



## PSYCHOLOGICAL PREVENTION FOR UNIVERSITY TEACHERS

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### Abstract

The quality of education provided in high schools, depends on many factors, including the training of trainers, organizational process, excellent communication, feedback, facilities and training tools. Human resources, however, appears to be leading components in the provision of quality education. Behavior of teachers as channels for new knowledge and skills is closely linked with the success of the learning process. To be adequate in all situations and deal a high level with their duties as people and professionals, trainers need adapted and applied psychological treatment.

The present study shows that in the higher schools in Bulgaria are not paying almost no attention to this problem, although there is a serious need for the implementation of psychological treatment. From the conducted survey assistants and professors at the Medical University of Sofia is clear which methods to restore mental and emotional balance are the most preferred.

**Key Words:** Trainers, psychological treatment, universities.