SUMMARY

The relevance of the investigated problem lies in the need to provide primary psychological assistance to military personnel and other victims of the Russo-Ukrainian war at its current stage, because psychological problems are occurring in an increasing number of people, in particular in the territory of Kharkiv and Zaporizhzhia. The purpose of the article is to determine the specifics and stages of providing psychological assistance, as well as consultations to victims of the war, primarily to the populations of Kharkiv and Zaporizhzhia, which are located within the war zone. In the course of the research, a set of methods was used, namely analytical, graphic and synthesis methods. The main results of the conducted research should be considered the established features of providing assistance to the affected part of the population, which was at the epicentre of combat events in the Kharkiv and Zaporizhzhia Oblasts, as well as specific actions that prevent the deterioration of a person’s psychological state during the war. Identified were the factors needed to provide psychological assistance for the various population specifics, taking into account aspects such as gender, age, as well as the person’s degree of psychological deterioration. The practical significance of the results of this academic paper lies in the development of an algorithm of actions for providing psychological assistance to Ukrainians during the state of war in the country, as well as conducting the necessary actions and consultations to improve the psychological state of the population affected by the war from specific cities. The results of the study can be used as an example to provide consultations and conduct to the population of other regions of Ukraine and beyond in real time. In addition, the results can be a helpful tool for establishing recommendations for improving mental health in conditions of war.

Key words: martial law, rehabilitation, psychotherapist, post-traumatic syndrome, population, victims
INTRODUCTION

The beginning of a full-scale war between Russia and Ukraine became a significant factor in the destabilization of the psychological state of the population of Ukraine, in particular in the regions that suffered the most during the war and that have a deterioration of the state of mind during resettlement to new territories under the pressure of martial law and other factors that affect people’s health (disappointing news about the war situation, the sounds of sirens and explosions, unwanted conversations with others). It is worth noting that psychologically war affects people in different ways, therefore it is necessary to use psychological counseling and rehabilitation taking into account different population groups, which is the problem of the research. This problem arose back in 2014, when hostilities were already observed in the East of Ukraine, which affected the population of Donbas. Currently, after the start of the full-scale invasion of Ukraine in February 2022, the number of injured people who were negatively affected by the war on the territory of the country has increased dramatically and a more aggravated psychological state has arisen in the military, their families and people who found themselves in the most damaged zone.

Currently, only a small number of Ukrainian authors and researchers were able to analyze the given topic in modern conditions. It is worth pointing out the article by A. Holotenko [1], who highlighted the idea of social and psychological assistance in the conditions of martial law, analyzed the need for social support in stressful situations. K. Kalnytska and B. Lazorenko [2] analyzed in their paper the features of psychological rehabilitation and restoration of life with the help of society after receiving psychological trauma in the conditions of martial law. D. Artsimeyeva et al. [3] in their manual highlighted the topic of proper adaptation to reality and psychological support of adults and children during the period of martial law, as well as identified the specifics of providing psychological support to people working in educational institutions. Before the war, the specifics of providing psychological assistance to people were considered by L. Hrydkovets et al. [4], whose paper describes the features of psychological rehabilitation to overcome crisis situations in people’s lives, as well as the main directions of social and psychological assistance. In joint paper, O. Demchuk et al. [5] considered the peculiarities of preserving the social and psychological state of people using examples of such events as liquidation of the consequences of the explosion of the fourth reactor at the Chornobyl NPP, rescuing people in Armenia and Kyrgyzstan during earthquakes, the beginning of the anti-terrorist operation (ATO) in Eastern Ukraine.

In addition to Ukrainian researchers, the problem of overcoming stress in various conditions was dealt with by E. Selhub [6], who described in her book the features of managing stress, identifying manifestations of stress and bad mood, as well as revealing triggers that worsen the human psyche. In their paper, D. Bürgin et al. [7] considered the issue of psychological health of children in the conditions of martial law, as well as the need to provide psychological assistance.
to any child who finds themselves in a crisis situation. In addition, the articles of Ukrainian and international organizations that advise people who received psychological pressure during the war were taken into account, namely the United Nations International Children’s Emergency Fund (UNICEF) [8], which in the article described in detail the specifics of conducting a conversation about the war with children.

