writing. Then the therapist needs to just check the patient's engagement in the writing process. Only when patients go, written information can be read. The main questions are: did the patient focus on thoughts and feelings or only tell the facts, if the patient focus on the target trauma or switch to another one and how many details were written.

Paula Domenici, Ph.D. and Director of Training and Education with the Center for Deployment Psychology at the Uniformed Services University of the Health Sciences in Maryland said that despite the WET manual being simple and quick to read it was challenging to deliver the protocol of written exposure therapy and not to support patients in emotionally processing and cognitive restructuring trauma-related beliefs. But she also thinks that WET is rather benign and can be useful for patients with less severe PTSD symptoms. If WET isn't enough, it could be a step towards more demanding and intensive trauma-focused psychotherapy, such as Prolonged Exposure or Cognitive Processing Therapy.

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MICROCONTROLLERS AS A 20TH CENTURY BREAKTHROUGH IN ELECTRICAL ENGINEERING

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A microcontroller is a special microcircuit designed to control various

electronic devices. In fact, a microcontroller is a small PC that can perform 32 million operations per second, having the size of a human nail. This device is so multipurpose that all modern electrical devices are built on its basis.

The first microcontroller was designed in 1976, 5 years after the creation of the first microprocessor. It was an Intel chip called the 8048. Microcontrollers of the 8048 family were used in the Magnavox Odyssey game consoles, in the keyboards of the first IBM PCs and in a number of other devices (Microchip Makes, 2014).

The first significant changes occurred with the advent of PIC controllers from Microchip. These chips were offered at record low prices, which allowed them to quickly capture a significant part of the microcontroller market. In addition, crystals from Microchip were better than other microcontrollers in performance and did not require an expensive programmer.

The real revolution in the world of microcontrollers took place in 1996, when Atmel introduced its family of chips based on the new progressive one. More developed AVR architecture, performance, which is higher than of Microchip controllers, as well as the attractive pricing policy made the microcontrollers of this company number 1 (Website Myrobot, 2019).

Today, the most common are the STM32 microcontrollers of the STMicroelectronic series. The 8-bit STM8 microcontrollers were released in 2008 and were positioned for tasks requiring high reliability with low power consumption. They immediately became popular due to a low price and a wide range of models.

Not surprisingly, every modern device has a microcontroller. After all, microcontroller allows saving a huge amount of analog components and significantly reduces the cost of manufacturing devices. The 21st century can be considered as the age of microcontrollers. And no one imagines what kind of breakthrough can change our lives just as the microcontroller once did (Microchip Makes, 2014).

References:

1. Microchip Makes (2014, August 19). *History of AVR*. Retrieved from https https://www.youtube.com/watch?v=qvaSIGFdtNA