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Scientific report

Mentoring Technologies in Psychotherapy, Education, Management and Intercultural Relations: Results of the International Psychological Forum at the Russian-Armenian University

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Abstract. On May 16–17, 2023, the Russian-Armenian University (RAU; Yerevan, Republic of Armenia) hosted the International Psychological Forum “The Phenomenon of Mentoring: an Existential-Humanistic Paradigm and Implementation Technologies in Education, Management, Psychotherapy and Intercultural Relations”. The objectives of the Forum included (1) finding solutions to urgent problems of personal development through mentoring in the field of psychology, education, management, production, research, creative activities, etc.; (2) discussing scientific results and innovative technologies in the field of mentoring; (3) exchanging experience; and (4) establishing creative contacts. The forum brought together more than 100 participants (heads of scientific and educational organizations, scientific and pedagogical workers, practical psychologists, postgraduate and graduate students) from Armenia, Belarus, Germany, Kazakhstan, Kyrgyzstan, Russia, the Czech Republic, Israel, etc. The article presents the main events that included plenary and breakout sessions, roundtable discussions, interactive lectures, master classes, and a teleconference.

Key words: mentoring, psychological forum, Russian-Armenian University, international cooperation

*In every person there is a sun.
Just let them shine.*

Socrates

On May 16–17, 2023, the Russian-Armenian University (RAU, Yerevan, Republic of Armenia) hosted the International Psychological Forum “The Phenomenon of Mentoring: an Existential-Humanistic Paradigm and Implementation



Technologies in Education, Management, Psychotherapy and Intercultural Relations”. The objectives of the Forum included (1) finding solutions to urgent problems of personal development through mentoring in the field of psychology, education, management, production, research, creative activities, etc.; (2) discussing scientific results and innovative technologies in the field of mentoring; (3) exchanging experience; and (4) establishing contacts between scientists and practitioners from different countries.

The event was organized by the Department of Psychology of the Institute for the Humanities of the RAU, among the co-organizers was the Department of Psychology and Pedagogy of the Faculty of Philology of the Peoples’ Friendship University of Russia named after Patrice Lumumba (RUDN University). The RUDN University delegation was made up of N.V. Poplavskaya, Associate Professor, Deputy Dean for International Affairs, Candidate of Philological Sciences; E.B. Bashkin, Associate Professor, Head of the Department, Candidate of Psychological Sciences (co-chairman of the Organizing Committee); D.S. Erma- kov, Professor, Doctor of Pedagogical Sciences; R.V. Ershova, Professor, Doctor of Psychological Sciences; M.I. Kushchazli, Teaching Assistant, Candidate of Psychological Sciences; and Zh. Amantay and E.A. Bzhoyan, Teaching Assis- tants, who, along with the presentation of their reports, provided organizational and informational support.

The forum brought together more than 100 participants from Armenia, Bela- rus, Israel, Germany, Kazakhstan, Kyrgyzstan, Russia, the Czech Republic, etc. (Figure).



Forum participants

Opening the plenary session, the Chairman of the Organizing Committee, Head of the Department of Psychology of the RAU, Doctor of Psychology, Professor A.S. Berberyan noted that 2023 was declared the Year of the Teacher and Mentor in the Russian Federation, which is important not only for Russia but also

for Armenia and other countries. Therefore, it was decided to dedicate a large-scale event, both in terms of the geography of participants and the variety of topics, to this problem.

Mentoring is methodologically based on the main provisions of the existential-humanistic paradigm of human needs for transcendence, rootedness, identity and connection with other people. It is existential needs, which are higher and more complicated than a simple prosperous existence, that make the human individual a personality with its spirituality, ideals, values and eternal search for the meaning of existence, without which it is impossible to find happiness. Mentoring implies transferring one's own experience to people, to a new generation, coupled with the acceptance of another person, the willingness to take responsibility, showing respect and care.

The participants were welcomed by the Head of the Russian Center for Science and Culture in Yerevan V.P. Fefilov; Rector of Khachatur Abovyan Armenian State Pedagogical University (ASPU), Doctor of Psychological Sciences, Professor S.R. Gevorkyan; President of the Union of Psychologists of Armenia, Head of the Department of General Psychology of Yerevan State University, Doctor of Psychological Sciences, Professor G.M. Avanesyan; Scientific Supervisor of the Center for Socio-Cultural Research of the National Research University Higher School of Economics (HSE University), Doctor of Psychological Sciences, Professor N.M. Lebedeva (Russia); Rector of Urartu University of Practical Psychology and Sociology, Doctor of Psychological Sciences, Professor S.A. Sedrakyan (Armenia); Deputy Director of the International Scientific and Educational Center of the National Academy of Sciences of the Republic of Armenia, Doctor of Psychological Sciences, Professor N.R. Akopyan; Associate Professor V.B. Yaramishyan (Nagorno-Karabakh Republic); Dean of the Faculty of Psychology, Pedagogy and Defectology, Head of the Department of General and Counseling Psychology, Don State Technical University, Doctor of Psychological Sciences, Professor, Academician of the Russian Academy of Education, I.V. Abakumova (Russia).

