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# INTRODUCTION

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Today psychology is one of the leading and most rapidly developing sciences of man, the laws of development and functioning of mental activity. Modern psychology is not only a fundamental science, but also a field of professional activity of psychologists, aimed at improving human mental resources and adaptive capacity, harmonization of mental development, health care, overcoming of illnesses and psychological rehabilitation. Mental health problems are the focus of the psychology branches recognized by the entire world psychological community - neuropsychology and psychopathology, as well as new areas - psychology of corporeality (psychosomatics), abnormal ontogeny psychology, psychological correction, health psychology. Health psychology is a science of psychological reasons of health, the methods and means of its preservation, enhancement and development. Health psychology examines the changes in motivation and the formation of positive attitudes towards a healthy lifestyle.

Clinical psychology studies the general and specific patterns of changes and recovery of mental activity in various pathological conditions and anomalies of development, the role of mental factors in the occurrence and overcoming of various illnesses, in health promotion. Along with this, other branches of psychology - general psychology, cognitive psychology, developmental psychology, educational psychology, personality psychology, psychology of work and engineering psychology, social psychology develop problems of health psychology, prevention of mental health and personal development disorders through the creation of optimal conditions of development and self-realization, overcoming of stress and frustration, compensation of social, family and personal risk factors. Of increasingly paramount importance today is now the systematic monitoring of the progress of the child's development with a view to the earliest possible detection of disorders and abnormalities in the development and their targeted address correction. L. Vygotsky, who received global recognition as the founder of cultural-historical psychology, said that the problem of intellectual



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development abnormalities is primarily a social problem requiring the identification of resources for the formation of higher mental functions, based on the assimilation of cultural experience and heritage of mankind. The study of factors and determinants of human development at different stages of ontogeny, the selection of those periods in the development of mental and personal areas which are the most vulnerable and sensitive to harmful effects can prevent serious disorders in the behavior and emotional sphere of man, maintain mental health and ensure the conditions for successful development. The ambiguity of the role of culture, serving both as the basis for the progress of human abilities and resource potential and a factor of mental health disorders, the formation of the so-called cultural pathology, various addictions and behavioral deviations, makes it necessary to build on the achievements in the field of psychology. Creating a new phenomenon – the digital childhood – the information environment of the 21st network century causes the risks of the imposition of norms, values, lifestyle of a crime-oriented and marginal environment; overt and covert propaganda of alcohol, narcotic drugs and psychotropic substances, propaganda of the cult of violence and cruelty, carried out through the media as well as by means of modern telecommunications networks, including the Internet; the destruction of family education traditions and breaking of family ties, the threat of desocialization, the emergence and consolidation of deviant and unlawful behavior that threatens human mental and psychological health.

Psychological health as a set of personal characteristics, which are a prerequisite for stress resistance, social adaptation and successful self-realization, now becomes a leading feature of the human resource potential, it goes beyond the preservation of health. Health itself can be considered as a condition for the man's successful achievement of the intended life goals. Good health does not become an end in itself, but a prerequisite for the successful implementation of the man's mission, life purpose and meaning of life. Preservation, consolidation and full development of spiritual, mental, social and somatic determinants of health can only be achieved by relying on theoretical knowledge, methods and modern information and communication



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technologies developed in modern psychology. The important tasks of health psychology are to increase the level of psychological and communication culture of personality, to assist in determining the ways and conditions for self-realization, revealing of one's creative and spiritual potential.

Today it is hard to imagine the solution of diverse practical problems in different spheres of life – health care, education, social assistance – without the participation of psychologists. The focus of psychology is people with mental "pain" and problems, with adaptation and self-realization difficulties related to their health condition. Psychological diagnostic, expertise, rehabilitation and correction are indispensable components of the modern integrated measures for the prevention and overcoming not only of diseases but also of different states of human maladjustment. In the field of health care, psychologists are involved in a broad range of tasks, working in all types of health care institutions, they actively engage in solving a range of problems related to mental health care of the younger generation, working in preschool institutions, schools, children's health camps, boarding schools for children with a delay and underdevelopment of the psyche, in Centers for correction and curative education, family and childhood services, in social welfare services, employment centers, recruiting services, social care facilities, family planning services, centers of psychological help to victims of violence, social and natural disasters, crisis services, and many other.

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## GOALS AND OBJECTIVES

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The International Conference "Psychology and Mental Health" is aimed at creating a favorable environment for the development of the concept of psychological support of man and populations in order to maintain mental and psychological health through the consolidation of efforts of Russian and foreign specialists on the interdisciplinary, interdepartmental and cross-sectoral level.

**Main objectives of the conference:**



- Bringing together the international expert community, represented by experts - psychologists, teachers, doctors - for the reflection, generalization and distribution of achievements of psychological sciences and the development of a consolidated position on the preservation of human mental and psychological health.
- Development of innovative approaches, methods and best practices in the development of psychological support programs and the creation of efficient technologies in order to protect human mental and psychological health.
- Presentation of the best scientific and practical achievements of psychology in the field of mental and psychological health care.

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## THEMATIC FIELDS

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- Achievements of clinical psychology, neuropsychology and neurosciences at the service of mental and psychological health care.
- Prevention, rehabilitation and psychological correction of behavioral and emotional disorders, mental and psychological health disorders.
- Health psychology - theory and practice.
- Social health psychology.
- Factors, conditions and risks of mental health in childhood and adolescence.
- Health preservation technologies in educational institutions and in the workplace.
- Role of family in maintaining mental and psychological health.
- Information security as a factor of maintaining mental and psychological health.
- Modern psychological methods and innovative technologies in prevention and rehabilitation of mental health.
- Tolerance to stress and frustration as a mental health resource.