The main purpose of the article is the creation of a guiding example for the provision of primary psychological assistance to the population of Kharkiv and Zaporizhzhia Oblasts, as well as the definition of clear points of consultation regarding the mental state of citizens. In order to achieve the goal, the factors affecting the psychological state of people were analyzed, the peculiarities of the manifestation of psychological problems in different types of the population were highlighted, the ways war affects the population was studied, and the literature and methods of providing psychological assistance to people in crisis situations and conditions of martial law were studied.

THE STUDY OF FACTORS THAT CAN AFFECT THE PSYCHOLOGICAL STATE OF PEOPLE IN THE CONDITIONS OF WAR

In the course of the research, the problem of the specifics of providing psychological support and consultations in the conditions of war for the affected population groups of Kharkiv and Zaporizhzhia was studied in detail through the analysis of factors affecting the human condition, the characteristics of the manifestation of a negative change in the psychological state, as well as consideration of current practices for overcoming crises by people. The article used analytical and graphic methods, as well as the method of synthesis to clearly reveal the topic. The analytical method involves the study of literary sources, research and available psychological methods that can affect the psychology of a person and bring their psychological state to stability, as well as the consideration of statistical data to analyze the number of victims and the effectiveness of ways to overcome stress in order to create the best universal plan for providing consultations and conducting psychotherapy, their analysis and use in the current conditions of martial law.

The basis of the graphic method is the visualization of the appearance of problems with the psychological health and emotional state of people affected during the war, as well as their illustrated interpretation for a visual assessment of indicators. On the basis of the method of synthesis, the observations of scientists regarding the conduct of psychological rehabilitation were studied, the peculiarities of training people in the field of psychological assistance in conditions of war were analyzed, the peculiarities of providing consultations to various population groups of the eastern regions of Ukraine were tracked, as well as the generalization of all considered methods for reproducing an effective method of rehabilit-
The problem of creating a universal method of providing psychological assistance in wartime was not previously of interest to most researchers in the field of psychology, but after the start of a full-scale war between Russia and Ukraine, maintaining a stable psychological state and rehabilitation in difficult cases became one of the most relevant topics for discussion in modern times. Previously, psychological help was necessary during the First and Second World Wars, where practices were used that are still used by most psychologists today. It is worth noting that in the period after the end of the Second World War and until today, scientists were able to identify more modern methods of overcoming people’s psychological problems.

The source base of scientific paper should include the research of such scientists as A. Holotenko [1], K. Kalnytska and B. Lazorenko [2], D. Artsimeyeva et al. [3], L. Hrydkovets et al. [4], O. Demchuk et al. [5]. In addition to the papers of scientists, data from modern platforms engaged in counseling and providing primary psychological assistance to war victims and displaced persons, articles on the psychological state of the population of Kharkiv and Zaporizhzhia, as well as statistical information on the number of victims during the war and positive feedback from the people who underwent rehabilitation by charitable organizations. In order to clearly study the topic and establish further research results, the paper was divided into 3 parts, namely: the study of factors that can affect the psychological state of people in the conditions of war; determination of features that are characteristic of people with a disturbed psychological state, as well as factors that signal the need for psychological consultations or rehabilitation; consideration of modern techniques of providing primary psychological assistance and psychotherapy in crisis situations and during martial law in Ukraine.

**FACTORS AFFECTING THE PSYCHOLOGICAL STATE OF THE POPULATION OF UKRAINE IN THE CONDITIONS OF WAR**

Stress is a fairly normal state for the human body, which is caused by receiving influences from internal or external stimuli of the state. Science has proven that most types of stress that a person encounters are safe and necessary for the activation of natural instincts for a person. However, in case of excessive exposure (due to high intensity or a sufficiently long period of exposure) of a person to stress, it begins affecting the human psyche in new ways, having a negative impact on the body and permanent consequences [9].

