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REHABILITATION OF DISABLED PEOPLE: THE ROLE OF CLINICAL PSYCHOLOGISTS

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The paper addresses the biopsychosocial approach to rehabilitation of people with disabilities and discusses the role of clinical psychologists in this process. Psychological techniques can be highly effective in enhancing disabled people's motivation for healing, developing new behaviour patterns in them to improve their interpersonal relationships, highlighting positive factors of their life and counteracting negative ones. In this context the idea of rehabilitation potential can contribute to a better understanding of the interplay between medical, psychological and social factors in the rehabilitation process. The paper presents theoretical considerations and practical implementations of the concept mentioned, viewing rehabilitation potential as a systemic biopsychosocial characteristic of a disabled person's status. From the biopsychosocial perspective, the focus of the rehabilitation process shifts from evaluating one's impaired functioning and consequences of one's disease to seeking for functional resources in a disabled person for possible recovery or compensation of the functions damaged based on a complex of

biological, personal and social factors. The paper describes key components of the rehabilitation potential (physiological, psychophysiological, professional, educational, social, and environmental) and its levels (high, medium, and low). It also analyses current practices of implementing such a complex approach to rehabilitation of disabled people. One more important aspect is connected with evaluating the effectiveness and efficiency of the rehabilitation process. The paper discusses psychodiagnostic techniques to be applied to provide such a complex assessment. Thus, the developed conceptual biopsychosocial model of rehabilitation supposes active involvement of clinical psychologists in the system of comprehensive rehabilitation of disabled people. It is this approach that can contribute to their positive life experience, ensuring their successful social integration into the society and improving their quality of life in general. The paper was prepared within the research project (18-013-00937) supported by the Russian Foundation for Basic Research