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OVERCOMING PSYCHOEMOTIONAL TRAUMATIZATION PERSONALITY IN TERMS UNSTABLE PRESENT DAY

В Україні відбуваються події, що виходять за межі повсякденності і стабільності та привносять в життя людей втрати, зачіпаючи буденний сенс людського існування й, надаючи йому, певного межово-екзистенційного контексту. Тому, існування особистості у вирі нестабільності та непередбачуваності актуалізує проблему надання допомоги постраждалими від травматичних подій в масштабах країни.

При не отриманні належної професійної соціальної та психологічної допомоги, у постраждалих наростає рівень травматизації, що може значно ускладнити у подальшому їх фізичне і психологічне та соціальне відновлення. Таким чином, постає актуальне завдання розробки ефективних програм з профілактики та подолання психоемоційної травматизації особистості.

Опрацювання кількісних результатів дослідження та їх якісний аналіз показує, що за ранговими показниками на першому місці знаходиться психоемоційна травматизація, яка стосується втрат, у яких йдеться

або про фізичну чи смертельну небезпеку, або почуття психологічної і соціальної безпорадності особистості в умовах неконтрольованої чи мало контрольованої реальності. Емоційна психотравма може виникати не лише внаслідок впливу таких критичних випадків, як війна чи природні та соціальні катаклізми, тяжкі захворювання, а й унаслідок розриву стосунків, глибокого розчарування в людях чи житті, втрати ідеалу, соціального чи індивідуального знецінення особистості.

Загалом, отримані результати вказують на переважні причини та наслідки отримання психотравми досліджуваними; визначають способи самокорекції, які використовують респонденти, а також на недостатню їх спрямованість на звернення про допомогу до професійних психологів. Також актуалізується й питання доступності та професійності надання такої допомоги і створення умов для широкої профілактичної роботи з різними категоріями населення.

Ключові слова: втрати, психотравма, емоційна психотравма, подолання, психоемоційної травматизації, психоедукація, психореабілітація.

Relevance and statement of research problem. For more than 5 years, the Ukrainian state is in a situation of undeclared war. In Ukraine there are events beyond everyday life and stability and bring to the lives lost, affecting ordinary meaning of human existence and giving him certain boundary-existential context. Using, as part of the so-called «hybrid war», of advanced communication channels and information technologies, leads to the fact that the zone of injury and traumatism of a person has become much more global and wider. Therefore, the existence of an individual in the midst of instability and unpredictability will raise the problem of helping victims of traumatic events throughout the country.

Research and development of integrated approaches to work with different categories of victims have become extremely popular: the civilian population living on the line of demarcation in the Anti-Terrorist Operation Zone, internally displaced persons, servicemen, wounded fighters and persons not involved in active military operations, but are in a state of constant tension and informational influences that causes them a systemic stress state.

Everyday practice shows that in the absence of timely and proper professional psychological assistance, the level of victims increases trauma, which can considerably complicate the subsequent socio-psychological recovery.

Theoretical foundations of the research. Psychotrauma, to date, is described as the state of experience of discrepancies between the threatening factors of the situation and the individual possibilities of overcoming them, accompanied by intense fear, helplessness and acute sense of loss of

control, cognitive changes and changes in the way the regulation affects, sometimes causing lasting physical, mental and personality disorders [6].

E. Jones draws attention to the fact that under the conditions of psycho-trauma the conflict between «I» and «ideal-I» is aggravated, which causes a reassessment of values, former standards, and sometimes their complete abolition [2, p. 73–95].

K. Abraham drew attention to the fact that the traumatized person is full of a sense of great loss when the traumatic situation occurs with the complication of narcissism. Indicate the special impact of trauma: instability, divergence and depression, the appearance of thoughts about death [3, p. 46].

K. Karut uses the notion of «syndrome of loss», which applies to a situation or a phenomenon of abrupt change in lifestyle due to the loss of something with a subjective feeling and the experience of such loss, such as loss of profession, loss of place of residence as a result of a natural disaster, disability due to invalidity [12].

Z. Freud, analyzing the problem of loss, places emphasis on experiencing the amount and grief that a person feels [9, p. 307]. That is, all life's human losses, one way or another, lead to its psycho-emotional traumatism. As a result, V. Volkan and E. Zintl point out that «The course of human life depends on its ability to adapt to all losses, overcome them and use it as a means for their own further growth ...». At the same time, the scientist emphasizes that «... not completely lost losses (changes that people have not been able to adapt to) weaken its vital energy and impair the ability to establish relationships and successfully realize in further life» [1, p. 15].

