

**MINISTRY OF EDUCATION AND SCIENCE OF THE REPUBLIC OF  
KAZAKHSTAN  
AL-FARABI KAZAKH NATIONAL UNIVERSITY  
DEPARTMENT OF GENERAL AND APPLIED PSYCHOLOGY**



**INFORMATION LETTER**

**International scientific and practical conference  
«STRESS-MANAGEMENT: THEORY AND PRACTICE of  
STRESS MANAGEMENT within implementation of the program  
"RUHANI ZHANGYRU" devoted to the 60-year anniversary of the Doctor of  
Psychological Sciences, Professor S. K. Berdibayeva.**

**Date of event:** October 5, 2019

**Venue:** Scientific library of Al-Farabi Kazakh National University, Al-Farabi KazNU, Republic of Kazakhstan, Almaty, Al-Farabi Avenue, 71

**Organizers:** Department of General and Applied Psychology of Al-Farabi KazNU.

During the conference, it is planned to discuss topical issues of different branches of psychology, topics and issues of fundamental and applied research in stress psychology, forms of interaction of science and practice in the field of stress management, prospects for the development of stress management in world psychological science.

Scientists, teachers, psychologists, Master degree students, doctoral students, university students, specialists of related disciplines (pedagogy, social work, social pedagogy, etc.) are invited **to participate in the conference.**

**Working languages of the conference:** Kazakh, Russian, English

**Topics of breakout sessions:**

- Basics of stress psychology: how to timely learn to recognize, understand and manage the stress
- Stress and its impact on a person
- Experimental and practical psychology in Kazakhstan: development of scientific school of Professor S. M. Dzhakupov

Applications for participation in the conference, texts of reports in soft copy are accepted from August 01 to September 15, 2019 by e-mail: [Sandugash0606@mail.ru](mailto:Sandugash0606@mail.ru)

See the Appendix to the Information letter for publication requirements. Publications without application and established form are not accepted.

Travel and accommodation of nonresident and foreign participants are at their own expense.

Please contact the Organizing Committee for questions re conference Phones: +7 (727) 292 57 17 (+2131), + 7 7082942903 - Sandugash Duanayeva, e-mail: [Sandugash0606@mail.ru](mailto:Sandugash0606@mail.ru)

Org. fee for publication of articles: KZT 4000  
The collection of org. publication fee is at the address - office no. 415, UK 4, Masanchi 39\47, 050040, Almaty, or transfer to the card of Sandugash Duanayeva IIN 800606403072

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contact phone number: mob. + 7 7082942903

## APPENDIX

### THE APPLICATION OF THE PARTICIPANT

Name (in full)	
Academic degree, title	
Place of work/study	
Position	
Topic of report	
Section	
Contact telephone number and e-mail address	
Form of participation (in-present/publication only)	

### Terms of publication

The text of the article should be typed in a text editor Microsoft Word. For reports in Kazakh, Russian, English – font TimesNewRoman, size – 14, line spacing – 1, volume - up to 5 pages. The article should not contain graphs and tables. Margins - 2 cm on each side. The list of references is placed at the end of the text and typed in accordance with the order of citation.

References in the text should be placed in square brackets. For instance: [1, p. 12]. No summary is required.

The text of the article (without specifying page numbers), the application are provided in electronic form (the file name must contain the name of the first author, the report and the application are provided in one file) from August 01 to September 15, 2019 to the e-mail: [Sandugash0606@mail.ru](mailto:Sandugash0606@mail.ru).

Articles that do not meet the requirements of registration are not considered. The cost of publication is KZT 4000. For foreign residents it is free of charge.

The number of authors should not exceed 4 people. It is planned to publish materials before the conference. Therefore, materials received after the deadline or those that do not meet the specified requirements will not be accepted for publication.

## **A SAMPLE OF THE PUBLICATION**

*E. T. Adilova*  
*(AL-FARABI Kazakh National University,*  
*Almaty, Republic of Kazakhstan)*

### **A STUDY OF THE RELATIONSHIP BETWEEN SELF-ATTITUDE AND MECHANISMS OF PSYCHOLOGICAL PROTECTION OF THE PERSONALITY**

In modern psychology, many leading scientists are engaged in research of self-attitude and methods of protective behavior of the individual, but the problem of connection of psychological protection with the mechanisms of psychological protection in adolescence has not yet received proper development in psychological science.....

Researchers have different characteristics of the place occupied by adolescence in the overall cycle of personality development "the final stage of preparation for entry into independent, labor and social activities" [1, p.208]; "the most important stage of development of the individual as a subject of labor, knowledge and communication" [2, p.108].

#### **Bibliography**

1. Mikhailichev E.A. Didactic testology. - M.: Public education. - 2001, 432 p.
2. Tashimova F., Burdina E.I., Rizulla A.R., Kozhikova A. Features of students' awareness of the world and the style of their coping behavior // Bulletin of psychology KazNPU them Abaya. - 2014, no. 2(39), pp. 48-59.
3. Types of protective mechanisms of the human psyche. URL: <http://vseostresse.ru/psihicheskie-rasstroystva/zashchitnye-mekhanizmy>