In the conditions of martial law in the country, the psyche of the population is under the constant negative influence of an external stimulus, which can lead to
mental trauma, which in turn has a negative impact on human health. The negative manifestations of psychological trauma can be traced to the victims and veterans of the wars in Afghanistan, Iraq, and Israel, who, many years after the end of a full-scale war, still suffer from the negative consequences of what they experienced during the war. It is worth pointing out that such a post-traumatic syndrome occurs due to great tension and extreme conditions of war, which, for a long period of time, affect the human psyche and cause moral fatigue [10]. Extreme conditions exist in the environment objectively and it is impossible to influence the change in their character, which excludes the possibility of meeting the individual needs of each person [11]. With regard to the experiencing of the war by the psyche of the ordinary, unprepared population of the Kharkiv and Zaporizhia Oblasts, it can be said that the stress level is quite high, because the majority of the surveyed population of the Eastern Ukraine changed their place of residence as a result of hostilities in the territory of their permanent residence (Fig. 1).

As a result of the deterioration of the psychological state and anxiety in the living conditions in the territory of active hostilities in Kharkiv Oblast and Zaporizhzhia, the majority of the population of the regions began to migrate to other cities and countries in order to live in safe territories and reduce the psychological pressure of the war (Table 1).

It is worth noting that not only war causes stress in a person’s life, but in the current situation, the very beginning of a full-scale war can be considered the most important cause of stress and nervousness in people. Figure 2 shows that today’s circumstances have the strongest impact on people, because the level of stress they experience is greater than the normal crisis situations of people, which may happen more often in life.

Stress in a person usually occurs after experiencing negative emotions that affect the mental state of a person, which in turn causes the appearance of psy-
chological disorders, and in severe cases, psychological injuries. Figure 3 shows the emotions that most often arise in people during the Russo-Ukrainian war. It can be seen that negative emotions predominate, which is the cause of widespread stress among the people, as well as the disruption of a person’s stable emotional and psychological state, causing health problems in the psychological aspect due to the appearance of a previously unseen phenomenon, such as war.

Negative emotions and stress during the war arise mainly from the flow of information that people read in the news, articles on the Internet, on television, so-

Table 1. Migration directions of Ukrainians from Kharkiv and Zaporizhzhia within Ukraine and beyond its borders during the war

<table>
<thead>
<tr>
<th>Migration directions</th>
<th>Left Kharkiv</th>
<th>Left Zaporizhzhia</th>
</tr>
</thead>
<tbody>
<tr>
<td>Within Ukraine:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lviv</td>
<td>7%</td>
<td>64%</td>
</tr>
<tr>
<td>Vinnytsia</td>
<td>28%</td>
<td>0%</td>
</tr>
<tr>
<td>Ivano-Frankivsk</td>
<td>3%</td>
<td>23%</td>
</tr>
<tr>
<td>Cherkasy</td>
<td>0%</td>
<td>13%</td>
</tr>
<tr>
<td>Dnipro</td>
<td>5%</td>
<td>0%</td>
</tr>
<tr>
<td>Zakarpattia</td>
<td>11%</td>
<td>0%</td>
</tr>
<tr>
<td>Kirovohrad</td>
<td>5%</td>
<td>0%</td>
</tr>
<tr>
<td>Kyiv</td>
<td>6%</td>
<td>0%</td>
</tr>
<tr>
<td>Chernivtsi</td>
<td>7%</td>
<td>0%</td>
</tr>
<tr>
<td>Chernihiv</td>
<td>3%</td>
<td>0%</td>
</tr>
<tr>
<td>Poltava</td>
<td>13%</td>
<td>0%</td>
</tr>
<tr>
<td>Abroad:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Poland</td>
<td>34%</td>
<td>100%</td>
</tr>
<tr>
<td>Germany</td>
<td>35%</td>
<td>0%</td>
</tr>
<tr>
<td>Spain</td>
<td>31%</td>
<td>0%</td>
</tr>
</tbody>
</table>

Source: [12].

Fig. 2. The most frequent causes of stress among residents of Kharkiv and Zaporizhzhia during several weeks of spring 2022
Source: [12]
cial networks and from the environment (Table 2), which causes even more feelings of confusion, fear as well as tension of the nervous system. The constant presence of a person in the information space can lead to overload, causing stress and a feeling of fatigue, which can worsen each time a person receives negative news [11].