In the «Practical Guide for the Treatment of Patients with Acute Response to Stress and Post-Traumatic Stress Disorder,» published by the American Psychiatric Association, it is noted that supporting measures at an early stage, psychoeducation (psychological training) and activities for specific cases appear effective for acutely injured persons, as these approaches contribute to attracting existing aid procedure that may help attract oriented to the needs of psychotherapeutic treatment. Psychoeducation may be useful for facilitating access to effective treatment so as not to exacerbate the symptoms of post-traumatic stress disorder [11].

Psychoeducation is to analyze and explain the phases of psychological changes in psycho-traumatic influences, which will help the traumatized person to understand their own condition, and her close acquaintances to understand her condition and her own experiences on this subject and find a resource in order to make it easier to survive or assimilate and make a resource for development.

Clarification and awareness of the essence of psychological trauma, search and definition of «ways of healing», familiarization and selection

of literature for specialists (psychologists, social workers) to help others and self-help (clients), the use of various means to adapt to a peaceful life (military and combatants) and life in the new conditions of the social environment (settlers, emigrants). Preparation of information booklets, videos, conduct individual and group lectures, workshops, seminars are an important component of modern psychoeducation, aimed at preventing and overcoming the consequences of the suffered physical and psycho-emotional trauma. Accordingly, all preventive and psychotherapeutic measures can be divided into two groups: those that directly affect the most «traumatized» and those that improve the level of its functioning indirectly due to environmental influences (colleagues, family, friends, community at the place of residence). An important and effective preventive and corrective factor will be the cooperation and systematic interaction between the therapist and public and state organizations to create a supportive environment for the «traumatized» to reduce or overcome traumatism, its successful integration into the society [8, p. 15–18].

O. Mosienko notes that psychoeducation is the primary means of working with warriors Anti-Terrorist Operation, which forms successful work at the following stages, such as – stabilization and control of the psychological state of a person using the technique of distance, coping of rumination, distraction. An important stage is the search for resources that allow a person to overcome psychological disorder. It can be a relationship (both with the living and with the dead) memories, dreams, sports, meditation, and creativity. You can use the resource exercise therapy – this is a positive imagination, a conversation with a mentor, a search for a safe place, a resource history (for example, eternal life), the embodiment of a resource in a symbol that can be taken with you, so-called amulets [4].

Psychoeducation may include a variety of recommendations for each category of victim; development of rules of conduct in one or another situation; providing information about where and to whom and for what kinds of help you can apply. Such knowledge can help the affected with understanding to deal with their condition and easier to experience traumatic events. After all, the event becomes traumatic only when it is perceived and interpreted by it [5]. In general, psychoeducation can become a form of rehabilitation of psycho-traumatized persons.

In etymological sense, rehab is a recovery. The essence of rehabilitation can be understood from the point of view of the system approach. A particularly important aspect in rehabilitation is the personality-oriented approach, the complexity and systematic nature of the efforts [6]. Among the most common approaches today, one can distinguish the direction where rehabilitation is considered as the restoration of the individual's lost functions

of the body, relationships and roles of socio-psychological functioning, professional skills and skills of interaction with the world. An important aspect of successful rehabilitation is the development of an individual comprehensive rehabilitation program for an individual or a group of psycho-traumatic people with similar life-threatening losses. According to VM Shakhrai, such a system of rehabilitation measures should relate to various areas of rehabilitation (social and domestic labor, medical and physiological, psychological and pedagogical) [10, p. 107–112].

Everyday practice shows that in the absence of timely and proper professional social and psychological assistance, the injuries increase the level of traumatism, which can greatly complicate their physical and psychological and social recovery. Thus, the urgent task of developing effective programs to prevent and overcome psychoemotional traumatism of an individual in an unstable present day.

The aim of the study: to conduct a theoretical and empirical analysis of the problem of the emergence and overcoming of psychoemotional traumatism of an individual in an unstable present day.

Research methods: theoretical – analysis, generalization and systematization of foreign and domestic literature on the problem of research; empirical – observations, surveys, quantitative analysis and interpretation of empirical research results.

Description of the empirical results of the study and their discussion.

In the course of our previous empirical study, which is devoted to finding ways to overcome psycho-emotional traumatism of an individual in an unstable present day, we drew attention to the fact that virtually all respondents talked about an emotional trauma as a certain loss in their lives. Therefore, in order to determine the ways of providing effective psychological assistance to all who need it, we set the task of investigating the significance of the loss (psychotrauma) for the individual, which she is experiencing, their influence on the emotional state and the subsequent human life. To do this, we prepared a questionnaire, the results of which additionally conducted individual and group discussions in order to clarify and specify the answers to the questions posed. This was necessary for the further creation of group and individual forms of work with the subjects who needed to correct their emotional state.

