

**FAMILY AS A CONDITION OF MENTAL AND SOCIAL DEVELOPMENT
OF THE PERSONALITY**

©Y.M. Pikanina

Bauman Moscow State Technical University, Moscow, 105005, Russia

***Annotation.** The family as a fundamental condition of mental and social wellbeing of the pupils. Practical advice to those skilled in consulting-preventive work with families. Theoretical review of psychotherapeutic approaches to counseling. Practical techniques to motivate the development of the child's personality, work with internal resources of the family, psychological boundaries, and the formation of self-reflection and self-regulation as the basis of social-psychological health of the child.*

Keywords: family counseling, mental and social wellbeing of the pupils, creating motivation, personal self-development, self-regulation skills, therapeutic strategies.

Pikanina Yu. M., Assistant of the Valeology Department of Bauman Moscow State Technical University. Field of activity: health-saving technologies, social psychology. e-mail: pik@healtech.org
