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### **Integrative Approach in Psychological Assistance Provision**

This article analyzes the problem of the use of integrative and eclectic approach in psychological assistance provision to the individual. The essence of the integrative approach to psychotherapy – psychologist and client interaction. The factors that contributed to the development of integrative movement in psychotherapy are outlined. The comparative analysis of eclectic and integrative approaches to psychological counseling and psychotherapy is provided.

The author proves that in psychodynamics and behavioral psychotherapy are based on the principle of accounting in the psychological work of internal and external (intrapsychic and psychosocial mechanisms) factors determining the functioning of the individual. In this case, depending on the nature of the therapeutic situation and the tasks of assistance, the psychologist has the opportunity to shift the focus in the work on internal or interpersonal factors. In addition, for various directions of psychotherapy the current orientation to group work methods, intensification and short-

termare the basic; emphasis on the unity of body and psyche, which inevitably contributes to the development of integrative approaches.

Therefore, we can say that the development of an integrative approach to psychotherapy promoted by the following factors: 1) the spreading of a variety of forms and methods of psychotherapy, difficult choices, and their study and application; 2) the inadequacy of any of the psychotherapeutic directions for all categories of clients; 3) the search for common underlying processes common to all forms of psychological help, and the gradual recognition of the fact that different methods, in fact, may have more similarities than differences; 4) approximately equal aid effectiveness regardless of methods; 5) emphasis on the significant role of relationships «psychologist-client» when any form of psychological care; 6) socio-economic processes in society that define high requirements to the quality, duration and effectiveness of psychological assistance.

Theoretical-methodological analysis leads to the conclusion that an integrative approach is one of constructive and effective theoretical currents in psychological assistance of the personality. The development of integrative-eclectic approach moving towards a conceptual synthesis of modern scientific theories of personality and methods of psychological assistance.

**Keywords:** psychological assistance; directions psychotherapy; integrative psychotherapy approach is eclectic; integrative psychology.