

International Conference on

Clinical Psychology & Nursing

October 18-20, 2018 | Amsterdam, Netherlands

Methods and techniques in clinical psychology and mental health in Morocco

Alhodi Chorok

Clinical Psychologist, Morocco

Clinical psychology is both a field (psychopathology) and a clinical method that is part of a practical activity aimed at the recognition and appointment of certain states, attitudes and behaviors; such as the forms of individual conflict, suffering and dysfunction, both in adults and in children, with the aim of offering a therapeutic, a social or educational measure or a form of advice allowing a help, a modification positive of the individual. The areas of intervention consist of multiple fields that are not limited to subjects with mental disorders or strict reference to the individual dimension. The "clinical" method - which is opposed to the experimental method - is "naturalistic", referring to the totality of the situations envisaged, to the singularity of the individuals, to the concrete aspect of the situations, to their dynamics, to their genesis and in their view the observer is part of the observation. The clinical method will thus produce a situation, with a weak constraint, to facilitate and collect the productions of a person. This method assumes the presence of the subject, his contact with the psychologist, but also his freedom to organize the proposed situations as he wishes. It is based on techniques used in the field of practice (interviews, observations, tests, etc...) which aim to enrich the knowledge of an individual (practical activity of evaluation and therapy) or problems more general and to propose an interpretation or explanation (psychological theories).