

SECTION 4. PSYCHOLOGICAL ASPECTS OF INTERETHNIC AND INTERCULTURAL RELATIONS

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FEATURES OF PSYCHOLOGISTS' ACTIVITY IN A MULTICULTURAL ENVIRONMENT: A PSYCHOLOGICAL APPROACH

ОСОБЛИВОСТІ ДІЯЛЬНОСТІ ПСИХОЛОГІВ В УМОВАХ ПОЛІКУЛЬТУРНОГО СЕРЕДОВИЩА: ПСИХОЛОГІЧНИЙ ПІДХІД

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The present-day activities of domestic psychologists are associated with a number of circumstances in the lives of our citizens. Military actions on the territory of Ukraine, which have led to large flows of refugees, internally displaced persons, and migrants, and as a result, the need for adaptation to new living conditions and work, taking into account the specifics of regions and the multicultural environment. Such circumstances

justify the relevance of studying and substantiating the features of psychologists' activities in multicultural environments from the perspective of a psychological approach.

Referring to the considerations of O. L. Turykina [1], we consider it necessary to formulate the basic provisions of the psychological approach in the activities of psychologists. That is, the psychological approach in the activities of psychologists is a system of methods, techniques, and approaches based on the principles of psychological sciences and aimed at understanding, researching, and supporting mental health and personality development. The basic methodological principles of the psychological approach include:

- the uniqueness of each individual and the influence of their life context on mental functioning;
- reliance on basic theories of psychology, namely: behavioral, cognitive, humanistic, psychoanalytic, etc., as well as on the findings of scientific research, empirical observations, clinical experience;
- consideration of the interaction between different aspects of personality (mental, behavioral, social, etc.) and their mutual influence on health and personality development;
- flexibility and adaptability to different age groups, cultural and social contexts, as well as to the needs of specific clients;
- adherence to ethical principles, including confidentiality, respect for the client's personality, safety of their mental state, etc.;
- active cooperation between the psychologist and the client in understanding and solving problems;
- focus on supporting the development and self-realization of the individual through the disclosure of their potential and overcoming psychological barriers.

Analysis of professional literature and scientific sources allows us to state: the psychological approach is the foundation for a wide range of psychological interventions, from clinical psychotherapy to counseling, psychological education, and research. The use of this approach enables psychologists to effectively help people solve their problems and achieve mental well-being.

However, the characteristics of a multicultural environment pose a number of specific tasks and demands on psychologists' activities. The psychological approach in such conditions requires taking into account various cultural contexts that influence personality formation, behavior, and interpersonal relationships.

Let's outline the key aspects of the psychological approach in multicultural environments:

- *cultural competence*: psychologists should have a deep understanding of differences in cultural values, beliefs, norms, and practices. This allows them to adapt psychological methods and techniques to the needs of representatives of different cultural groups;

- *communication skills*: psychologists need to possess effective communication skills with clients from different cultures, showing respect for their cultural identities, avoiding linguistic and cultural barriers;

- *promoting cultural sensitivity*: psychologists can actively promote the development of cultural sensitivity in clients by providing information about cultural differences and improving their intercultural skills;

- *awareness of own cultural beliefs and acceptance*: psychologists should be aware of their own cultural beliefs and be ready to reflect on their influence on professional activities;

- *systemic approach and interaction*: psychologists should systematically consider the interaction between culture, psyche, and social environment, which is important for understanding the behavior and psychological state of people in a multicultural environment;

- *empathy and respect*: psychologists should show empathy and respect for clients' cultural and religious views, demonstrating interest in their unique life situation and experience;

- *culturally competent approaches to diagnosis and therapy*: psychologists should be able to adapt diagnostic and therapeutic methods to the cultural needs and demands of clients. This may include the use of culturally specific tools, consideration of cultural beliefs and values, as well as promoting the choice of alternative therapy approaches, including traditional healing methods;

- *self-reflection and development*: psychologists should constantly work on self-reflection and the development of their own worldview, which involves studying various cultures, realizing their own cultural biases and assumptions, as well as continuously improving their practice through learning, gaining experience, and collaborating with colleagues from different cultures.

Overall, the activities of psychologists in a multicultural environment from the perspective of a psychological approach require consideration of the diversity of cultures, social norms, and values present in this environment to ensure adequate support and development for clients regardless of their cultural background.

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