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PSYCHOTHERAPEUTIC METHODS OF NEUROSES TREATMENT

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This work contains information about spreading of neurotic disorders and methods of treatment used in the practice of psychotherapist. Neurosis is one of the most common mental disorders in developed countries. The cause of the disease is closely associated with the development of modern information technologies and urban lifestyle of the population. Urban lifestyle inevitably leads to increase of the number of stressful situations. As a result a person uses different defensive mechanisms. This leads to neurosis, manifested through psychosomatic diseases. Some forms of neuroses may be asymptomatic. Psychotherapists and psychologists have the number of complex problems associated with the treatment and diagnosis of neurotic conditions.

The main questions to discuss:

- 1 What method of treatment is the most effective?
- 2 What symptoms are the most objective for the diagnosis of neurosis?
- 3 What patient's condition can be considered as the norm?
- 4 What measures must be taken for the prevention of neurotic conditions?

It is necessary to study all possible methods of treatment and to identify the most suitable for different forms of the disease. The combination of several methods can significantly improve the effect of treatment and accelerate the healing. The scientists need to examine the correlation of neuroses and psychosomatic diseases with defensive mechanisms of the patient. All these measures may improve the understanding of the disease and prevent its rapid spreading.