

## PSYCHOLOGICAL SUPPORT OF MILITARY PERSONNEL IN THE ACTIVITIES OF THE DEPUTY COMMANDER OF THE UNIT (SUBDIVISION) FOR MORAL AND PSYCHOLOGICAL SUPPORT

The war in Ukraine actualized the problem of mental health of military personnel. Participation in military events is a powerful stress that leads to functional disorders of the body, the development of somatic diseases and the emergence of pathological reactions. Considering the fact that in the organization of medical, psychological, professional and social rehabilitation of combatants there are currently no uniform methodological approaches, and only separate directions of theory and practice on this problem have been determined, there is a need to develop an optimal option for conducting medical and psychological rehabilitation preventive measures and psychological support of servicemen.

Moral and psychological support (MPZ) in military formations of Ukraine is:

- a system of measures aimed at forming and maintaining high morale of the army, moral and psychological state and discipline of personnel, military law and order, unity of military teams and countering information and psychological influence of the enemy<sup>205</sup>;

- a set of agreed-upon objectives, time, sequence, forces, and means of activities carried out by commanders, headquarters, educational work bodies, services to achieve high morale of personnel, which ensures the successful performance of official and educational tasks in peacetime and wartime conditions<sup>206</sup>.

The main directions of moral and psychological support are:

- the formation of a scientific worldview, the mentality of the Ukrainian people, awareness of the internal and external policy of the state, a conscious attitude to the purpose, purpose and the tasks of the Armed Forces of Ukraine, the development of patriotic consciousness, spiritual readiness to protect the Motherland;

- the development in the personnel of high moral and psychological and combat qualities, habits of strict observance of the norms and rules of universal morality and military etiquette, honesty, humanism, collectivism, companionship and mutual assistance, trust in commanders and superiors, discipline, striving to improve combat skills and execution of a combat task under any conditions;

- formation and support of high mental stability and readiness among the personnel, the ability to act effectively in an extreme situation, to sustainably endure the difficulties and burdens of military service, to show determination, initiative, independence and combat activity during combat missions;

- promoting the strengthening of the mental, psychophysiological and physical health of servicemen, developing their endurance, dexterity, speed, ability to act in conditions of great moral, physical, mental and psychophysiological loads, increasing the body's resistance to the influence of stress factors and combat conditions, forming strong willpower;

- psychological assistance and rehabilitation of servicemen who received combat mental injuries, providing them with social and legal assistance;

- formation of military personnel's legal awareness, deep respect for the Laws of Ukraine and the Code of Combatants, the law and order maintained by the Armed Forces of Ukraine, understanding the need for their strict implementation;

- creation of social and legal conditions in the military (forces) that ensure the performance of their functional duties by military personnel, compliance and implementation of all legal and social guarantees provided for by the Constitution and current legislation of Ukraine for military personnel and their family members during wartime;

---

<sup>205</sup> Ягупов В. В. (2004) Військова психологія: підруч. для студ. ВНЗ, 376 с.

<sup>206</sup> Наказ Міністерства оборони України від 09. 12. 2015 № 702 «Про затвердження Положення про психологічну реабілітацію військовослужбовців Збройних Сил України, які брали участь в антитерористичній операції, під час відновлення боєздатності військових частин (підрозділів)».

- education of a general culture of behavior among military personnel, formation of healthy relationships in military teams, organization of spiritually meaningful leisure and recreation of personnel, its cultural maintenance and social rehabilitation;

- the organization of active counteraction to the enemy's informational and psychological influence on the personnel of our troops.

The main component of moral and psychological support is psychological support.

In turn, psychological support includes:

• forecasting and assessment of morale, moral and psychological state, psychological losses and psychological safety of personnel;

• psychological training of personnel to perform service and combat tasks;

• psychological support for the performance of tasks of combat service (combat);

• psychological assistance to personnel who received combat mental injuries;

• socio-psychological rehabilitation and readaptation of military personnel<sup>207</sup>.

Psychological support combat operations is a set of measures to form, maintain and restore mental, psychophysiological and physical qualities of military personnel, which ensure their high moral and mental stability and readiness to perform combat tasks in any conditions.