At the plenary session, the key issues and prospects for the development of mentoring were presented.

V.V. Kozlov, Doctor of Psychological Sciences, Professor, Head of the Department of Social and Political Psychology, P.G. Demidov Yaroslavl State University, President of the International Academy of Psychological Sciences, Russia ("Psychologist as a Spiritual Mentor") expressed the opinion that the 21st century imposes on psychologists special requirements: they need not only professional knowledge and personal development but also spiritual experience.

The report "Vocational Mentoring: A New Pedagogical Class" by O.A. Kornilova (Co-chair of the Organizing Committee, Doctor of Psychological Sciences, Professor, First Deputy Director of the Samara branch of MSPU, Russia) was devoted to the role of mentoring in the professional orientation of school students, which involves a shift in emphasis from ascertaining and recommending options of assistance to the activation of the students themselves through professional testing and developing their ability to navigate in various situations, to make responsible decisions. Within the framework of the presented project

“Pedagogical class”, a conscious choice of profession in the educational and other social spheres of activity is ensured.

E.B. Bashkin, Co-chairman of the Organizing Committee, Candidate of Psychological Sciences, Associate Professor, Head of Department and I.A. Novikova, Candidate of Psychological Sciences, Associate Professor of the Department of Psychology and Pedagogy of the RUDN University (“Psychological Aspects of Mentoring in Modern HR Management”) noted the trend of transition from human resource management to human potential management, where the main competences for a career are the willingness to develop and learn, to find one’s own useful place in an organization in addition to mastery in a specific professional area. Basic psychological competences become the basis of any profession, and mentoring becomes the universal role of any manager. Such a change also requires a rethinking of mentoring in the organization to coaching the most talented, to discussing progress in development and regular dialogue between the manager and the employee.

A.S. Berberyan, Doctor of Psychological Sciences, Professor, Head of the Department of Psychology of RAU (“The Phenomenon of Mentoring: An Existential-Humanistic Basis and Effective Models in Education”) spoke of mentoring as a universal technology for transferring experience and knowledge, developing skills, competences and values through informal, mutually enriching communication based on trust and partnership. Presenting the results of an empirical study, the speaker focused on the roles of mentors and the rules of communication, which, in her opinion, would be the most constructive and bring the desired effect. Mentoring is, first of all, facilitation, a positive influence on the mentee in order to stimulate and maintain the need for independent productive activity. In the words of C. Rogers, the teacher-facilitator, communicating with the students, can, figuratively speaking, stand in the other’s shoes, viewing the world, including himself, through the student’s eyes.

The plenary part ended with a piano concert by the participants of the inclusive festival “Bok o bok” (“Side by Side”) headed by N.S. Sargsyan (Armenia), who captivated the audience to the core with their artistic and vocal talents.

The program of the first day of the forum also included:

– the work of the Section “Mentoring as a Strategy for Continuous Development” (moderated by Doctor of Psychological Sciences, Professor V.S. Karapetyan, Candidate of Psychological Sciences, Senior Lecturer Z.A. Maloyan and Senior Lecturer I.A. Sarkisyan, RAU);

– roundtable discussion “Intercultural Relations in the Post-Soviet Space in the Context of Global Challenges” (moderated by N.M. Lebedeva, Doctor of Psychological Sciences, Professor, HSE University);

– interactive lectures: “Developing Professional Thinking in Psychology Students” (M.V. Tevosyan, Candidate of Psychological Sciences, Ayg Center for Psychological Services, RAU), “Socio-Psychological Support and Control of Personality in Modern Conditions” (M.P. Mkrtumyan, Doctor of Psychological Sciences, Professor of the Department of Psychology, ASPU, RAU);

– master classes: “Commitment to Mental Health Issues: The Role of a Psychologist, Manager, Mentor” (E.B. Bashkin, Candidate of Psychological Sciences, Head of the Department of Psychology and Pedagogy, RUDN University),

“The Role of Mentoring for the Development of Soft Skills” (D.S. Ermakov, Doctor of Pedagogical Sciences, Professor of the Department of Psychology and Pedagogy, RUDN University ; the study was supported by the grant of the Russian Science Foundation No. 23-28-01367, <https://rscf.ru/project/23-28-01367>); “Using the Methods of Rational-Emotional-Behavioral Therapy in Psychological Counseling” (R.V. Ershova, Doctor of Psychological Sciences, Professor, Head of the Department of Psychology, State Social and Humanitarian University of the Moscow Region, Professor of the Department of Psychology and Pedagogy, RUDN University).

