

Proceedings of International Educators Conference

Hosted online from Rome, Italy.

Date: 25th August - 2024

ISSN: 2835-396X

Website: econferenceseries.com

THE HISTORICAL FOUNDER OF MODERN PSYCHOTHERAPY

Sobirova Sojidaxon Akramjon qizi

Annotation

In this article, the psychotherapeutic methods studied and put into practice by psychologists of the present time and the unknown author who created a rare work as their founder are mentioned. The peculiarities of his work are important as the historical roots of modern psychology, the psychological pathology, its types and remedies are revealed in it.

Keywords: cognitive therapy, psychotherapeutic treatment, normal person, emotional reaction, psychosomatics, psychological prevention.

Nowadays, even though civilization and globalization have given humanity various conveniences, the types of tools that can be used in daily life have been expanded, on the other hand, it is known day by day that these conveniences have some negative impact on health. This leads to psychological diseases and their development. The types and levels of psychological pathology are increasing and expanding, and it is becoming more difficult to find remedies.

First of all, we value that psychotherapy and other forms of treatment are seen as important tools for solving mental health problems and improving mental well-being. Usually, psychotherapy is used to understand the internal processes of a person, to ensure and support changes. Different types of therapy are used depending on the needs of the person and the goals of the therapy. Psychotherapy provides a person with emotional support, understanding and an opportunity to improve their ability to work. In addition, lifestyle changes and other supportive measures play an important role in the treatment of mental health problems. These treatment approaches provide a solid foundation for restoring people's mental health and living their lives more fully.

Abu Zayd Ahmad ibn Sahl al-Balkhi was one of the greatest scholars of his time. He wrote about 60 works in philosophy, mathematics, history, geography, medicine, grammar, and other fields, but most of them have not survived. The fact that the scientist has an original thinking ability and a concise literary style is evidenced by this unique preserved manuscript that he had a great level of knowledge. This is the only work of the author dedicated to the field of medicine, and the scientist provides



Proceedings of International Educators Conference

Hosted online from Rome, Italy.

Date: 25th August - 2024

ISSN: 2835-396X

Website: econferenceseries.com

theoretical and practical solutions to medical diseases by examining them psychologically. It proves that the soul and the body are in harmony. As he noted in his work:

"Treatment intended for the treatment of physical diseases should be carried out together with the soul, because the soul is more important in health than the body. Such treatment shows the connection between body and soul. The human body as a whole system is nourished by both the soul and the body. The body and the soul are reflected in human behavior at the same time, it can be clearly seen when a person is sad, happy or suddenly feels pain. The scientist expresses his opinion that when physical diseases appear in a person, it is reflected in his mental state, or that mental disorders have an effect on physical health.

In this second treatise, Abu Zayd al-Balkhi first focused on psychosomatics, the field of medicine that treats mental (psychological) diseases, and psychotherapeutic treatment in order to collect various topics. The work mentions the importance of psychopathological diseases in medicine, and leaves the deep roots of the issue to specialists (medical scientists) in the field.

In this work, Abu Zayd al-Balkhi presented information on medicine and psychology that was much earlier for his time and developed 11 centuries after his death. This scientist was the first specialist who clearly defined the differences between mental and mental illnesses, psychosis and neuroses. It also classifies emotional disorders in a modern way and provides a general classification.

In his list, neuroses are divided into 4 types:

- Fear and panic
- Anger and aggression
- Stress and depression
- Temptation (obsessive-compulsive disorders)

In addition, the author wrote about the use of cognitive-behavioral therapy in the treatment of the listed diseases.

Chapter VIII of the work is called "Cognitive psychotherapy and mental hygiene". The scientist divides individuals into 3 groups in terms of emotional pathology using the Arabic style:



Proceedings of International Educators Conference

Hosted online from Rome, Italy.

Date: 25th August - 2024

ISSN: 2835-396X

Website: econferenceseries.com

- Normal persons
- Normal people with a rapid reaction to emotion
- Emotionally pathological individuals

At the same time, al-Balkhi is also a psychophysiologicalist engaged in both preventive and therapeutic approaches to emotional disorders.

The first chapter discusses the importance of ensuring the health of the soul or soul, and the synonymy of the concept of psyche and mind with Islamic spiritual dimensions. The second chapter is called "Providing psychological health" and is dedicated to mental hygiene and mental health. The third chapter is called "Rebuilding Psychological Health". In the fourth chapter, psychological symptoms are listed and their specific features are distinguished. Chapter Five is titled "Overcoming Anger," Chapter Six is "Overcoming Fear," Chapter Seven is "Methods for Relieving Stress and Depression," and Chapter Eight is "Psychological Defense Mechanisms Against the Soul's Repetitive Obsessive Inner Talk."

It can be concluded that Al Balkhi's contribution to cognitive and behavioral therapy and psychosomatics is indisputable. In his work, the author constantly compares physical and mental diseases. Researches their relationship and importance in psychosomatics. Another contribution of the scientist to science was that he studied individual differences in development, treatment of psychosomatic and emotional diseases. In this regard, the manuscript's discussion begins as follows: "Since man is composed of body and soul, health and disease, balance and imbalance must be associated with both." Proposes the idea that physical diseases of the body: like fever, headache and other diseases, psychological diseases: anger, anxiety, sadness also have specific symptoms. He criticizes the practitioners of the medical field of his time with the opinion that human health cannot be ensured only through processes such as medicines and blood transfusions. However, in his time, the psychological aspects of health, the issues of the soul and the soul were not yet studied. Thus, he combined his thoughts on physical and mental health into one volume, creating an unprecedented resource. The scientist notes that until this time, no source was created for the nourishment of the soul, and it was not delivered in a clear, simplified form. This was necessary for patients to understand that the body, soul and mind are interconnected. The author uses the concept of "αμίτρεκ" to express the psychosomatic effect here. This concept means "to confuse", "to mix".



Proceedings of International Educators Conference

Hosted online from Rome, Italy.

Date: 25th August - 2024

ISSN: 2835-396X

Website: econferenceseries.com

Al-Balkhi defends his concept of psychosomatics: he says that human existence cannot be imagined without the interaction of body and soul. He writes: if the body is sick, the soul or soul is deprived of its cognitive and other comprehensive abilities, it will not be able to enjoy life. If the soul is sick, the body cannot be happy by any chance, and as a result, physical illness may also occur. The author says that mental illnesses are more common than physical illnesses, and most psychosomatic illnesses are associated with psychological symptoms, but physical symptoms are also present.

Al-Balkhi sheds light on preventative measures and treatment methods that advise on restoring the body and mind to their natural state of health. In doing so, he explains well the medical nature of the human condition and his emotional state. Ironically, many of the remedies he discusses were largely unknown and untreated for centuries before they were discovered clinically, only becoming known around the 20th century. His diagnosis of human psychopathology, stress, depression, fear and anxiety, phobias and obsessive-compulsive disorders, and their treatment with cognitive behavioral therapy are fully connected and in sync with modern psychology. Importantly, they also contain greater information and methods, including knowledge of training the soul, its nourishment, and being mindful of the state of the soul along with the body. The diseases identified by the author and their symptoms and remedies are tools that can be used even now. On the other hand, the fact that this work was written more than 1000 years ago serves as an important source for the history of psychology.

REFERENCES

1. Malik Badri. Sustenance of the Soul (Translation and annotation). – 2017. London
2. Richie Herink Paul R. Herink The Psychotherapy Guidebook International Psychotherapy Institute, 2015
3. Thomas R. Giles Handbook of Effective Psychotherapy - New York, 1993.