The components of psychological support are:

- forecasting the morale and psychological state of the troops;

- implementation of psychological training of military personnel for military operations;

- psychological support of combat activities;

- psychological assistance to personnel who received combat mental injuries, excessive mental, psychophysiological and physical stress;

- psychological and socio-psychological rehabilitation and readaptation of military personnel<sup>208</sup>.

The main tasks of psychological support are:

- psychological saturation of the process of combat training, maintenance of constant combat readiness of servicemen and military units, their preparation for combat operations with effective psychological recommendations, technologies and methods;

- study and analysis of individual and psychological qualities of servicemen and socio-psychological characteristics of military teams, trends in their development and progress during the preparation and conduct of hostilities and, accordingly, working out on the basis of these data effective recommendations for managing the mental processes of servicemen and social-psychological phenomena in military teams in the interests of maintaining their high combat capability and combat readiness, strengthening military discipline, organization and order among servicemen in a combat environment, effective performance of combat tasks;

- identification of positive and negative factors that have an impact on the psyche of a serviceman and the psychology of a military team in an extreme situation and substantiating the methods of strengthening or neutralizing them in order to effectively adapt servicemen to combat conditions;

- ensuring the optimal mode of functioning of the soldier's psyche in extreme conditions, as well as increasing their moral-psychological and psychophysiological readiness and stability;

- psychological support of the battle;

- psychological assistance to servicemen during hostilities;

- provision of mental and socio-psychological rehabilitation of servicemen who suffered mental injuries during hostilities, providing them with social-psychological support, psychological counseling and measures for their psychological hardening, etc.<sup>209</sup>

Psychological support is a set of measures to maintain the optimal state of mental health of military personnel, their resistance to the influence of stress factors, psychological readiness

---

<sup>207</sup> Кокун О. М., Агаев Н. А., Пішко І. О., Лозінська Н. С. (2015) Основи психологічної допомоги військовослужбовцям в умовах бойових дій: метод. Посіб., 170 с.

<sup>208</sup> Грилюк С. М. (2018) Психологічний рубікон. Оборонний вісник. № 3. С. 22-25.

<sup>209</sup> Військова психологія і педагогіка: посібник / під заг. ред. М. Й. Варія (2003). 624 с.

to perform the duties of military service and prevents the occurrence of negative psychological states.

Psychological support – a special type of psychological assistance, aimed at creating the necessary conditions for adaptation to military service, forming in the serviceman an adequate understanding of his life situation, tasks, possible options for behavior and appropriate assessment of available personal resources, ways of their effective use.

*Psychological support* is a set of specific measures aimed at supporting a high level of military activity in a stressful situation; preventing the emergence and development of negative group and individual mental phenomena. Creation of the necessary social and living conditions for personnel in combat conditions is also ensured<sup>210</sup>.

The object of psychological support is the consciousness of a serviceman, the social consciousness of small groups and military teams. The conscious attitude of the personnel to the challenges that they will face in battle, knowledge of the likely opponent, his combat capabilities, understanding of the nature of war forms its basis. The essence of psychological support is to increase the psychological stability and reliability of personnel, their psychological preparedness; transformation of combat factors into familiar, familiar, expected ones (adaptation to the conditions of the combat situation); arming servicemen with the necessary knowledge and experience to overcome internal loads that correspond to combat; the development of personnel readiness to meet the new, sudden, as well as the ability to quickly adjust to the circumstances.

Thus, the purpose of psychological support is the development, preservation and restoration of the psychological potential of the individual; increasing the level of psychological readiness for high-quality performance of a combat task; psychological stability in extreme conditions; psychological reliability and focus on decisive actions in difficult circumstances.

Currently, an important issue of psychological support is the systematic organization of measures to provide psychological assistance to personnel directly during hostilities, as well as the psychological decompression of servicemen after the withdrawal of military units to restore combat capability.

