br>- motivation to achieve<br>- affiliation motivation<br>- persistence<br>- self-esteem<br>- self-control self-efficacy<br>- self-actualization<br>- subjective picture of life<br>- dispositional<br>- optimism<br>- self-esteem<br>- self-control self-efficacy<br>- self-actualization<br>- subjective picture of life<br>- dispositional<br>- optimism<br>- self-esteem<br>- self-control self-efficacy<br>- self-actualization<br>- subjective picture of life<br>- dispositional<br>- optimism<br>- self-esteem<br>- self-control self-efficacy<br>- self-actualization<br>- subjective picture of life<br>- dispositional<br>- optimism<br>- self-esteem<br>- self-control self-efficacy<br>- self-actualization<br>- subjective picture of life<br>- dispositional<br>- optimism<br>- self-esteem<br>- self-control self-efficacy<br>- self-actualization<br>- subjective picture of life<br>- dispositional<br>- optimism<br>- self-esteem<br>- self-control self-efficacy<br>- self-actualization<br>- subjective picture of life<br>- dispositional<br>- optimism<br>- self-esteem<br>- self-control self-efficacy<br>- self-actualization<br>- subjective picture of life<br>- dispositional<br>- optimism<br>- self-esteem<br>- self-control self-efficacy<br>- self-actualization<br>- subjective picture of life<br>- dispositional<br>- optimism<br>- self-esteem<br>- self-control self-efficacy<br>- self-actualization<br>- subjective picture of life<br>- dispositional<br>- optimism<br>- self-esteem<br>- self-control self-efficacy<br>- self-actualization<br>- subjective picture of life<br>- dispositional<br>- optimism<br>- self-esteem<br>- self-control self-efficacy<br>- self-actualization<br>- subjective picture of life<br>- dispositional<br>- optimism<br>- self-esteem<br>- self-control self-efficacy<br>- self-actualization<br>- subjective picture of life<br>- dispositional<br>- optimism<br>- self-esteem<br>- self-control self-efficacy<br>- self-actualization<br>- subjective picture of life<br>- dispositional<br>- optimism<br>- self-esteem<br>- self-control self-efficacy<br>- self-actualization<br>- subjective picture of life<br>- dispositional<br>- optimism<br>- self-esteem<br>- self-control self-efficacy<br>- self-actualization<br>- subjective picture of life<br>- dispositional<br>- optimism<br>- self-esteem<br>- self-control self-efficacy<br>- self-actualization<br>- subjective picture of life<br>- dispositional<br>- optimism<br>- self-esteem<br>- self-control self-efficacy<br>- self-actualization<br>- subjective picture of life<br>- dispositional<br>- optimism<br>- self-esteem<br>- self-control self-efficacy<br>- self-actualization<br>- subjective picture of life<br>- dispositional<br>- optimism<br>- self-esteem<br>- self-control self-efficacy<br>- self-actualization<br>- subjective picture of life<br>- dispositional<br>- optimism<br>- self-esteem<br>- self-control self-efficacy<br>- self-actualization<br>- subjective picture of life<br>- dispositional<br>- optimism<br>- self-esteem<br>- self-control self-efficacy<br>- self-actualization<br>- subjective picture of life<br>- dispositional<br>- optimism<br>- self-esteem<br>- self-control self-efficacy<br>- self-actualization<br>- subjective picture of life<br>- dispositional<br>- optimism<br>- self-esteem<br>- self-control self-efficacy<br>- self-actualization<br>- subjective picture of life<br>- dispositional<br>- optimism<br>- self-esteem<br>- self-control self-efficacy<br>- self-actualization<br>- subjective picture of life<br>- dispositional<br>- optimism<br>- self-esteem<br>- self-control self-efficacy<br>- self-actualization<br>- subjective picture of life<br>- dispositional<br>- optimism<br>- self-esteem<br>- self-control self-efficacy<br>- self-actualization<br>- subjective picture of life<br>- dispositional<br>- optimism<br>- self-esteem<br>- self-control self-efficacy<br>- self-actualization<br>- subjective picture of life<br>- dispositional<br>- optimism<br>- self-esteem<br>- self-control self-efficacy<br>- self-actualization<br>- subjective picture of life<br>- dispositional<br>- optimism<br>- self-esteem<br>- self-control self-efficacy<br>- self-actualization<br>- subjective picture of life<br>- dispositional<br>- optimism<br>- self-esteem<br>- self-control self-efficacy<br>- self-actualization<br>- subjective picture of life<br>- dispositional<br>- optimism<br>- self-esteem<br>- self-control self-efficacy<br>- self-actualization<br>- subjective picture of life