For people who have an unstable psyche, such circumstances can have negative consequences, namely the appearance of new triggers, fears and psychological problems. In addition, the most stressful situation for a person during the war is being in the war zone, in particular in Kharkiv and Zaporizhzhia Oblasts, and moving from the combat areas to new places of residence. In such cases, people often require psychological help of specialists in order to overcome the experienced fears and adjust their psychological state under the new conditions of living and functioning in general. It is worth noting that undergoing psychotherapy sessions under such circumstances is a necessary measure for every affected per-

<table>
<thead>
<tr>
<th>Factor</th>
<th>Content</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>External</strong></td>
<td>Environment: noise, vibration, alarm sounds, gun shots, air planes. Social aspect: information from representative softthearym, information from the immediate environment (un reliable sources of information), tension in the work teamors loss.</td>
</tr>
<tr>
<td><strong>Internal</strong></td>
<td>Working conditions: problems with the body due to limited mobility, multi tasking, long-term work with a high psychological load, monotonous work, lack of the necessary amount of rest. Informational factors: information overload, insufficient amount of information to obtain a sense of security, lack of time, sensory hunger, rapid change of environment (namely, place and living conditions, change of region/country, new place of work, change of environment). Physiological factors: overload, distraction, fear, feeling of anxiety, emotional exhaustion, lack of sleep/rest/food, failure to satisfy a person’s physiological needs.</td>
</tr>
</tbody>
</table>

Source: [11].
son, because an unresolved problem can cause the appearance of more serious psychological diseases, life trauma or post-traumatic syndrome [13].

**SIGNS OF THE NEED TO PROVIDE PSYCHOLOGICAL ASSISTANCE TO A PERSON**

In a situation where the body cannot adapt itself to circumstances caused by stress, a person's mental state can deteriorate, and with constant repetition of the scenario, they will become as vulnerable as possible, as a result of which mental problems arise, which in the future need to be solved only by the intervention of specialists. The most frequent feature of the manifestation of psychological problems in a person is emotional burnout and weakness of the nervous system, which occurs both among the population and in the military [14]. In the first hours of experiencing severe stress caused by the beginning of the war, a person may experience weakness, fatigue, irritability, and with constant stress over a longer period of time (weeks or months), the human psyche cannot withstand the resulting load and begins to deteriorate, which may cause mental health issues. In addition to irritability, weakness and fatigue, there are other signs that show a violation of the psychological state of a person, manifested through behavior, psyche and body (Table 3). It should be noted that each person may have their own unique set of manifestations of the presence of mental health issues, which indicates the need to examine the human condition from different angles in order to indicate the exact signs and establish the degree of damage to the mental state [15].

Children who have received psychological trauma as a result of the war can also change their behavior, the manifestations of which can be seen faster than that in adults, because the child is not yet able to mask true emotions and negative feelings. Basically, you can see the presence of psychological problems in a child by their behavior: young children can repeat movements that they used at an earlier age (sucking fingers or other objects, a constant desire to keep

### Table 3. Signs of the presence of mental health issues obtained during a person's stay in a war zone or in a country that has been attacked

<table>
<thead>
<tr>
<th>Behavior</th>
<th>Psyche</th>
<th>Body</th>
</tr>
</thead>
<tbody>
<tr>
<td>Loss of control over behavior, disorganization, reduced level of adaptation to a new environment, anxiety, irritability, manifestation of unusual actions for a person, or intense manifestation of habitual behavior, apathy, loss of consciousness, manifestations of aggression, rapid mood swings, depression, irritability, change in attitude towards the social environment.</td>
<td>Demoralization, impaired ability to control emotions and feelings, impaired cognitive functions, lack of concentration on one task, partial/complete memory loss, increased sensitivity, slow thinking and reactions to information or an event, hallucinations, weakening of self-confidence and strength.</td>
<td>Tremor, deterioration of vision and hearing, change in heart rate (accelerated and heterogeneous), blood circulation disorders, anemia, muscle hypertonicity, pain in the chest, scars and wounds, accelerated eye movement, active salivation.</td>
</tr>
</tbody>
</table>

Source: [16].
something in the mouth, scratching wounds), try to be as close as possible to parents/adults through a constant desire for physical contact, less use of words, games and other actions that are associated with a stressful situation; schoolchildren manifest the presence of mental health issues due to fears about the emergence of new fears, the appearance of introversion, more careful and closed interaction with the environment, feelings of loneliness, as well as exaggerated requirements for the safety and protection of themselves and their relatives, or an excessive desire to help others to people dealing with crisis situations; in adolescence, a child’s mental health issues may manifest themselves due to problematic behavior (bad attitude towards the environment, brawling, disobedience, etc.), while according to the adolescent themselves, “nothing may change” in their life and behavioral characteristics [17].