*Psychological assistance* is necessary to preserve, compensate, restore and mobilize the psychological resources of a serviceman in the conditions of service. It should be noted that means of psychological support should be effective, fast-acting, simple and accessible for use. The main task of psychologists at this stage is timely psychodiagnosis and psychocorrection of the condition of a serviceman, and, if necessary, the provision of appropriate psychological assistance and preventive measures to restore psychological balance; provision of psychological first aid during hostilities; creation of conditions that contribute to the rapid rehabilitation of those servicemen who need hospitalization after mental injuries, etc.<sup>211</sup>

Psychological support of combat activity is a complex of specific measures to support high combat activity of servicemen, prevention of negative individual and group mental phenomena. It provides:

- direct and continuous study and analysis of the dynamics of the morale-psychological state of one's troops, the enemy's troops, forecasting the development of morale-psychic processes;
- support and development of military personnel's instructions and attitude towards the unconditional execution of combat tasks;
- support of constant mental activity during combat, elimination of the influence of its negative stress factors, restoration of mental balance and stability, prompt elimination of excessive mental stress, implementation of anti-stress measures, adaptation of servicemen to specific combat conditions of activity;
- assessment of the dynamics of the development of hostilities and the calculation of mental losses in accordance with it;

---

<sup>210</sup> Ibidem.

<sup>211</sup> Психологічний супровід військовослужбовців, які виконують службово-бойові завдання в екстремальних умовах: методичні рекомендації / Я. В. Мацегора, І. В. Воробйова, О. С. Колесніченко, І. І. Приходько, 2015. 69 с.

- control over the degree of fatigue, mental and psychophysiological depression of personnel;
- comprehensive creation of the necessary social and domestic conditions for the life of personnel during hostilities, etc.

The main tasks of psychological support are:

- monitoring of the psychological states of the personnel, socio-psychological characteristics of the military team during the performance of assigned tasks (conduct of hostilities), the consequences of the impact of stress factors of professional activity;

- maintenance of servicemen's achieved level of mental resistance to the impact of psycho-traumatic factors of military service (combat operations), psychological readiness to perform assigned tasks;

- maintenance of high combat activity of personnel;

- monitoring the level of physical and mental fatigue of servicemen;

- prevention of the development of crisis psychological states, neuropsychiatric disorders arising as a result of the action of stressful factors of professional activity;

- timely identification of signs of stress reactions, phenomena of mental maladjustment and receiving of mental injuries by personnel;

- implementation of psychological enlightenment of personnel.

Forms of psychological support for the professional activity of personnel during the performance of assigned tasks (conduct of hostilities) are:

- psychological prevention;

- psychological diagnosis;

- psychological regulation and self-regulation;

- indirect influence on the personality of servicemen through appropriately directed work with their families;

- psychological counseling;

- psychological education of personnel<sup>212</sup>.

At the same time, individual and group forms of work with personnel are used.

The methods of psychological support of the professional activity of personnel are divided into:

1. Organizational – planning, monitoring compliance with requirements, providing recommendations, maintaining favorable conditions.

2. Empirical – included and excluded observation, diagnosis, special (sociometric) research, expert assessment, psychological exercise (psychotraining), emotional-volitional regulation and self-regulation, informing, survey, individual conversation, persuasion, suggestion, positive example, condemnation, encouragement, thank you

3. Data processing – analysis of received information.

4. Interpretive – interpretation of the obtained results<sup>213</sup>.

It is advisable to provide psychological support only in conditions of intense and constant action of stress factors. The key element of psychological support is social support, which can be instrumental and emotional. Emotional support allows you to express difficult emotions and feelings. Instrumental – to provide an informative tip on ways to overcome a stressful situation. Social support is an important factor in the development of adaptive abilities to stress, and the ability to establish supportive relationships is one of the structural components of adaptability to stress.

During the daily events, the monthly event, special attention should be paid to working with military personnel of the group of increased psychological attention (GPPU).

---

<sup>212</sup> Агаєв Н. А. (2016) Алгоритм роботи військового психолога щодо психологічного забезпечення професійної діяльності особового складу ЗСУ: метод. посібн. 147 с.

<sup>213</sup> Ibidem.

*Table 1. Tasks of the deputy commander for moral and psychological support (psychologist) during the psychological support of the performance of tasks by the personnel of a military unit (unit)*