We offer below the analysis of the results of the pilot study (a total sample of 500 people), conducted in order to identify those problem areas and issues that we will need to address in the future with a sample of adults, who have experienced certain losses (injuries) and are at risk of repeated emotional trauma due to complicated social and individual livelihoods (civilian population, living on the line of demarcation in the Anti-Terrorist Operation

Zone, internally displaced persons, military personnel, wounded fighters and those who are not involved in active military operations, but are in a state of constant tension and informational influences, which causes their systemic stressful conditions, etc.).

We received all the replies ranking (and submit them in descending order of significance), because the total percentages exceed 100 %, since the same respondents point out at the same time the various losses that caused them psycho-emotional traumatism, and for a significant part of the sample still continue to negatively affect their psycho-emotional states and outcomes of life.

We give quantitative results and content of the comments of the respondents that we received as a result of the study.

To the question: «Do you have any previous losses (trauma) that still remind yourself of yourself?» – Significant losses (psychotrauma), which still remind of themselves from 500 (100 %) of the subjects indicated: death of a close person – 350 (70 %); The loss of former yourself – 268 people (53,6 %); divorce – 250 people (50 %); loss of friendship – 200 people (40 %); loss of dreams – 150 people (30 %); ideal loss – 80 people (16 %); separation from relatives – 78 people (15,6 %); house loss 40 people (8 %); loss of Motherland – 24 people (4,8 %); Military action: Anti-Terrorist Operation – 14 people (2,8 %); physical and sexual violence – 12 people (2,4 %); job loss, pension – 10 people (2 %); betrayal – 8 (1,6 %); deterioration of health. heart attack – 6 people (1,2 %); disabled child – 4 people (0,8 %).

Then the respondents indicate some changes that have occurred to them in connection with the experienced loss events. It is clear that such changes are interspersed and partly correlated, therefore, respondents simultaneously call several of them. Accordingly, the quantitative indicators also exceed 100 percent, so we apply a ranking and provide meaning indicators as they are interpreted by the researchers themselves in order of decreasing significance. So on the changes *psychological character* indicates 420 people (84 %) – *psychological loss*: death of a loved one, loss of internal balance and control over one's life, loss of family values and meaning of life, ideal, safety, loss of opportunity to trust themselves and people, loss of oneself and so on.; for change *personal character* indicates 210 people (42 %) – *personal loss*: the inability to recognize myself from the physical and emotional point of view – I can not understand what happens to me and who I am after such a loss, etc.; for change *physical nature* indicates 120 people (24 %) – material and physical losses: lost place and habitual lifestyle, housing, money or loss of physical health, etc.; for change *social character* indicates 100 people (20 %) – social losses: loss of relationship – separation with friends,

natives or relatives; loss of social status; loss of friendship and homeland, etc.; for change *the spiritual plan* indicates 84 people (16,8 %) – *spiritual loss*: a changed attitude towards God or faith (strengthening or weakening of faith, the appearance of doubts about faith, loss of hope or hope); change of the usual religious behavior (increase or decrease in the duration of prayer, the frequency of visits to the church); the emergence of questions regarding the existence of justice in the world; attempts to deny the need for reflection on the meaning of being, his honesty and justice.

To the question: «What helps you to cope with negative emotional states?» – the respondents indicated several answers, therefore the total quantitative indicators exceed 100 %. Ranking, submit them below in descending order of importance: communication with friends and family – 182 people (36,4 %); children – 100 people (20 %); work, hobby – 90 people (18 %); psychologist – 30 people (6 %); creativity, art – movies, drawing, embroidery, play on the instrument – 84 people (16,8 %); sports, active recreation – 80 people (16 %); nature – fishing, forest, communication with animals, walks – 78 people (15,6 %); belief in yourself – 60 people (12 %); just restrain myself – 40 people (8 %); medicine – 22 people (4,4 %); detachment, silence, loneliness – 20 people (4 %); positive thinking – 16 people (3,2 %); prayer, spiritual practices – 10 people (2 %); time – 10 people (2 %); optimism – 10 people (2 %). The obtained results show that the respondents themselves are looking for ways to correct the experience of negative psycho-emotional states. Also, attention is drawn to the low rate of ask for help to psychologist in such a situation.