People who have chronic diseases, physical and psychological problems, as well as the elderly, may face an issue in overcoming the crisis situation caused by war, which indicates the need for special psychological assistance. In the case a person does not receive help from the environment, which was necessary for stable functioning, as well as when stress occurs due to war, they needs attention to themselves (this should include help with resettlement to a safe area, help with finding and passing the necessary medical assistance, obtaining a basic set of products and clothing for living, or selecting a volunteer who can care for and help a person if necessary), which is already becoming a way to overcome psychological trauma [18]. It should also be noted that people who have health issues, such as diseases of the cardiovascular system, asthma, high blood pressure, etc., can be more sensitive to stressful situations in the conditions of war, so in addition to psychological assistance, people with chronic diseases should also monitor the state of health, regularly checking vital signs (usually, this may happen more often than under the conditions preceding the war). For pregnant women and women who have recently given birth, it is also necessary to more closely monitor the state of health, so to avoid deterioration of its state, and in case of deviation from normal well-being, it is necessary to contact specialists [16].

**PRINCIPLES OF COUNSELING AND REHABILITATION OF VICTIMS IN THE CONDITIONS OF WAR**

At first, when a person turns to a specialist for psychological assistance, the psychologist may assign the person during the first meeting to conduct an interview, during which the specialist gets to know the client, identifies the main problems and provides further direction for subsequent meetings. The interview in its meaning includes obtaining key information, on the basis of which the structure of future psychotherapy sessions is built, and it can be free in the form of a regular conversation as well, and standardized, which is more like a question-
naire with closed questions [19]. In addition, the course of the interview may vary depending on the following circumstances:

- The client knows about the emergence of mental health issues and have guesses about the causes and manifestations of stress.
- The client does not have information that allows fully understanding the reasons for the emergence of mental health issues.
- The client does not understand the reasons and signs of a change in the psychological state at all, after which the specialist tries to learn more about the problem by asking specific questions about the person’s condition.

It should be noted that in different situations and at different level of their complexity, it is possible to use different interview options for obtaining a clear vision of the problem and discovering possible ways to solve it. In standard cases, the specialist uses a classic version of the client’s survey to obtain information about their psychological state. In other situations, the psychotherapist can ask questions during the conversation with the client, which can lead to obtaining clear indicators of the person’s condition [20]. Currently, the most popular scheme for conducting an interview is the five-stage model (Figure 4), which is used by most psychologists and psychotherapists when getting to know a new client.

There are often cases in psychotherapy sessions when the solution to the problem lies in the problem itself, which means that the person’s psyche is not in a critical state, and therefore, rehabilitation will last a shorter period of time. In cases where the problem lies in the presence of several psychological traumas, it may be necessary to conduct several interview sessions to clearly establish the problems. In the conditions of martial law, a person may experience stress, which will have consequences for the human psyche, as a result of the beginning of the war. With untimely (late) rehabilitation, other external factors (Table 1) can

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**Fig. 4.** Classic model of psychological interview
Source: [21]
worsen the person’s condition, the problem can become more significant and change the person’s psychological state even more. Ph. Burnard proposed a different structure of conducting psychological consultations for people, which is shown in Table 4. It can be seen that the difference between the classical model of human counseling and the method of conducting psychological counseling by Ph. Burnard is quite small, which means that there is little variability in deviation from the standard type of counseling a person, and therefore, the search for other unique methods may not be appropriate [21].

After the initial counseling and interview stage, the specialist can draw up a further plan for the client’s rehabilitation depending on the complexity of the situation and other peculiarities of providing assistance to a person (setting the number of sessions, their specifics, workload and goals). It is worth noting that the number and duration of sessions should be discussed with the client, taking into account convenience for them, so that the person does not feel psychological and emotional stress caused by long-term or frequent sessions [22]. If the number and frequency of sessions with a psychologist are correctly selected, and a rehabilitation plan is correctly set, the probability that a person with any degree of severity of psychological trauma will be able to cope with this problem and return to life with a stable psyche is high.