Frequency of conducting	Activities conducted by the psychological officer of the military unit (unit)
Daily:	<ol style="list-style-type: none"> <li>1. Organization and participation in measures of psychological training of personnel during combat training classes.</li> <li>2. Observation (included and excluded), conversations, surveys with the purpose of: <u>grades:</u> <ul style="list-style-type: none"> <li>- current psychological states of personnel;</li> <li>- socio-psychological processes in the military team;</li> <li>- the level of mental resistance to the impact of psycho-traumatic factors of military service;</li> <li>- psychological readiness to perform assigned tasks;</li> <li>- the current level of combat activity, physical and mental fatigue of personnel;</li> </ul>                     detection of signs in personnel:                     <ul style="list-style-type: none"> <li>- mental maladjustment;</li> <li>- stress reactions;</li> <li>- receiving mental injuries;</li> <li>- crisis psychological states;</li> <li>- borderline neuropsychiatric disorders.</li> </ul> </li> <li>3. Conducting purposeful individual conversations with military personnel using the methods of interviewing, informing, persuading, positive example, condemnation, gratitude aimed at:                     <ul style="list-style-type: none"> <li>- obtaining additional information regarding the current psychological state of the serviceman (states of his comrades);</li> <li>- clarification of the peculiarities of the reaction of the human psyche to the influence of stressful factors of professional activity;</li> <li>- maintenance of the achieved level of psychological readiness to perform the duties of military service and high combat activity (positive motivation).</li> </ul> </li> <li>4. Participation in operational (combat) briefing of personnel regarding examples of high-quality and low-quality performance of assigned tasks by other units (units, individual servicemen). In the latter case, the negative consequences that resulted for these units (units, individual servicemen) must also be highlighted.</li> <li>5. Work with the families of servicemen from the State Military Academy and those who need additional support is aimed at:                     <ul style="list-style-type: none"> <li>- psychological support of family members;</li> <li>- psychological counseling on the specifics of a military serviceman's professional activity;</li> <li>- their involvement in the process of formation of the military serviceman's correct motivational attitudes towards the quality performance of official duties and his support.</li> </ul> </li> <li>6. Analysis of received information and making relevant decisions:                     <ul style="list-style-type: none"> <li>- providing recommendations to the management team;</li> <li>- planning and clarification of further measures.</li> </ul> </li> <li>7. Psychological counseling of personnel upon request.</li> <li>8. Conducting psychological diagnosis of servicemen to clarify primary conclusions.</li> <li>9. Participation in the organization and control over the quality of recreation and leisure of personnel.</li> <li>10. Report to the commander of the military unit (unit) on the course of psychological support of the personnel's professional activity, measures taken, problems identified and proposals for their further resolution.</li> </ol>
Weekly:	<ol style="list-style-type: none"> <li>1. Interaction with company (platoon) commanders in order to obtain information on the psychological state of servicemen (method of expert evaluation).</li> <li>2. Conducting classes on the psychological education of military personnel on current topics (identified by problems).</li> <li>3. Analysis of received information and making relevant decisions:                     <ul style="list-style-type: none"> <li>- providing recommendations to the management team;</li> <li>- planning and clarification of further measures.</li> </ul> </li> <li>4. Summarizing with the unit's asset the results of its weekly activity, setting tasks for the next week.</li> <li>5. Providing the commander of the military unit (subunit) with a written (oral) report on the weekly results of the psychological support of the personnel's professional activity, identified problems, implemented measures and proposals for their further resolution.</li> </ol>
Monthly:	<ol style="list-style-type: none"> <li>1. Carrying out, as necessary, special sociometric studies in military collectives (groups, teams) aimed at clarifying their current socio-psychological characteristics. Elaboration of research results and provision of appropriate recommendations to the leadership of the military team (groups, teams).</li> <li>2. Analysis of received information and making relevant decisions:                     <ul style="list-style-type: none"> <li>- providing recommendations to the management team;</li> <li>- planning and clarification of further measures.</li> </ul> </li> <li>3. Summarizing with the unit's asset the results of its weekly activity, setting tasks for the next week.</li> <li>4. A written report to the commander of the military unit (unit) on the weekly results of the psychological support of the personnel's professional activity, measures taken, problems identified and proposals for their further resolution.</li> <li>5. Planning measures for psychological support of the professional activities of the personnel of the military unit (unit) per month.</li> </ol>
Annually (at points of permanent deployment)	<ol style="list-style-type: none"> <li>1. Analysis of the psychological support of the professional activity of the personnel of the military unit (unit) for the year.</li> <li>2. A written report to the commander of the military unit (unit) on the annual results of the psychological support of the personnel's professional activities, measures taken, problems identified and proposals for their further resolution.</li> <li>3. Planning measures for the psychological support of the professional activities of the personnel of the military unit (unit) for the next year.</li> </ol>

In the task performance areas:

- perform psychological support measures in operational (express) forms;
- if it is necessary to carry out psychological diagnosis of servicemen, use express methods;
- in case of detection of cases of psychological trauma of servicemen based on the results of diagnosis and signs:
  - inability to perform official duties;
  - biased assessment of the level of danger;
  - prolonged inappropriate behavioral reactions;
  - demoralizing influence on other personnel;
  - creating a threat to others
- to provide proposals for the evacuation of military personnel from areas of performance of tasks as assigned to health care facilities.

