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RESEARCH ARTICLE

Value-Based Approach in Psychology

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ABSTRACT

The article reveals the essence of the value-oriented approach in psychology, the methodology of its application in the practical work of a psychologist, as well as the need to form the position of a "student" at the client

At present, when the whole world is experiencing a state of instability, the work of psychologists in society is more important than ever. The psychological community tries to find, synthesize methods and tools that will show high efficiency in working with clients and will have a long-term effect.

The purpose of this article is to introduce readers to the value-oriented approach (VOP) in psychology, which is the latest psychological direction that summarizes the achievements of psychological science and formulates universal principles of psychological practice.

The VOP methodology represents a conceptually new approach to solving psychological problems. The psychological problem is seen not as a hindrance that needs to be addressed, but as a positive feedback from life. In the philosophy of this approach, life is seen as a sentient, supportive force for the existence of man, and man as a part of the whole associated with reality through many physical, mental and spiritual connections. In the case when a person violates harmony in relations with reality by his actions, he receives a signal about this in the form of various problematic circumstances and psychological difficulties. The work also uses the results of a study of the use of a VOP - approach among young people (100 people) aged 19 to 30 years.

It seems to the authors of this article that the method of effective psychological assistance to people at the present time, which helps and teaches to cope with problems, is the method of value-oriented psychology.

There is one wise popular statement: "If you want to feed a person - give him fish, and if you want him to be full all your life - teach him to fish."

Keywords: value-oriented psychology, difficulties - as a resource, problem - as a task.

Difficulties - as a resource for development.

The topic of overcoming and transforming difficulties is relevant for each person.

There are no people who would never come across them in their lives: a meeting is inevitable, no matter what kind of social environment we have, the level of wealth and life experience. At the same time, the meeting with difficulties is always unpredictable and unexpected. A famous proverb says: If I knew where to fall, I would lay a soft pillow. And since we cannot say when this or that negative event will take place in our lives, we need to learn how to properly accept these events, evaluate them and overcome them.

It should be noted here that the existence of difficulties in our lives is objective, that is, they come into our lives regardless of whether we want to meet them or not, but the perception of these difficulties by each of us is a subjective process. It's like daylight, which is white but refracted in droplets of water (like after rain) reproduces a gorgeous phenomenon we all love to observe - the rainbow. Initially, the color is white, but depending on the medium through which it passes, it acquires one or another shade. So various phenomena in our life, depending on the perception by each specific person, will acquire one or another color: become a difficulty, opportunity, happy moment, etc. Thus, by forming the correct perception of the various phenomena that come into our lives - we can improve our skills in overcoming difficulties and become more successful in our lives.

Recall folk wisdom, which sounds like this: Sow a thought - reap an act, sow an act - reap a habit, sow a habit - reap a character, sow a character - reap life.

From here we can draw a very good conclusion - what a person thinks and how he acts depends on his whole life. And accordingly, on the contrary, if we change our way of thinking, the style of action - our lives also change. So, it is our worldview that determines our way of thinking and plays a key role in a person's life, and depending on this, a person will perform certain actions and strive for certain goals.

What is actually happening in our life? Often we concentrate on negative events and experiences, because negative emotions overwhelm us. We are offended by loved ones, friends, colleagues and for our entire lives in general. Our minds turn off and we become incapable of thinking clearly.

Unable to look at the situation from the outside, we are experiencing problems over and over again. Situations are not worked out, feelings are not accepted, events are repeated with various variations or result in diseases of the body and soul.

Each of us develops a different approach to solving life's problems. Someone chooses a strategy to avoid difficulties: drug addiction, alcohol, food addiction. So we become like an ostrich running away from a tiger that hides its head in the sand. Despite the fact that the ostrich does not see the tiger, the danger does not disappear anywhere.

Others choose a strategy for drastic changes: they leave the family, move to a new place of residence, change the field of activity, etc. However, in this case, the result is the same. The problems don't go away.

The value-oriented approach in psychology (VOP method), developed by Oleg Georgievich Gadetsky, helps to learn how to work with problems, since it gives an understanding that any difficulty that comes into our lives is a resource.¹ This, in turn, helps to direct life energy in the right direction, similar to the way the captain controls the course of his ship.

What should be considered a difficulty? What will be a barrier or a problem for one person can be a growth point for another. Therefore, it is important to understand here that the perception of various life phenomena - obstacles, obstacles, problems, will occur directly in the head of each person and relate personally to him. That is, each of us has its own unique circumstances, its own scenery and its own characters, perfectly selected for us.

We each have a so-called comfort zone and a courage zone (growth zone). The comfort zone includes all the things we're very familiar with, places we know, friends who are easy, activities we enjoy. In the comfort zone, it's easy and easy. Within its borders, we feel safe.

In the zone of courage - everything is not so. There is risk, the possibility of failure, uncertainty, discomfort and change. But only here there are new opportunities and only here we are waiting for the realization of our potential, the huge wealth with which we came into this life. In the American fitness environment, there is such an expression "No Pain - No Gain." If you apply this to our topic: there are no difficulties - there is no growth. Most people want to be happy, want to make their dreams come true, but do not want to leave their comfort zone. Perhaps this?