### DISCUSSION

Based on the analysis of the features of the appearance, emergence and overcoming psychological problems that appeared as a result of staying in the territory of Kharkiv and Zaporizhzhia Oblasts, this scientific paper can state that in general there are no specific aspects that will be aimed only at overcoming psychological problems in the conditions of war as such, because in general, the structure of identifying problems and conducting initial consultations for a victim does not differ from the procedure of providing psychological assistance in other crisis situations of people. As the author E. Selhub [6] pointed out in her book, a person can independently find the causes of stress and the features of

<table>
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<td>Demoralization, impaired ability to control emotions and feelings, impaired cognitive functions, lack of concentration on one task, partial-complete memory loss, increased sensitivity, slow thinking and reactions to information or an event, hallucinations, weakening of self-confidence and strength.</td>
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</tr>
</tbody>
</table>

Source: [16].

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Falova, Psychological care, counseling and psychotherapy in conditions of war

Table 4. Structure of psychological counseling by Philip Burnard
its manifestation, which in the future can simplify the process of undergoing psychological rehabilitation. The ability to independently find the reasons and factors that have influenced the deterioration of a person’s mental state will be a very important aspect for rapid rehabilitation during the work with a specialist. It is only worth noting that the person themselves must have the desire to find the real reason for the deterioration of the mental state, otherwise, with an indifferent attitude to the process, it may later affect the resolution of the problem with the psychotherapist. It is worth pointing out that, in general, the restoration of a mental state of people with the history of suicide attempts will progress at the same level as psychotherapy for people with chronic diseases, because it is important to work carefully with a person so that their condition does not worsen.

Conducting consultations and psychotherapy sessions will depend on the degree of complexity of the situation with the person’s psychological state, the duration of the course and individual sessions, as well as other individual requests of a person. First of all, for a person who received psychological trauma at the beginning of the war, it is necessary to provide the following components, which can be called primary psychological assistance:

- Provision of basic needs and stabilization of the situation. It is necessary to provide a person with food, water, housing (it can be free for some time or completely for the period of stay), medical assistance, job search (if necessary), restoration of lost documents, etc.
- Restoration of social relationships. A person should get in touch with their relatives or social environment from Kharkiv and Zaporizhzhia Oblasts, where they lived before, because this will also be an impetus for mitigating the psychological trauma. In addition, if a person does not have relatives or was forcibly displaced, it is necessary for them to fit into the new society and enjoy basic communication with people [23].
- Building self-esteem, strength of spirit and dignity. These components are important for the restoration of a person’s life and the emergence of an incentive to continue life in a new way, as well as to gain the strength to overcome psychological problems in full.

As noted by K. Kalnytska and B. Lazorenko [2] in a research paper, a person who received psychological trauma during the war requires psychological support from the people around. These may not necessarily be psychological means to lift a person’s spirit. It will be enough to support the person, help if necessary, as well as talk about positive topics that can raise the mood and strengthen the self-esteem of the affected person. It is possible to agree with the opinion of the authors, as well as supplement it with the restoration of relationships and ties (meeting in person, live communication, physical contact) with close people with whom a person communicated before, which can give a person a sense of security near familiar people. If a person has lost all their loved ones, they have to receive help from society (public organizations, representatives and employees of educational institutions, volunteers).
As indicated in the joint paper of O. Demchuk et al. [5], under conditions where the military personnel, their families and resettled persons will constitute a significant part of the entire population of the country (about 10% of the population), this may lead to the formation of a “hidden race”, a possible humanitarian disaster due to the uncontrolled influence of the population group on the environment. It can be agreed with this opinion, because the influence of the victims (who were in the war zone) from Kharkiv, Zaporizhzhia and other cities of Ukraine, which suffered the most during the war, on the rest of the population (which is located in the “safer” territories of the country) can worsen the psychological situation of citizens as a whole, but with timely psychological assistance, such a disaster can be avoided, or its impact on people’s lives can be reduced.