Planning and reporting on psychological support measures for the professional activities of personnel is carried out:

- in points of permanent deployment – current (per day, week, month) and perspective (per year);
- in the districts, the implementation of tasks is current, taking into account the operational situation<sup>214</sup>.

In order to provide an individual and differentiated approach to providing psychological assistance to servicemen who need it in connection with the specifics of the impact on them of stressful factors of official and extra-official activities and the educational process, and to focus the efforts of psychologists and other officials on work with a defined circle servicemen, a "group of increased psychological attention" (GPPU) is created in the military unit.

Based on the experience of psychological work in the military (forces), and guided by the relevant governing documents, the following signs have been determined, on the basis of which a serviceman is recruited into the GPPU:

1. Signs indicating a possible tendency to suicidal behavior;
2. Signs manifested in individual psychological characteristics;
3. Signs related to individual health and physical properties;
4. Signs associated with negative results of official activity;
5. Signs of post-traumatic stress reaction;
6. Tendency to deviant behavior;
7. Persons with extremely low social status;
8. Persons who show increased aggressiveness, conflict, and unhealthy moods.

Extended interpretation of the listed signs:

1. Signs indicating a possible tendency to suicidal behavior:
  - presence of suicidal attempts (actions), other forms of suicidal behavior ( suicidal thoughts, suicidal thoughts, suicidal statements, suicidal intentions);
  - facts of suicide of family members or relatives (mother, father, sisters, brothers, close significant others);
  - indicators according to the relevant psychodiagnostic methods and scales of the methods, indicating the presence of suicidal risk factors.
2. Signs manifested in individual psychological characteristics:
  - neuropsychological instability, which is determined based on the results of observation of human behavior and indicators of relevant psychodiagnostic methods;
  - persons who have pronounced accentuations of character;
  - long-term or frequent cases of a military serviceman being in a state of depression, anxiety, maladjustment, frustration.
3. Signs related to individual health and physical properties:

---

<sup>214</sup> Агаєв Н. А. (2016) Алгоритм роботи військового психолога щодо психологічного забезпечення професійної діяльності особового складу ЗСУ: метод. посібн. С. 66-69.

- the presence of severe craniocerebral injuries in the past;
- persons who were registered in psychiatric or drug addiction treatment facilities;
- persons who, during their service, received inpatient treatment (examination) in psychiatric treatment facilities.

4. Signs associated with negative results of official activity:

- weak personal interest in the performance of official duties, low overall working capacity for a long time;
- the presence of a pronounced utilitarian-interested personal orientation, a tendency to corruption;
- the presence of an event (events) in the official or personal life that negatively affects the psycho-emotional state, a psychological crisis.

5. Signs of post-traumatic stress reaction<sup>215</sup>.

Measures of psychological support of the military and professional activities of servicemen after returning from the area of performance of assigned tasks are carried out by psychological officers and officers of structures for work with the personnel of military units, unit commanders, military psychologists from the freelance psychological support groups (algorithm and basic forms of work of the freelance group psychological support with the personnel of the military unit).

Measures of psychological support at this stage include:

- psychological diagnostics of the current psycho-emotional and moral-psychological state of servicemen, on the basis of which directions for further psychological work are determined, recommendations for individual work are developed, a group of increased psychological attention is formed (special attention is paid to identifying signs of post-traumatic stress disorder);

- psychoprophylaxis (psychological information, psychological and socio-psychological support of the serviceman and his family members, use of specialized psychological methods that will speed up recovery);

- psychological correction (in the case of certain deviations in the psycho-emotional state and behavior of a serviceman, and in case of persistent psychological difficulties – psychotherapeutic assistance);

