THE CONCEPT OF PSYCHOLOGICAL TRAINING GROUPS AND THE PRACTICE OF GROUP TRAINING FOR A COLLABORATIVE STUDENT TEAM

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Abstract. In this study, we provide information about the concept of groups of psychologist trainers and their relationship with students in a collaborative (cooperative) situation based on group psychological training. The study describes in detail how psychologist trainers work with training groups, follow the rules when organizing psychological training, and how they relate to the student team. One of the main goals and objectives of this study is to increase the experience of psychologist trainers, as well as recommend the use of modern programs in conducting psychological training for student teams. We believe that if psychologist trainers follow the rules specified in this study, the training will be effective for everyone. For this, it is necessary to improve the collaborative work of student groups in the practice of psychological training.

Keywords: Psychologist-trainer, collaborative learning, student team, psychological approaches, pedagogical research, psychological training, modern education.

КОНЦЕПЦИЯ ГРУПП ПСИХОЛОГИЧЕСКОГО ТРЕНИНГА И ПРАКТИКА ГРУППОВОГО ТРЕНИНГА ДЛЯ СТУДЕНЧЕСКОГО КОЛЛЕКТИВА

Аннотация. В данном исследовании мы предоставляем информацию о концепции групп психологических тренеров и их взаимоотношениях со студентами на основе группового психологического обучения в ситуации сотрудничества (кооператива). Было проведено детальное исследование с целью определения способностей тренера-психолога работать с учебными группами, соблюдения правил при организации психологического обучения, а также взаимодействия с ученическим коллективом. Одной из основных целей и задач данного исследования является повышение опыта психологических тренеров, а также рекомендация использования современных программ при проведении психологических тренингов для студенческой среды. Мы считаем, что если психологи-

тренеры будут следовать правилам, изложенным в данном исследовании, обучение будет эффективным для всех. Для этого необходимо совершенствовать совместную работу группы студентов в практике психологического тренинга.

Ключевые слова: *Психолог-тренер, совместное обучение, студенческий коллектив, психологические подходы, педагогические исследования, психологическое обучение, современное образование.*

PSIXOLOGIK TRENING GURUHLARI TUSHUNCHASI VA KOLLOBORATIV TALABALAR JAMOASIGA GURUH TRENING AMALIYOTI

Annotatsiya. *Ushbu tadqiqot davomida biz psixolog trenerlarning guruhlari tushunchasi va talabalar bilan kolloborativ (hamkorlik) holatda guruhga psixologik treninglarga asoslangan munosabatlari haqida ma'lumotlar beriladi. Psixolog trenerning qobiliyatlariga asoslangan holda trening guruhlari bilan ishlashda, psixologik treninglarni tashkil etishda qoidalarga amal qilishlari, talabalar jamoasiga qanday munosabatda bo'lishlari haqida batafsil tadqiqotda aytib o'tilgan. Ushbu tadqiqotimizni asosiy maqsad va vazifalaridan biri bu psixolog trenerlarning tajribasini oshirish bilan bir qatorda talabalar jamoasiga psixologik trening olib borishda zamonaviy dasturlardan foydalanishni tavsiya qilamiz. Psixolog-trenerlar ushbu tadqiqotda ko'rsatilgan qoidalarga amal qilsa albatta trening hamma uchun samarali bo'ladi degan fikrdamiz. Buning uchun psixologik trening amaliyotida talabalar guruhining hamkorlikdagi faoliyatini takomillashtirish zarur.*

Kalit so'zlar: *Psixolog-trener, kolloborativ ta'lim, talabalar jamoasi, psixologik yondashuvlar, pedagogik tadqiqotlar, psixologik trening, zamonaviy ta'lim.*

Introduction

Public speaking skills are essential for psychology trainers, as they must be able to effectively communicate complex psychological concepts, facilitate discussions, and engage with diverse audiences. Psychology trainers' public speaking skills require them to be able to explain psychological theories, research, and practices in simple, understandable terms. This is especially important for audiences who are not familiar with psychological training. Keeping explanations short and to the point helps to capture the audience's attention and ensures that key messages are retained. The trainer should encourage audience participation through questions, discussions, or exercises. This not only captures attention, but also helps participants absorb concepts more effectively. It is essential for the psychology trainer to understand the emotional state and responses of their audience.

Experienced psychotherapists can read minds and adjust their tone, body language, or psychological approaches to make people feel comfortable and heard. Psychotherapists should use open, positive body language, make eye contact, use hand gestures to emphasize ideas, and move through the space in the person's mind to be comfortable and engaging. In a collaborative (group setting or collaborative team) setting, psychotherapist training techniques for student groups involve subtly adapting to the body language or energy level of the audience, which helps build rapport and trust. Psychotherapists can often use storytelling to connect theoretical concepts.