However, when answering the following question: «Are you ready to ask for help to work with your loss of emotional trauma?» – a little more than half of the respondents, 280 persons (56 %) indicated that they were ready to ask for help (200 persons (40 %) to the psychologist and 80 persons (16 %) to the priest). Another 200 people (40 %); not ready to ask for help, and 20 (4 %) did not answer the question at all.

Although these same respondents on questions: «Do you have a desire to change?» – indicated 320 (64 %) of the polled; the absence of such a desire announces 100 (20 %) studied; another 60 (12 %) of the respondents did not decide on this question and the same 20 persons (4 %) did not answer the question.

As shown in the sections of our empirical research in the first place are psycho-emotional traumatization, concerning losses, which deals either with physical or mortal danger, or about the feeling of psychological and social helplessness of the individual in conditions of uncontrolled or little controlled reality. Therefore, an emotional psycho-trauma can occur not only as a result of the influx of critical cases such as war or natural and social

disasters, serious illnesses, but also as a result of the breakdown of relations, deep frustration in people or life, loss of an ideal, social or individual deprivation or demeaning of a person and similar situations. Thus, a person on his life path has a different experience of experiencing losses and associated psycho-trauma – physical, personal, psychological, social, spiritual, as well as – their own experience of overcoming them.

Traumatization can cause serious psycho-emotional consequences not only for those who are directly concerned, but also those who witnessed traumatic events, even if the event did not cause them physical harm.

Conclusion. Consequently, the obtained results indicate to us the most important reasons and consequences of receiving psychotrauma by the subjects; determine the ways of self-correction that respondents use, as well as the lack of their focus on applying for psychological assistance to professional psychologists. This confirms the need for a wider educational work to popularize popular appeals for professional psychological help in loss situations, which leads to psychotraumatism of the individual. The availability and professionalism of providing such assistance and creating conditions for extensive preventive work with different categories of population are also actualized. Therefore, research conducted in this context will be relevant for people who now live in the occupied territory and lack access to the necessary psychological assistance. We already need to prepare for how we will work with this category of people after the end of hostilities in Ukraine and the return of the occupied territories.

Prospects for further research. It should be noted that today there is insufficient systematic psychological research on the study of ways, means and methods of prevention, and overcoming the psychotraumatization of the population. At the same time, the increase in the number and complexity of emergencies in the life of a modern person (military actions, terrorism, natural and social disasters) and various life-losses (death of relatives, serious diseases, destruction of the family, etc.) lead to psychotraumatization of the individual and actualize the problem of finding effective psycho-correction approaches, which could be the basis of «restorative» programs of practical psychological assistance to people who survived the psycho-trauma. These are, first of all, the search for ways and effective means to overcome the psycho-emotional trauma of a person experiencing difficult life situations, in particular – forced returnees, victims, captured hostages; people who survived the shelling and the death of loved ones; people who have witnessed or participated in aggression or active hostilities, and so on. This will be devoted to our further research.

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OVERCOMING PSYCHOEMOTIONAL TRAUMATIZATION PERSONALITY IN TERMS UNSTABLE PRESENT DAY

Events occur in Ukraine that go beyond the limits of everyday life and stability and bring lives to people, affecting the everyday meaning of human existence and giving it a certain boundary-existential context. Therefore, the existence of an individual in the midst of instability and unpredictability will raise the problem of helping victims of traumatic events throughout the country.

If do not receive timely and proper professional social and psychological assistance, in victims, increases the level of trauma that could greatly complicate further their physical, psychological and social recovery. This begs the important task of developing effective programs to prevent and overcome the psychoemotional trauma of the personality.

Working out quantitative results of research and their qualitative analysis concerning the primary indicators of our places of stay in psychoemotional traumatization, concerning the loss or destruction of physical or social danger, or psychological and social danger of an individual. Emotional psycho-trauma can occur not only because of the impact of such critical cases as war or natural and social cataclysms, serious illnesses, but also due to the breakdown of relations, deep frustration in people or life, loss of an ideal, social or individual deprivation of personality.

In general, the results indicate the main reasons and consequences of obtaining a psychotrauma by the subjects; determine the ways of self-correction that respondents use, as well as the lack of their focus on seeking help from professional psychologists. Also updated the question of the availability and professional support such aid and create conditions for broader prevention work with different groups of people.

Key words: *loss, psychotrauma, emotional psychotrauma, overcoming, psychoemotional traumatism, psychoeducation, psycho-rehabilitation.*

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