- psychological assistance (work with a group of increased psychological attention, psychological support, work with family members);

- development of recommendations to commanders regarding the optimization of issues of official activity in order to reduce or weaken the effect of factors that negatively affect the psyche of military personnel;

- organization of proper rest, leisure time;

- checking of psychological readiness for further performance of assigned tasks (study of the socio-psychological climate in military teams; conducting in-depth psychological studies for the purpose of comparison with the results of psychodiagnostics before leaving for the assigned task areas; individual discussion on establishing the effect of stress factors, post-traumatic syndrome, a negative psycho-emotional state, establishing a group of heightened psychological attention;

- psychological rehabilitation;

- determination of the level of social, work and family adaptation, mandatory periodic preventive medical examinations, comprehensive provision of means of rehabilitation and treatment<sup>216</sup>.

Psychological support of servicemen includes:

1. Psychological training is an active method of group work; it is intended for the formation of professional skills and abilities, which are necessary for the successful performance of combat

---

<sup>215</sup> Психологічний супровід військовослужбовців, які виконують службово-бойові завдання в екстремальних умовах: методичні рекомендації / Я. В. Мацегора, І. В. Воробйова, О. С. Колесніченко, І. І. Приходько. 2015. 69 с.

<sup>216</sup> Мозговий В. І. (2017) Дослідження поняття психологічного супроводу військовослужбовців на різних етапах службової діяльності. С. 58-63.

tasks. The main methods of conducting training are game simulation modeling and solving professionally-oriented situations that are continuously becoming more difficult. This training provides an opportunity to form military personnel's ability to effectively apply the acquired knowledge and translate it into activity.

2. Group discussions are a fairly effective method, which consists in discussing problems that arise in the process of service and combat activity of military personnel. It is used for the development of servicemen's dynamism of cognitive processes, formation of a creative approach to solving tasks, professional communication skills, etc.

3. Psychological modeling is an effective method of the training process. A model is a mental or conventional sample (standard) of one or another object. They use the model as a substitute for the object of professional activity in order to form the necessary psychological important qualities<sup>217</sup>.

The main point of its use is the concept of analogy as the similarity of objects according to their quantitative, qualitative, and structural features. Psychological modeling of situations of official activity is a material or imaginary system of reflecting the psychological factors of these situations, it reproduces their essential features and properties in the process of professional training, replaces the original object and allows to form, develop and maintain professionally important qualities of military personnel necessary for successful performance of assigned tasks. Ways of psychological modeling of situations:

- firstly, approximation of the external conditions of practical training in tactical-special, fire and physical training. To the real conditions of conducting combat activities, this provides an opportunity to practice professional skills and abilities, as well as professionally important qualities of military personnel. The external picture of the educational situation is modeled closer to the real one thanks to the selection of appropriate actions, place, time and imitation of various psychogenic factors. It is expedient to conduct practical classes on a specially equipped psychological lane for practicing various professional activities, where the formation of abilities and skills necessary for a military serviceman will take place.

- secondly, the approximation of the internal (psychological) conditions of classes to real ones, it is used during classes in the course of psychological training. The main components of the psychological readiness of servicemen are modeled and practiced on them. The specified paths allow you to feel yourself in a close to real service-combat environment<sup>218</sup>.

4. The game method is used when the topic to be studied contains educational material that was developed with elements of a business role-playing game through dialogue. In the process of the business game, the skills of making the right decisions are formed, since it allows you to simulate a specific service-combat situation, to consolidate the skills of establishing psychological contact. Military personnel develop professional communication skills, responsibility for their actions and deeds, etc.

The set of measures organized by unit psychologists and unit commanders in order to restore the mental and physical resources of personnel is called psychological rehabilitation. However, based on the experience of modern hostilities, it is more appropriate to talk about the psychological support of the renewed period of military activity, which includes<sup>219</sup>:

- psychological counseling of military personnel on issues of psychological difficulties during the recovery period;
- diagnosis of the mental state of servicemen who are a risk group (performed complex and stressful tasks; who are experiencing psychological problems; have a difficult family situation; participated in hostilities for the first time; made serious mistakes during tasks; female servicemen, etc.);

---

<sup>217</sup> Військова психологія і педагогіка: посібник / під заг. ред. М. Й. Варія. 2003. С. 31.

<sup>218</sup> Ibidem.

