

# КОНСУЛЬТАТИВНАЯ ПСИХОЛОГИЯ И ПСИХОТЕРАПИЯ

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and Psychotherapy*

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OF PSYCHOLOGY  
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# Counseling Psychology and Psychotherapy

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2  
2021

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## JOURNAL'S MISSION

- To present the evidence-based practice and research oriented on refinement and improvement of psychological help in a wide range of conditions: from personal crises and learning difficulties to severe mental disorders
- First Russian Journal, devoted to Counseling Psychology and Psychotherapy
- Established in 1992 by Fiodor Vasilyuk - the author of the concept "Perezhivanie"



## COMING ISSUE ON AARON T. BECK'S 100<sup>th</sup> ANNIVERSARY VOLUME 29(3) - 2021

- Aaron T. Beck has fathered a most recognized therapy and counseling approach which is open to integration with other methods
- The Becks' family originally came from Russia



- In 1996, 25 years ago, Alla Kholmogorova and Natalya Garanyan prepared a special issue of this Journal that introduced Beck's works to Russian specialists for the first time in Russia.
- Upon the publication of the issue, Aaron Beck invited us to Philadelphia, and we became the first Eastern European psychologists who got the Beck Institute scholarship for CBT training.

# CULTURAL-HISTORICAL INFLUENCES IN CBT



*"Another somewhat related influence, especially in the development of CBT with children, was the work of the Soviet psychologists Lev Vygotsky (1978) and A.R. Luria (1976). They proposed that children become socialized by internalizing interpersonal communication into private (intrapersonal) speech. Their socialization and internalization models provided a theoretical framework for the development of cognitive behaviour modification with children"*

*Donald Meichenbaum, 1988, P. 115*



- **Reflection and Activity Approach** is a modern elaboration of Vygotsky's work that may enrich CBT therapy and counseling with children and adults. We try to develop and integrate ideas of Aaron Beck and Lev Vygotsky.

(Zaretsky, 2016; Zaretsky & Kholmogorova, 2017)

I LEARNING  
CHESS AND DEVELOPMENT





COMING SOON

# “INTEGRATING AND HEALING POWER OF COGNITIVE THERAPY: TO THE 100<sup>TH</sup> ANNIVERSARY OF AARON T. BECK VOLUME 29(3) - 2021



**FOREWORD BY JUDITH BECK - THE DIRECTOR OF BECK INSTITUTE**

**THE EDITOR'S NOTE BY ALLA KHOLMOGOROVA, "AARON T. BECK'S COGNITIVE THERAPY IN RUSSIA: INTEGRATION WITH LEV S. VYGOTSKY'S CULTURAL-HISTORICAL IDEAS"**

**SPECIAL TOPIC "HEALTH & EDUCATIONAL CHALLENGES DURING PANDEMIC: COGNITIVE THERAPY RESOURCES"**

- Sychev O.A., et al. "Optimism and Fear of Infection as Predictors of Compliance with "Stay Home" Recommendations during the COVID-19 Pandemic"

**SPECIAL TOPIC "ELABORATION OF COGNITIVE THERAPY BY FAMOUS BECK'S DISCIPLES"**

- Leahy R. Emotional Schema-Therapy
- Dattillio F. Cognitive-Behavioral Techniques and Family Systems Therapy

**REVIEWS. "NEW DISORDERS – NEW CHALLENGES FOR COGNITIVE THERAPY"**

- Padun M. Complex PTSD: Specific Aspects of Psychotherapy for Continued Trauma Consequences
- Garanyan N.G. & Sharapova A. "Anxiety Disorders at Workplace: Phenomenology, Diagnosis and Psychological Help"

**ORIGINAL STUDIES. "EMPIRICAL RESEARCH: COGNITIVE THERAPY RESOURCE IN PSYCHOSOCIAL REHABILITATION AND TREATMENT OF CHRONIC MENTAL DISORDERS"**

- Pugovkina O.D. "Ruminative Thinking as Cognitive Factor of Depression Chronification: Concept Definition and Validity of Measures"
- Tuchina O.D. et al. "Reflecting on Life Script, Related Unconscious Beliefs and Future Projections as Factor of Remission Duration in Male Patients with Alcohol Dependence"
- Takkueva E.V. "Experience of Psychosocial Rehabilitation for People Living in Residential Institutions for Psychiatric Patients: from Learned Helplessness to Self-Efficacy in Communication and Problem Solving"
- Sisneva M.E. "Integrating Resources of M. Spivak's Systematic Approach, CBT & Cultural-Historical Psychology in Addressing Problems of Reforming Residential Institutions for Psychiatric Patients in Russia"

**SPECIAL TOPIC "INTEGRATING REFLECTION & ACTIVITY APPROACH AND COGNITIVE-BEHAVIORAL THERAPY WHEN ADDRESSING LEARNING CHALLENGES"**

- Zaretsky V.K. et al. "Types of Parental Help with Overcoming Learning Difficulties by Elementary School Children from the perspective of CBT and R&A"

**RESEARCH DIGEST. CBT EFFECTIVENESS IN THERAPY OF DEPRESSION AND ANXIETY DISORDERS: META-ANALYTIC RESEARCH RESULTS.**

**ANNOUNCEMENT OF COMING IACP (INTERNATIONAL ASSOCIATION OF COGNITIVE PSYCHOTHERAPY) CONGRESS IN SAINT-PETERSBURG (DMITRY KOVPAK)**



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