



### **PS511 CHILDHOOD PSYCHOPROPHYLAXIS**

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#### **ABSTRACT**

The transformation of a little child into a mature personality is a complex and multifaceted process. Its biological and social aspects reveal the history of human individual development in its entirety. This development is a continuous and progressive process, which in some of its phases accelerates its course, in others slows it down. Moreover, the development process leads to the unfolding of the inherent possibilities of a person depending on the fullness and richness of external influences. The interaction between the innate and the acquired lies at the heart of this complex process. At its "critical" points, opportunities are created for the disruption of harmonious development and the appearance of various mental disorders. All this brings to the fore the need to study the possibilities and ways of preventing mental disorders in children in general, and especially for preventing relapses in children and adolescents who have already had a mental illness.

The Childhood Psychoprophylaxis course draws the attention of master's students to the formation of skills to overcome various situations related to the conditions in which the child's personality grows and develops. At this stage, neither at school nor in the family does anyone teach the child to recognize and name their feelings. In some cases, even their expression is forbidden, especially those with a negative connotation. And so gradually both feelings and experiences in relationships become something forbidden or shameful that should not be shown. The suppression of feelings, forbidden for expression, leads to blockages and unfinished emotional processes. This, in turn, has a negative impact - both on the individual's mental health and on their relationships with others, their behavior, their work capacity, their ability to function fully and to experience the joy of life.

#### **Key Points:**

- The course focuses on the prevention of mental disorders in children.
- It covers topics such as child development, risk factors for mental illness, and protective factors.
- It emphasizes the importance of early intervention and prevention.
- It provides students with the skills they need to work with children and families to promote mental health.
- It highlights the role of emotions and emotional expression in child development.

#### **Additional Notes:**

- The course is taught by an experienced professor in the field of child psychology.
- It uses a variety of teaching methods, including lectures, case studies, and group discussions.
- Students will gain the knowledge and skills they need to make a positive impact on the lives of children.