<sup>219</sup> Агаєв Н. А. (2016) Алгоритм роботи військового психолога щодо психологічного забезпечення професійної діяльності особового складу ЗСУ: метод. посібн. 147 с.

- psychological and socio-psychological support of servicemen who are going through the difficulties of the recovery period;
- psychological informing of personnel about possible negative psychological consequences of combat and ways to overcome them;
- use of specialized psychological methods aimed at accelerating recovery processes in military personnel (psychophysical training, self-regulation training, intensive communication groups, etc.).

Psychocorrective work is carried out with a serviceman when he has deviations from the normal recovery process, and when persistent psychological difficulties appear, psychotherapeutic help is provided. These two forms of psychological assistance, as well as those listed above, can be carried out in the conditions of a military unit by a psychologist in cooperation with the medical personnel of the same military unit. At the same time, the serviceman himself remains the subject of the renewed process.

Different from the above-mentioned forms of psychological assistance is psychological rehabilitation, which is carried out in those cases when the recovery process is blocked for any reason or is possible only with the participation of specialists.

*Renewal of mental stability and fighting capacity of personnel of military units and units includes:*

- creation of an echeloned system of providing psychological assistance to soldiers;
- creation of conditions that will facilitate the rapid return to the units (parts) of servicemen whose combat mental injuries do not require treatment in a hospital;
- psychological removal of excessive aggressiveness after hostilities;
- psychological removal of parts (subunits) of the personnel from the state of depression and disorganization, which may arise after the transfer of moral, physical and neuropsychological overloads, care for the satisfaction of their needs;
- renewal of combat activity among soldiers, mobilization of them to perform assigned tasks;
- creation of the necessary living conditions for personnel<sup>220</sup>.

Psychological rehabilitation is a process of organized psychological influence, aimed at restoring such a state of mental health of military personnel, which allows them to effectively solve service and combat tasks.

Psychological rehabilitation is a component of medico-psychological rehabilitation and is carried out with servicemen undergoing treatment for wounds, contusions, injuries, burns, exposure, and mental disorders. In some cases, medical and psychological rehabilitation is supplemented by professional rehabilitation and social rehabilitation.

Psychological rehabilitation is of great importance after the end of hostilities. In this regard, psychologists of military units and unit commanders need to consider the following factors:<sup>221</sup>

- time of exit of a unit, units, serviceman from the combat zone. The sooner and more fully psychological assistance is provided to combatants, the less likely psychological problems caused by combat stress will occur over time;
- the degree of active participation of a military unit, unit and a specific serviceman in combat operations. The longer and more active the servicemen operated in the combat zone, the more prompt, large-scale and comprehensive the psychological assistance should be. The degree of combat activity of servicemen is conditionally determined by the number and nature of combat operations in which servicemen participated, by the level of their combat intensity and significance for solving larger-scale combat tasks;
- peculiarities of the socio-psychological climate and interpersonal relations in a military unit, unit, the nature of the relationship of a particular serviceman with the people around him. In order to increase the effectiveness of providing psychological assistance to servicemen, it is advisable

<sup>220</sup> Мозговий В. І. (2017) Дослідження поняття психологічного супроводу військовослужбовців на різних етапах службової діяльності. С. 58-63.

<sup>221</sup> Агаєв Н. А. (2016) Алгоритм роботи військового психолога щодо психологічного забезпечення професійної діяльності особового складу ЗСУ: метод. посібн. 147 с.

to pay attention to their mental states, which had previously had conflicts (including in a combat environment) and complications in relations with colleagues, commanders and loved ones;

- the number of combat casualties in a unit, unit and their causes, as well as the nature and causes of wounds, contusions, injuries, burns and other forms of harm to the physical health of a particular serviceman. In the process of providing psychological assistance to this or that serviceman during the recovery period, the psychologist of the military unit and the commander of the unit take into account:

- a) the degree of impact on a serviceman of the death (especially mass) of his comrades in the service (primarily close friends);

- b) situations in which the health of a serviceman was harmed;

- c) the nature of his relation to the events specified in points a) and b);

- d) awards and honors connected to one degree or another with these events;

- e) peculiarities of the attitude to these events of command of different levels;

- f) the nature of the reflection of these events in the opinions of colleagues in the service, in the mass media.

