

Стратегія роботи: покроковий алгоритм роботи по трансформації почуття провини, який дозволяє вбудовувати минулий досвід в майбутнє. Як допоміжні засоби використовуються використання метафор і пошук зовнішнього ресурсу в діяльності.

– переживання страху. Форми страху, з якими стикаємося в роботі: тривога, страх як реакція на те, що сталося, параноїдний страх і жах.

Особливі форми страхів: страх невизначеності в майбутньому, страх себе і власних реакцій, страх від непрожитої ситуації.

Стратегія роботи вибудовується за алгоритмом «Тіло – емоції - думки». Залежно від модальності, в якій живеє людина, робота може вибудовуватися спочатку з думок або емоцій.

Таким чином, даний досвід показує ті стратегії роботи, які дають результат в застосуванні до військових в зоні бойових дій, але також відкриває необхідність в дослідженні і розробки стратегій з проблематики, яка надалі відкривається в практичному досвіді роботи в зоні бойових дій.

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PSYCHOLOGICAL VOLUNTEERING IN UKRAINE – AN EXAMPLE OF THE DEVELOPMENT OF NATIONAL CONSCIOUSNESS

Abstract. The author investigates the psychological peculiarities of the volunteer movement in Ukraine, which has developed as a difficulty in a country at war; analyzes the phenomenon of national consciousness in the difficult times of change, the search for identity, and the desire for European integration; shows the great influence of volunteer psychologists who have worked selflessly and without reward for the good of the state, conducted psychological aid, and rehabilitated victims.

Methodology. Theoretical and methodological basis of our study is the subject-behavioral approach and the concept of personal design of life that guides the person to the actualization of subjectivity, psycho-trauma transformation in their own life

experience. The research is based on the synthesis of real historical events in Ukraine in the years 2014–2015, analysis of documentary data, and testimony of citizens.

The current socio-economic and psychosocial situation in Ukraine in terms of the annexation of the Crimea, the presence of the armed conflict in eastern Ukraine and the counterterrorist operation (ATO) has been actively discussed and interpreted by the various scientific communities, including psychiatric and psychotherapeutic. According to the international organization of the Assessment Capacities Project (ACAPS), listed in the review of Global Emergency Overview as of March 2015, more than 5 million inhabitants of Ukraine were somehow involved in these traumatic events; more than a million of them were internal migrants. Also, more than 10 thousand. People were wounded, and 6 thousand – murdered.

Experiencing internal and external struggle, the Ukrainian people, according to psychologists [1] are going through a complex injury - a type of injury that occurs repeatedly and accumulates, usually for a period of time and within the specified relationships and contexts. First of all, it is traumatic events that are intentional, planned and caused by others, such as violence against another person in war. Therefore, psychological education is more important than ever, as victims, and other categories of people for processing traumatic experience based on the understanding that psycho-trauma be a new stage of awareness, resources, the birth of the subject (J. Lacan [3]); psycho-trauma be rethought (A. Ehlers [4]). And the whole history of Western civilization - the acting out of injury (Haynberh). The development of consciousness makes it possible to form a new Ukrainian consciousness, which will be divided into "us" and "them", but only as the established new Ukrainian identity is integrated into the European civilization.

A great contribution to the development of psychological education has been made and continues to be carried out in Ukrainian volunteer organizations. Despite the problems in the social, political and economic spheres, psychologist volunteers found the strength to basically disinterested basis to provide a complex, crucial years 2014–2015 time psychological assistance to different categories of population. Volunteers began working in the revolutionary events on the Maidan. Psychologist volunteers traveled in ATO to work with the military, provided psychological assistance

to refugees, visited the hospital, worked with the demobilized. This large-scale movement is evidence of the development of national consciousness of the people of Ukraine. Although the understanding of national identity, values and national ideals began to change, though it should be noted that the citizens of Ukraine, and in particular professional psychologists confirmed understanding of their responsibility for the development of historical events in the country, responsible for their consequences. People stopped to shift the responsibility for leadership, they came to better understand that they themselves can influence and make history. Furthermore, the war has exacerbated sense of justice, increased desire for freedom and democracy.

In our opinion – the most crucial time 2014–2015h years contributed to the development stage of a new awareness of themselves as Ukrainian nation. Particularly unique is the example of professional psychologists in overcoming traumatic events.

Literature

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