¹ Oleg Gadetsky. Value-oriented psychology: a universal approach to solving psychological problems/O. Gadetsky. - Rostov-on-Don: Media-Policy LLC, 2019. - 436 s.

No! This is the paradox. This applies ONLY to the difficulties that make us grow.

But there are also difficulties that put us on the right path. There are subtle laws of harmony in our world. These laws permeate everything that exists, putting it in order. And if we break these laws, do the wrong thing, life gives us feedback, returning our wrong actions to us in the form of various problems.

Likewise, if we are illiterate about ourselves, difficulties in the form of internal disharmony and conflicts in our inner world will await us.

All the difficulties that come into our lives are given not so that we run away, but so that we grow.

These are tasks that are important for us to solve. And, most interestingly, in our difficulties, life lays strength for us. This is like a gift that is presented to us from above. The packaging may not appeal to us, but if we unpack the gift - we can understand its value. It's like a force charge that can take us to the next level.

In a value-oriented approach, we believe that it is very important that psychology helps a person not only solve his problems, but also learn, think about his life and his actions. It is important that a person learns to use the resources that he has to overcome his problems.

True psychology can only help us by guiding us on the right track, but all the work - each of us must do on our own. We need to learn how to work with ourselves. Psychological techniques are like an instrument in a person's hands. The tool can be very high quality, very expensive, well made, but it only depends on the person how it will be applied.

Approach to Value-Based Approach

The methodology for applying a value-based approach consists in the fact that the psychotherapist goes through a number of steps with the client.

The first and most important step is to accept the position of the student. It is important that the client has the acceptance that the difficulties that came into his life came precisely for his growth. This is a task, a lesson that needs to be solved. Here, the psychologist necessarily makes a setting that the laws of harmony and the Supreme Loving Force, which helps a person develop, apply in life. Any difficulties come as feedback from life and help a person to understand whether he is moving in the right direction.

If a person experiences suffering, health deteriorates, relationships with loved ones, colleagues, friends - it's time to see what kind of lesson came to life, what kind of task needs to be solved. Our survey studies, (the sample was more than 200 people aged 20 to 30 years), showed that the value-based approach is intuitive to the individual. More than 80% of respondents said that they tend to treat incoming problems and difficulties as tasks that need to be solved².

So, if the client is ready to accept the position of the student, then he shows the acceptance of the problematic circumstances that came into his life, as what is necessary for growth or created by his wrong actions in the past. There can be no compromises at this stage. Honesty is important here. The lesson will be revealed only when the client really understands, and sincerely accepts his lesson.

If outwardly he pretends to accept, but inside there is even the slightest protest, and disagreement, this means that he is rebellious and wants to maintain independence in his life. This means that there is a fear of opening up to life, to its loving leadership. But behind every difficulty is the Supreme Loving Power of Life.

Next, the psychologist works with the feelings of the client. There is a study of problematic, feelings accompanying problematic circumstances. The client needs to focus on his negative feelings, which are brought by the situation with which the client and psychotherapist work and try to allow them to be, they fill the necessary place in the body, fully living and accepting them with gratitude.

It is important for a psychotherapist to emphasize that the highest loving life force always supports us. This trust in the highest loving power acts as a positive resource that helps a person to accept their problematic feelings.

A sign that negative feelings are lived will be a feeling of calm or confidence, as well as an understanding of one or another of your needs, which the client needs to meet.

Next comes the step of revealing the life lesson. The psychotherapist asks the client to look at the difficulty, at the situation that caused trouble and ask, why did this situation appear in life, what is its meaning? What needs do I need?

Here it is important to understand what negative qualities or attitudes, beliefs of the client interfere with development, cause negative reactions, and what qualities of character, on the contrary, it is important to develop, what pushes the client to his Life?

² Materials of the questionnaire "Value-oriented psychology in the social sphere" in 2021-2022. Rostov-on-Don.

And finally, the next step is ACT. For changes in life to occur, it is necessary that what the client realized in his work with a psychotherapist - he realized in life. How to bring new insights to life? What actions can show the best qualities of character that are important to develop in life?

By doing this, the client really solves the problem and becomes an apprentice. So, we observe not instant changes, but the process of internal transformation of a person.

Within us, we have all the necessary capabilities and qualities to cope with any life situation. The problem is not that we lack something, but to take advantage of this situation.

Conclusions

In conclusion, the following conclusions can be drawn: experience with the use of the method of

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1. Oleg Gadetsky. Value-oriented psychology: a universal approach to solving psychological problems/O. Gadetsky. - Rostov-on-Don: Media-Policy LLC, 2019. - 436 s.

value-oriented psychology shows that clients in the process of work and in the future learn to work independently with emerging difficulties in life, gain internal support and stability of the psyche. So, they begin to use VOP as a self-help tool. The application of the method is available to each of us.

It should be noted that the above-described method has some limitations in application. The VOP - method complies with the objective laws of life and has a universal nature. However, this method will work efficiently and environmentally friendly when the principles on which this method is based are implemented. If a person is not ready to accept the position of the student, the existence of objective feedback from life, then this method will not give the desired results in work.

2. Materials of the questionnaire "Value-oriented psychology in the social sphere" in 2021-2022. Rostov-on-Don.