The work of the forum continued on the second day and included:

– interactive lectures: “Problems of the Mentoring System in Modern Medicine as a Result of the Transformation of Its Goals and Values” (Ye.N. Davtyan, Candidate of Medical Sciences, psychiatrist, Medical Clinics “MMCC” and “Dynasty”, Armenia, Russia); “Transformation of Values: The Temptation of St. Anthony” (Z.A. Maloyan, Candidate of Psychological Sciences, Associate Professor of the Department of Psychology, ASPU, RAU); “Scientific Adviser as a Mentor of Higher Education” (M.I. Kushchazli, Candidate of Psychological Sciences, Assistant of the Department of Psychology and Pedagogy, RUDN University); “Correspondence with the Professor – An Innovative Technology of Self-Mentoring, Which Forms the Mechanisms for Independent Solution of Educational and Life Problems” (A. Prusak, Doctor of Philosophy, Professor, Oranim Academic College, Israel);

– master classes: “Technology for Conducting a Training Seminar for Teachers Working with Migrant Children” (M.Yu. Chibisova, Candidate of Psychological Sciences, Associate Professor of the Department of Social Pedagogy and Psychology, N.V.Tkachenko, Candidate of Psychological Sciences, Associate Professor, Department of Psychological Anthropology, Moscow State Pedagogical University, Russia); “Mentoring as a Tool for Coordinating Group Processes in Management and Business” (O.V. Lobza, Candidate of Psychological Sciences, Associate Professor, V.O. Leonova, Senior Lecturer, Department of General and Social Psychology, Moscow State Institute of International Relations (University), Russia).

As part of the online section, reports were presented by the students of the Department of Psychology of RUDN University A.M. Volkova and V.Ye. Yakovleva (“Comparative Analysis of Parenting Strategies among Young Mothers in Families with One Child and Large Families”, scientific supervisor: Candidate of Psychological Sciences, Associate Professor M.A. Rushina), and Yu.F. Galimova (“The Role of the Family in Personality Development: Styles of Effective Childrearing”, scientific supervisor: Candidate of Psychological Sciences, Associate Professor G.N. Kameneva).

The scientific program of the forum was completed by the Moscow – Yerevan – Samara teleconference “Practical Training of Students (Trainees) as a Condition for the Implementation of the Idea of Professional Mentoring” (moderated by Doctor of Psychological Sciences, Professor O.A. Kornilova, Samara Branch of MSPU; Candidate of Psychological Sciences, Associate Professor E.B. Bashkin, RUDN; and Doctor of Psychological Sciences, Professor A.S. Berberyan, RAU); the teleconference was attended by V.S. Melkonyan, Director of Ayg Cen-

ter for Psychological Services, RAU; N.S. Sargsyan, Director of Side by Side Center for Inclusive Education; Ye.V. Bazhina, Candidate of Sociological Sciences, Associate Professor, Head of the Department of Economics, Management and Sociology, I.L. Matasova, Candidate of Psychological Sciences, Associate Professor, Head of the Department of Pedagogical and Applied Psychology, Samara Branch of MSPU.

As part of the teleconference, a roundtable discussion “Innovator, Teacher, Psychologist, Mentor” was also held, dedicated to the 200th anniversary of the birth of K. D. Ushinsky (1823–1871), at which the results of the forum were summed up. The participants noted the high scientific level of the event, expressed their gratitude to the organizing committee and wishes for continued cooperation.

An important event within the framework of the forum was the signing of the Working Program of Cooperation between the Faculty of Philology of the RUDN University and the Institute of Humanities, the Institute of Media, Advertising and Cinema of the RAU, which provides for academic exchanges, joint scientific research and scientific and practical events, as well as exchange of educational and methodological aids.

The Russian delegation expresses its gratitude to all the organizers of the event and personally to Asya S. Berberyan, the Chairman of the organizing committee, Doctor of Psychological Sciences, Professor, Head of the Department of Psychology of the RAU Institute for the Humanities, for preparing and holding the forum, as well as for her invaluable contribution to strengthening international cooperation.

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The authors declare that there is no conflict of interest.

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Научный репортаж

Технологии наставничества в психотерапии, образовании, управлении и межкультурных отношениях: итоги Международного психологического форума в Российско-Армянском университете

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Аннотация. Международный психологический форум «Феномен наставничества: экзистенциально-гуманистическая парадигма и технологии реализации в образовании, управлении, психотерапии и межкультурных отношениях» состоялся 16–17 мая 2023 г. в Ереване на базе Российско-Армянского университета. Цели мероприятия – поиск решений актуальных проблем личностного развития посредством наставничества в сфере психологии, образования, управления, производства, научно-исследовательской, творческой деятельности и т. п., обсуждение научных результатов, инновационных технологий в области наставничества, обмен опытом, установление творческих контактов. Форум объединил более 100 участников (руководители научных и образовательных организаций, научно-педагогические работники, практические психологи, аспиранты и студенты) из Армении, Беларуси, Германии, Казахстана, Кыргызстана, России, Чехии, Израиля и др. Репортаж освещает краткую хронику основных мероприятий форума (пленарное и секционные заседания, круглые столы, интерактивные лекции, мастер-классы, а также телемост).

Ключевые слова: наставничество, психологический форум, Российско-Армянский университет, международное сотрудничество

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