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of Individual Psychology (Online)**

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**Challenges in the Global World:
Healing and Growth**

**Виклики у глобальному світі:
зцілення та ріст**

28th International Congress
of Individual Psychology
(Online)

Challenges in the Global World: Healing and Growth

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Z. Koshulynska
O. Lyzak
N. Grinko
O. Berezyuk
P. Kozyra

Abstract book of the 28th International Congress of Individual Psychology “Challenges in the global world: healing and growth” (July 10-14, 2021, Lviv, Ukraine), which reflect the current state of research, theories, practices in the health care system, education for the challenges of the global world and the search for internal reserves for growth and healing.

For psychotherapists, psychiatrists, clinical psychologists, psychologists and all mental health specialists.

The authors are fully responsible for the facts mentioned in the abstracts. The opinions of the authors may not always coincide with the editorial boards point of view and impose no obligations on it.

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Oksana Kosarieva, Ph. D., Associate Professor Associate Professor of Pedagogy and Psychology (preschool and correctional) named after prof. Ponimanska T. I.

Rivne state University of humanities

Member of Ukrainian Umbrella Association of Psychotherapists, section of A. Adler individual psychology, Ukraine

Use of methods of Adlerian's play therapy in interaction with children

Establishing of democratic relations between adults and children in Adlerian therapy is the priority task. While dealing with children it is important to use such techniques as observing description, its content is the observing of child's actions, focusing on the process and the result of activity. Another method is the reproduction of child's words and proceedings which is based on mirror image of actions, displaying of child's behaviour by adults.

In order to create self-assertiveness of a child it has been used the method of exciting expression, in which the attention is focused not on objective but on the subjective side of child's behaviour. A. Adler believes that children shouldn't be given the answers which satisfy adults but true and sincerely ones. In such cases the technique of endless refinements is used.

According to Adlerian approach, questions should not contain hidden evaluation. They should specify what is happening in playing room or beyond it. However the way of asking questions should show respect to child's desire to answer a question, to refuse to do this or to ignore it. Therefore, in child's psychotherapy it is used the method of direct and test questions. Test questions are hypothesis.

For establishing relations with children it is used the method "In Whisper", which allows a child to "be a leader", gives opportunity to compensate unrealized desires.

Relationship between an adult and a child always provides certain restrictions on child's activity. For this purpose the method "Negotiations" is used. Imposing limits in psychotherapy includes four stages: 1) setting of allowed boundaries; 2) reflecting of child's feelings in that regard; 3) supporting of a child in order to find new means of actions that would not violate the restrictions; 4) helping him/her to imagine logical consequences if a child does not follow new agreements.

Therefore, the methods of Adlerian play therapy directed on effective relationship between adults and children, in particular: recognition of child's value, acceptance of their right to be themselves.

Cristina Sanz

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