In a joint scientific paper, L. Hrydkovets et al. [4] indicate that the process of rehabilitation and restoration of the psychological state of people should be fast so that a person can quickly restore their life to obtain social and economic independence. It should be noted that a too fast process of restoring a person’s mental state can become a new stress, as well as create a high probability that the trauma processed quickly will not be fully resolved, which is why rehabilitation and psychotherapy should be gradual and occur at a rate comfortable for a person to overcome problems, and so that they have time to master and process all the information and be ready to accept new information from the specialist. As indicated by A. Holotenko [1], Ukrainians must undergo social and psychological adaptation to ordinary life, and therefore, the need is implied for gradual adaptation with the use of psychological assistance from specialists and the people around.

Psychological assistance should be provided to children who have encountered war depending on the age and complexity of the situation, as noted by D. Bürgin et al. [7]. If the child panics during any combat action, it is necessary to clearly provide comments that can explain the “safety” of this or that situation (if this situation is not really life-threatening), tell words of support and establish physical contact to feel that loved ones are nearby and will be able to help. In a situation where the child’s parents (or one of them) have remained at their place of permanent residence, while the child has been moved to a safer location, the children must be given the amount of attention they are used to receiving in the family, as well as games/rituals/activities, in which they feel as comfortable as possible. This is a good example of helping a child during the war, because the psychological trauma may not be as global as if the child had not received any psychological assistance. It is necessary to emphasize once again the importance of psychological support from society.

Therefore, it is desirable to add communication and spending time in any interesting activity with peers to the child’s daily life, which can also give the child more pleasant emotions in difficult crisis times [24]. A similar vision of the situation regarding the psychological state of children in wartime conditions was described by UNICEF representatives, indicating the need to provide the child with truthful information according to age, as well as the need to limit information...
sources on the Internet, on the street, in the news in order to preserve the adequacy of the child’s psyche [8]. In addition to what has been said, the organization may need to track all the information that the child hears, including from parents and the closest people around, so that the child receives information according to their age, and it is also necessary to be attentive to the questions that the child asks, because they may be a hidden subtext of what was heard from others.

In their paper, D. Artsimeyeva et al. [3] also note the need for the child to continue to develop in order to overcome psychological trauma by setting priorities and goals, to grow stable self-esteem, as well as to learn to distinguish between problems that the child can influence to solve them, and which the child is not able to control herself. It can be considered that these components serve as one of the ways to restore the mental state of the child, but they will not be able to understand the meaning of all actions on their own, which is why, before starting to study these aspects, it is worth explaining to the child why this or that is necessary and what benefit they will receive after performing it.

**Why is it necessary to do so?**

Conducting such interactions is in line with the child’s developing Self system [25-30]. The formation of the self system, including the sense of the self, in relation to full consciousness and meta-consciousness in microgenesis is illustrated in Fig. 5. Three main types of self can be distinguished here, after Pąchalska [25]:

- **The biological self** (primary, biological being, organism), which integrally connects with the structure and operation of the whole organism and its part (including the structure and neuronal connections of the brain) and consists in the fact that the subject feels and satisfies the drives and needs, which are literally ego-

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**Fig. 5.** Formation of the biological, emotional (feeling) and cognitive (recognizing and being recognized) self in relation to full consciousness (including metaconsciousness) in microgenesis

Source: Pachalska [25], with permission
At this level there is no (and cannot exist) a so-called theory of mind, because it is not necessary for activities essential for survival [26-29].

