

Problem of autocommunication in psychological practice

Autocommunication is the communication process which represents a particular form of human interaction with self. The main functional role of autocommunication lies in its ability to ensure meaningfulness of consciousness as its essential property.

Autocommunication is a multilevel process. Each level corresponds to specific tasks in which autocommunication contributes to the establishment of meaningful behavior and human activity.

The challenge of developing research methods for autocommunication (including projective techniques) that will determine the quantitative and qualitative characteristics of autocommunication are: themes, forms, levels, types, styles and functions, its outward manifestations, meanings, values and personality characteristics of man.

Autocommunication features are implemented into psychological counseling. There the techniques of counseling serve to prevent and remove locks to self communication, allowing for the development of self-identity and fostering the reflexive capacities of man.