

## RULES FOR THE TRAINER'S SELF-CONTROL WHEN CONDUCTING PSYCHOLOGICAL TRAINING

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**Abstract:** *This study analyzes the rules of self-management, awareness of one's own emotions, control of internal states, reflection and maintaining emotional stability of the trainer when conducting psychological trainings. The trainer's self-control competence is considered one of the leading factors determining the quality of psychological trainings. The article also discusses the management of psychological transference and countertransference situations that arise during the training process, maintaining personal boundaries, preventing emotional exhaustion and metareflection approaches.*

**Keywords:** *psychological training, trainer competence, self-control, emotional stability, metareflection, transference, countertransference.*

## PSIXOLOGIK TRENINGNI O‘TKAZISHDA TRENERNING O‘Z-O‘ZINI NAZORAT QILISH QOIDALARI

**Annotatsiya.** *Ushbu tadqiqotda psixologik treninglarni olib borishda trener shaxsining o‘zini idora qilish, o‘z hissiyotlarini anglash, ichki holatlarini nazorat qilish, refleksiya va emotsional barqarorlikni saqlash qoidalarini tahlil etiladi. Trenerning o‘z-o‘zini nazorat qilish kompetensiyasi psixologik treninglar sifatini belgilovchi yetakchi omillardan biri sifatida qaraladi. Maqolada shuningdek, trening jarayonida yuzaga keladigan psixologik transferens va kontrtransferens holatlarini boshqarish, shaxsiy chegaralarni saqlash, emotsional charchashning oldini olish va metarefleksiya yondashuvlari haqida fikr yuritiladi.*

**Kalit so‘zlar:** *psixologik trening, trener kompetensiyasi, o‘z-o‘zini nazorat qilish, emotsional barqarorlik, metarefleksiya, transferens, kontrtransferens.*

### Introduction

Psychological training is a complex psychological process aimed at changing individual and group mental states, emotional experiences, behavioral patterns and social relationships. Successful organization of this process requires the trainer not only theoretical knowledge and methodological skills, but also a high level of self-awareness, the ability to manage their emotions and a responsible attitude towards their own internal state. Because during the training, the trainer acts not only as a manager of the learning process, but also as a psychological “mirror” of the participants. Therefore, the rules of self-control of the trainer when conducting psychological training are of particular scientific and practical importance, and this article is devoted to this issue. The second important rule is the principle of clearly defining and adhering to psychological boundaries. During the training process, close emotional bonds can form with

participants. In such cases, the trainer must be able to balance sincerity and professional neutrality. The trainer should never interfere excessively in the personal problems of the participants, directly influence their life choices or personal decisions. This, in turn, implies ethical responsibility and adherence to professional boundaries.

In modern psychological practice, the trainer's self-control is considered not only a product of individual reflection, but also a central factor in the formation of the trainer's identity. How the trainer imagines himself, what task he considers himself to have taken on, all his decisions and actions are formed on the basis of this internal identification. Therefore, during the training process, the trainer must clearly define his role, be able to act appropriately between the roles of "trainer - group leader - supporter - observer". If the trainer allows confusion between these roles, the participants begin to feel psychologically unoriented and in an uncertain environment. This situation weakens the group dynamics and reduces the effectiveness of the training. In addition, the use of the dynamic self-observation model in self-control is relevant. According to this model, the trainer notices each of his psychological reactions in real time through his stream of thoughts, body reactions, internal dialogue and intuition. Especially in the case of "projected issues", that is, when the participant's internal conflicts are imposed on the trainer "from above", the trainer must be able to protect his emotional space, maintain professional neutrality by understanding it. Otherwise, the training will turn into individual therapy and the group's potential will be lost.

### **Conclusion**

In the successful conduct of psychological training, the trainer's self-control is not just a culture of behavior or restraint of emotions, but a set of complex psychological competencies. These competencies include internal sensitivity, emotional awareness, reflexive analysis, maintaining professional boundaries, stress tolerance, ethical responsibility and psychological commitment. If the trainer cannot control himself in training, the dynamics of the entire group will be disrupted. Therefore, self-control is more important than knowledge of any methodology and should be recognized as the basis of coaching activities.

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