The emotional self (feeling itself and the environment), which exists on the next, limbic level, connecting with the operation of the emotional system and manifests itself in emotional reactions. At this level, identity is associated with the subjectivity of a person experiencing pleasant or unpleasant emotions [27]. Only then does the I-You relationship become possible, and hence, the beginning of the theory of mind. At the same level, the perception of the stimulus is also separated from the body’s response to this stimulus. In other words, there is a separation of perception from action, with perception becoming the subject of the posterior parts of the brain, and action – more frontal lobes. This is due to complex cortico-cortical and cortico-subcortical connections [25]. The feeling, experiencing the self of the limbic system becomes the central object of cognition in the world of objects that are analyzed according to specific, multimodal sensual and cognitive domains. Perceptual processes, in parallel with the processes of action, tend towards more and more precisely distinguishing the component of reality surrounding a given man [25,26]. manifests itself in emotional reactions. At this level, identity is associated with the subjectivity of a person experiencing pleasant or unpleasant emotions. Only then does the I-You relationship become possible, and hence, the beginning of the theory of mind. At the same level, the perception of the stimulus is also separated from the body’s response to this stimulus. In other words, there is a separation of perception from action, with perception becoming the subject of the posterior parts of the brain, and action – more frontal lobes. This is due to complex cortico-cortical and cortico-subcortical connections [25]. The feeling, experiencing the self of the limbic system becomes the central object of cognition in the world of objects that are analyzed according to specific, multimodal sensual and cognitive domains. Perceptual processes, in parallel with the processes of action, tend towards more and more precisely distinguishing the component of reality surrounding a given man [26,29].

The cognitive self (recognizing and being recognized) being the subject of one’s perception and action, connects with self-awareness and knowledge about oneself [30], self-sense, i.e., a subjective representation of oneself. Here, the identity is synthesized, thanks to which a person is born with a sense of identity, i.e., certainty that „I am myself” as both the object (being recognized Self) and the subject (recognizing Self) of perception [28,29]. The self system – which is formed in the process of microgenesis – creates mutual relations and bonds between the biological self (primary, biological being, organism), the emotional self (feeling itself and the environment), the cognitive self (known and knowing) and self-awareness. This system, as it was pointed out by Pachalska [25] is consistent and its description is based on many years of experience and clinical experiments conducted by many authors [27-35].

Summarizing the conducted research and the opinions of scientists on this topic, it can be emphasized that basically the majority of psychologists and specialists who are engaged in providing psychological assistance to the population...
of Kharkiv, Zaporizhzhia and other eastern Oblasts of Ukraine during the war use practically the same algorithms for counseling and providing psychotherapeutic services, because they are effective and universal for non-critical cases. In case of more serious cases of manifestation of psychological trauma in a person, the specialist has to find the main reasons that led to the emergence of mental health issues in a person more deeply and for a longer time, as well as find alternative ways to overcome the crisis situation. It is possible to continue the study of the topic under consideration by establishing in more detail the specifics of war experience among forcibly displaced persons, children and military personnel, taking into account the specifics of providing psychological assistance to people with health impairments and existing disabilities, determining the specifics of the mental state of Ukrainians in each region of Ukraine, as well as establishing a clear scenario for the provision of rehabilitation services to the people in need after the end of hostilities and war.

CONCLUSIONS

Based on the research results, it can be said that the most effective ways of obtaining results and restoring the human psyche in the existing methods of psychologists who specialize in helping people in crisis situations and during the war are systematic step-by-step psychotherapy for residents of Kharkiv, Zaporizhzhia Oblasts, as well as other places, which suffered during the war. First of all, it is necessary to give victims an impetus to regain self-confidence, establish adequate self-esteem, as well as work on establishing beneficial and pleasant social and psychological relationships for a person. If necessary, a person should receive primary psychological assistance with the provision of the necessary components for continuing life in new conditions, namely housing, food, medical assistance, establishing social relationships (or restoring old ties with people with whom a person communicated before) and restoring strength of spirit.

Further studies of the specifics of counseling, providing psychological assistance and conducting psychotherapy for people affected by the war can be continued through an in-depth analysis of the results of various methods of psychological therapy, namely the study of how quickly people were able to recover their mental state after receiving assistance from specialists, and based on the collected data, choose the best results for developing an improved and rapid recovery of the human psyche after experiencing crisis situations. It is also possible to analyze the psychological state and well-being of people in the territory of all regions of Eastern Ukraine, the peculiarities of their life in war conditions and the peculiarities of overcoming stress in order to continue a stable life during hostilities. In addition, the topic can be continued in the direction of studying the peculiarities of providing psychological assistance to children of various ages in conditions of martial law, highlighting the main indicators of the need for therapy and the degree of damage to the child’s psyche, as well as studying the peculiarities of providing psychological assistance to people with chronic diseases or disabilities.
It will also be important to consider the topic of establishing methods of psychological rehabilitation and improving the psychological state of the military personnel and the population after the end of the war.

REFERENCES


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