Non-normative life crisis | unexpected changes in the situation | Revaluation of values<br>Building an image of the future<br>Search for new meanings of life |

Source: Author’s; concluded based on the analysis of respondents’ answers

In this way, the results report that the links between practice and issues of overcoming life crises during psychological counseling are interdependent and subordinate, as practice seeks to solve these problems. An important area of further scientific research will be an attempt to deduce the causes and ways to eliminate life crises. The practical significance of the study was to present the links between practice and issues of overcoming life crises.

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Psychological counseling to solve life crises: practice and issues

Aconselhamento psicológico para resolver crises de vida: prática e problemas

Asesoramiento psicológico para resolver crisis de la vida: práctica y problemas

Resumo
O objetivo de nossa pesquisa é uma definição de práticas de sistemas e questões de aconselhamento psicológico para superar crises de vida. 480 psicólogos práticos (Ucrânia) participaram da pesquisa sociológica na plataforma de formulários do Google. Destacou-se a compreensão das características e possibilidades do aconselhamento psicológico como prática inclusiva que visa ajudar os clientes a entender seu verdadeiro “eu”, alcançar autenticidade; alcançar competitividade e transparência. Princípios éticos e trans de aconselhamento (foco na pessoa e aceitação do problema, respeito e delegação de empatia, paridade e confiança na compreensão do cliente sobre si mesmo e do mundo, especificidade (atratividade e personalização, objetividade e subjetividade), otimismo e foco no desenvolvimento do cliente como pessoa, parceiro e profissional). Está provado que o desenvolvimento do sentido pessoal e dos valores de vida envolve o planejamento da vida, o desenvolvimento de estratégias de vida que ajudem a alcançar o objetivo e superar barreiras internas e externas.

Keywords: Psychological counseling. Coping practice. Life crisis. Psychological analysis. Qualified help.

Abstract
The purpose of our research is a definition systems practices and issues of psychological counseling to overcome life crises. The methodological base is formed on sociological and statistical methods of intelligence, as well as on a systematic analysis of practices and issues of overcoming life crises. 480 practical psychologists (Ukraine) took part in the sociological survey on the Google-forms platform. The understanding of features and possibilities of psychological counseling as an inclusive practice aimed at helping clients to understand their true “I” is highlighted; achieve authenticity; achieve competitiveness and transparency. Ethical and trans model principles of counseling (focus on the person and acceptance of the problem, respect for the client’s understanding of empathy, parity and trust in the client’s understanding himself and the world, specificity (attractiveness and personalization, objectivity and subjectivity), optimism and focus on development of the client as a person, partner and professional). It is proved that the development of personal meaning and life values involves life-planning, development of life strategies that would help achieve the goal and overcome internal and external barriers.

Keywords: Psychological counseling. Coping practice. Life crisis. Psychological analysis. Qualified help.

Palavras-chave: Aconselhamento psicológico. Prática de enfrentamento. Crise de vida. Análise psicológica. Ajuda qualificada.

Palabras-clave: Asesoramiento psicológico. Práctica de afrontamiento. Crisis de la vida. Análisis psicológico. Ayuda cualificada.

Resumen
El propósito de nuestra investigación es una definición de sistemas de prácticas y cuestiones de asesoramiento psicológico para superar las crisis de la vida. 480 psicólogos prácticos (Ucrania) participaron en la encuesta sociológica en la plataforma Google-forms. Se destaca la comprensión de las características y posibilidades del asesoramiento psicológico como una práctica inclusiva dirigida a ayudar a los clientes a comprender su verdadero “yo”, lograr la autenticidad; lograr la competitividad y la transparencia. Principios éticos y trans modelo de asesoramiento (enfoque en la persona y aceptación del problema, respeto y delegación de empatía, paridad y confianza en la comprensión del cliente de sí mismo y del mundo, especificidad (atraactividade y personalización, objetividad y subjetividad), optimismo y enfoque en el desarrollo del cliente como persona, socio y profesional). Está demostrado que el desarrollo del significado personal y los valores de la vida implica la planificación de la vida, el desarrollo de estrategias de vida que ayudarían a lograr la meta y superar las barreras internas y externas.

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