Sharing personal experiences or case studies can humanize the topic and make it more applicable to real-life situations. Psychological concepts can be abstract, so using metaphors or analogies can help simplify and clarify ideas. A psychology trainer should tailor their approach to the needs, interests, and level of understanding of their audience. For example, a seminar for psychology students may delve deeper into theory, while a corporate training may focus more on practical application. Dealing with Difficult Situations: The ability to deal with difficult questions, difficult behaviors, or emotionally charged situations is essential, especially in sensitive areas such as mental health. A good psychology trainer remains calm, empathetic, and solution-oriented.

Confidence: Confidence is key to delivering an effective presentation. Psychologists must be confident in their expertise and ability to communicate effectively. This helps build trust and confidence among the audience. It is important to use variations in tone, pitch, and volume to emphasize key points and engage the audience. Psychology trainers should also be mindful of pacing so as not to rush or speak too slowly. A strong understanding of psychology allows psychologist-trainers to speak with authority and answer questions with confidence. This experience is essential for engaging with questions or delving deeper into the material. A psychology trainer should be up-to-date with the latest psychological research and methods, ensuring that they provide relevant, evidence-based information. Responding to the needs of the audience: Active listening is essential in Q&A or group discussions.

The psychotherapist (psychotherapist) should listen carefully to what the audience is saying, ask clarifying questions when necessary, and respond thoughtfully to demonstrate understanding. A good psychology trainer manages time effectively and ensures that there is plenty of time for each part of the presentation. This includes knowing how to smoothly transition between topics or exercises. Psychotherapy often involves sensitive topics. The psychologist trainer creates a safe, supportive environment where participants can share their thoughts or feelings. This can help to resolve emotional issues and make the learning environment more comfortable, but it should be used with tact, especially when conducting psychotherapeutic

training that strengthens collaborative skills in sensitive psychological contexts. Psychotherapists and psychological trainers should be open to feedback from their audience, which will help them improve their presentation skills. They should also be skilled at providing constructive feedback to participants in a way that encourages growth. The psychological trainer's public speaking skills and collaborative relationships with the student body are important, as psychological training requires working with people, taking into account not only knowledge, but also psychological aspects. Let's understand these two aspects better: The public speaking skills of a psychological trainer include the following skills: The psychological trainer should explain the topic clearly, concisely, and in an understandable way. Psychological concepts can be complex, so it is important to simplify them and explain them in a way that people can understand. The psychologist-trainer should also take into account the emotional context. In order for the topics to be interesting and relevant for the students or listeners, it is important to connect with them and speak in a way that matches their feelings. The psychologist-trainer should make the lecture more sincere and understandable with the help of his body language, eye contact, facial expressions, and hand gestures. To make the lectures interesting, the psychologist-trainer should add positive and cheerful energy to his speech. This helps to focus the attention of the students. The psychologist-trainer's interaction with the student group is also very important, as this approach encourages learning and mutual assistance among the students. The collaborative approach includes the following aspects: Exchange of ideas and discussion: The psychologist-trainer should strive to communicate openly with the students. Exchange of ideas and discussion in the group, encouraging people to express their opinions, and hearing the opinion of each student deepens the learning process. The psychologist-trainer should try to work with students, not just with lectures.

Often, strong relationships are established between students through participation in group work, simulations, and role-playing. The psychologist-trainer should try to listen and understand the students in order to connect emotionally with them. This, in turn, strengthens mutual respect and trust between the students. The learning process is more effective when the student freely expresses his/her opinion. Each student is unique, so the psychologist-trainer should try to find an individual approach with the students. Each person's needs and learning methods are different, so the sessions should be conducted in a way that suits individual needs. Create a positive and supportive environment: The psychologist-trainer should strive to create a trusting and safe environment in the group. This encourages students to learn and try new ideas without fear of making mistakes. Motivation: In a collaborative approach, the psychologist-trainer can use various motivational strategies to encourage students to be active and increase their interest in learning.

For example, it is necessary to celebrate successes in the group, express positive thoughts, and encourage students. The psychologist-trainer should treat group members as equals and give them the opportunity to participate in setting goals and making decisions. The main pedagogical and psychological principles for creating opportunities for learning from mistakes during trainings organized in psychological training groups: In order for students to learn from their mistakes, they should be given the opportunity to recognize and correct them. A psychologist-trainer should help in such processes. A psychologist-trainer should listen to the needs and interests of their students, help them achieve their goals. Considering their opinions as valuable and important activates participants in the learning process.

Conclusion

In psychological training groups, the psychologist-trainer's public speaking skills and collaborative approach to a group of students are key to their successful learning. A psychologist-trainer can successfully fulfill his or her role during training by making the lecture effective and understandable, engaging actively and constructively with students during the learning process, and creating a positive and comfortable environment. The public speaking skills of a psychologist-trainer combine expert knowledge, emotional intelligence, and the ability to communicate effectively with a diverse audience. The best trainers are not only knowledgeable, but also use competent psychological training to engage, empower, and inspire their listeners, creating a positive and impactful learning experience.

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