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ASPECTS OF THE REHABILITATION OF INDIVIDUALS AFFECTED BY PSYCHOLOGICALLY TRAUMATIC EVENTS

Abstract. The article highlights the theoretical foundations of psychological rehabilitation for individuals who have experienced psychologically traumatic events. It summarizes contemporary approaches to interpreting the concepts of “rehabilitation” and “psychological rehabilitation” in the context of crisis psychology. The main goals, tasks, principles, and methods of professional activity of psychologists aimed at overcoming the consequences of psychological trauma are identified. It is noted that a psychologically traumatic event is typically sudden and destructive in nature and is accompanied by significant emotional stress, requiring professional intervention. The study outlines the key stages of rehabilitation work with affected individuals, taking into account their individual characteristics and level of disadaptation. The results obtained may be used in crisis intervention practices and in the training system for psychologists working with traumatized individuals.

Keywords: psychological rehabilitation, traumatic event, crisis intervention, traumatic experience, psychologist, professional assistance.

The issue of psychological rehabilitation for individuals affected by traumatic experiences has gained particular urgency in the context of the ongoing war in Ukraine. Hostilities, heavy shelling, territorial occupation, the loss of loved ones, injuries, forced displacement, and other traumatic incidents have left deep psychological scars on both military personnel and civilians. For many Ukrainians, the war has triggered the development of post-traumatic stress disorder (PTSD), anxiety disorders, depression, and other emotional and cognitive conditions that may persist for years [3].

The scientific challenge in this field lies in developing and adapting rehabilitation methodologies for people affected by war-related trauma, considering the unique nature of armed conflict and its psychological consequences for different population groups—servicemembers, volunteers, medical professionals, children, women, and the elderly. It is essential to explore mechanisms of trauma recovery and resilience building, as well as to design new approaches to mental health support that reflect the national and cultural context.

In the current circumstances, the scope of application for psychological rehabilitation knowledge and skills has significantly expanded. Traumatic events are typically sudden, intense, and destructive, often resulting in profound psychological harm. Only through structured psychological rehabilitation can affected individuals restore their social adaptation resources, improve life activity, and regain a sense of self-efficacy.

The practical goal of psychological rehabilitation is to ensure access to professional mental health support for everyone impacted by war. This includes building a national psychological rehabilitation system, implementing state-level mental health programs, empowering NGOs and

international partners, and training qualified specialists capable of working effectively with war-related psychological trauma.

Recent studies on psychological rehabilitation for individuals affected by traumatic events, particularly due to the war in Ukraine, indicate a surge in both scientific and practical efforts by Ukrainian psychologists. The Russian-Ukrainian conflict has prompted an increase in research focusing on trauma's impact on mental health and the development of effective rehabilitation methods.

Globally, psychologists are examining the challenges of providing psychological assistance to trauma survivors. Notable Ukrainian researchers, including V. Marunych, V. Shevchuk, and O. Yavorovenko, have explored the principles, methods, and stages of psychological rehabilitation, contributing to the understanding of effective practices in this field [4].

A significant area of focus is the study of post-traumatic stress disorder (PTSD) manifestations among military personnel and civilians. Researchers such as L. Balabanova and O. Kokun have investigated the psychological states of individuals in extreme conditions, emphasizing the importance of tailored support for combatants. Additionally, efforts are being made to develop diagnostic tools for early detection of PTSD and other mental disorders, facilitating timely interventions [7].

The psychological rehabilitation of children exposed to warfare is also receiving attention. Techniques like art therapy and storytelling are employed to help young survivors process their experiences and regain a sense of security [5].

Overall, Ukrainian psychologists are actively advancing the study of psychological trauma and integrating international experiences into domestic rehabilitation practices. Despite these advancements, further in-depth research is necessary to fully understand the professional activities of psychologists in the context of trauma rehabilitation and support.

Methods of Psychological Rehabilitation: Updated Overview and Conclusions. Recent research in the field of psychological rehabilitation of individuals who have experienced traumatic events identifies a range of effective methods widely used in practice [2]. The most common include autogenic training, hypnosis, mental hygiene, psychoprophylaxis, aesthetic therapy, physical exercise, and occupational therapy.

Autogenic training is based on self-suggestion techniques and is widely applied to manage depression, anxiety, and stress without the use of medication. It contributes to restoring emotional balance, reducing tension, and building resilience to stress.

Hypnosis is used to address emotional disturbances and post-traumatic symptoms. It helps reproduce and process negative experiences, thereby reducing their destructive psychological impact.

Mental hygiene encompasses preventive knowledge and actions aimed at preserving mental health. Psychoprophylaxis, in turn, is focused on preventing the development of mental disorders by creating conditions that enhance stress resistance.

Aesthetic therapy targets the emotional and sensory sphere through art, fostering psychological comfort and creative self-expression. It effectively reduces anxiety, stabilizes emotional states, and encourages inner potential.

Physical exercise positively influences overall psycho-emotional well-being, reduces anxiety, boosts energy, and improves mood. Its regular practice is a key component of psychological recovery.

Occupational therapy involves engaging individuals in meaningful work to restore functional and psychological capacity. Productive activity helps individuals regain a sense of self-worth, which is vital for emotional recovery.

The integrated use of these methods, in conjunction with medical approaches, supports re-adaptation, social activity, and professional reintegration of individuals affected by trauma.

Conclusions and Future Prospects. Psychological rehabilitation of trauma survivors is a multi-stage process, including diagnostics, recovery, re-adaptation, and full social integration. This work requires not only professional expertise but also a high level of ethical and personal maturity. Future studies should focus on empirically examining the qualities essential for effective psychological work, improving rehabilitation methods tailored to individual needs, and developing professional support programs for specialists working in this field.

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THE ROLE OF CONSTRUCTIVE COPING STRATEGIES IN THE PSYCHOLOGICAL WELL-BEING OF MILITARY PERSONNEL IN EXTREME SITUATIONS

Abstract. This article explores the coping strategies employed by military personnel to manage stress in extreme service conditions. The article discusses different classifications of stress-coping strategies and evaluates their effectiveness.

Keywords: Coping strategies, military personnel, stress, psychological health, social support.

Modern military conflicts impose not only physical but also significant psychological demands on military personnel. Living in extreme conditions, constant stress, and life-threatening situations can negatively impact mental health. Therefore, studying the mechanisms of stress adaptation and developing effective strategies to promote the psychological well-being of military personnel are of utmost importance.

The defenders of our country face daily challenges that test them both physically and mentally. Extreme conditions, constant tension, and threats to life are just a part of what military personnel encounter. How can mental health be preserved in such challenging conditions? What mechanisms help military personnel cope with stress and adapt to extreme situations? This study aims to find answers to these questions by focusing on the role of constructive coping strategies.

The role of constructive coping strategies in the psychological state of military personnel has been and continues to be studied by many domestic and foreign scientists and psychologists, such as N. Agaev, O. Kokun, V. Mushkevych, L. Pasichnyk, E. Foa, B. Rothbaum, T. Britt, D. Meichenbaum, and many others. They have all emphasized that the psychological resilience of military personnel is one of the key factors in the successful conduct of military operations. Understanding the mechanisms underlying adaptation to extreme conditions is an important task of modern psychology.