- peculiarities and conditions of activity of a military unit, unit, serviceman after leaving the combat zone. Organized and well-thought-out activities of servicemen after their return from a combat situation in normal conditions for mental health will contribute to increasing the effectiveness of the psychological assistance provided to them. Forecasting by commanders of the psychological effect of the decisions they made on the organization of personnel activities after the withdrawal of a unit or unit from the combat zone is of great importance.

Along with the listed factors, the process of providing psychological assistance is affected by the experiences of a serviceman, which are related to such events of his combat experience as:<sup>222</sup>

- the death of comrades in the service and the civilian population, for which the serviceman attributes moral responsibility to himself;

- physical destruction (especially for the first time) of enemy soldiers;

- conducting (especially prolonged) hostilities surrounded by the enemy, being in captivity;

- committing illegal, in the opinion of a serviceman, actions or passive complicity in them.

When organizing psychological assistance to servicemen who participated in hostilities, it is advisable to take into account certain social, ethnic, religious, family and other circumstances that have an additional impact on the mental state of servicemen during the recovery period.

The process of providing psychological assistance to servicemen can be divided into three stages:

1. Establishing a trusting and safe contact, which gives the right to obtain access to "closed" traumatic material;

2. Counseling, therapeutic or corrective care, oriented to the trauma, combined with an in-depth study of the traumatic material, work with avoidance and alienation;

3. A stage that helps the person distance themselves from the trauma and reunite with family, friends, and society<sup>223</sup>.

However, certain elements and principles of crisis counseling are of a general nature. The main principles of crisis counseling include: empathic contact, short-termism, urgency, a high level of activity of the psychologist-consultant, limiting the goals of counseling, which involves focusing on the main specific problem, intensive situational support.

An effective means of psychological assistance that can be used in the process of psychological counseling of servicemen who were in extreme conditions of service and combat activity is crisis intervention. The main goal of crisis intervention is to avoid hospitalization or chronicity of symptoms that arise as a result of crisis situations. The goal of crisis intervention is the general support of a person and his environment, in the ability to activate resources for self-regulation and self-help. Crisis intervention is work aimed at expressing strong emotions

---

<sup>222</sup> Ibidem.

<sup>223</sup> Максименко Н. М. (2020) Психологічний супровід соціальної адаптації військовослужбовців строкової служби. С.50-60.

of the victim, opening access to the study of acute problems and forming an understanding of current problems, for his psychological support, as well as creating a foundation for him to accept the experience he has experienced.

The general content of the described strategy of the psychologist's actions is to help the victim in understanding the meaning of what happened, in restoring a sense of control over his emotional state and control over his life, restoring self-esteem. The process of verbalizing the lived experience through counseling is of great importance in providing psychological support. The psychologist acts as a listener and helps the serviceman formulate his thoughts, express himself, and share his experiences. After all, as is known, the internal work of assimilating new, including traumatic, experience goes through the process of verbalization. Therapeutic relationships built on the basis of dialogue have some specific characteristics. Monitoring the progress of the conversation is a manifestation of the consultant's responsibility. Just listening, even the most empathetic, is not enough in most situations. The manifestation of activity in limiting the content of the client's speech and keeping the focus on certain complaints, topics, situations allows the consultant to formulate and test the initial hypotheses regarding the serviceman (as a client) and his problems, thereby making the most of the potential opportunity to solve them. Talking about his problems and difficulties, a person formulates a problematic situation. Psychological problems do not exist in isolation, they can only be isolated from context. Specific life and professional situations always lead to the appearance or exacerbation of disharmony<sup>224</sup>.

Experiencing a crisis situation by a serviceman is a process that lasts for a certain time. From the psychologist's point of view, it corresponds to the opposite process - empathy. The empathy process includes: a detailed conversation about the crisis situation; empathic understanding and unconditional acceptance by the consultant of the serviceman's emotional reaction to the crisis situation, the psychologist's verbalization of his feelings, his attitude to certain elements or participants in the crisis situation; assessment of the military serviceman's experiences as natural in this situation. A separate element of psychological support for the victim is the psychologist's recognition of his suffering. The psychologist needs to verbally confirm the understanding that he has experienced certain emotional upheavals, to take seriously his experiences and worries in a specific situation. There are a number of techniques that contribute to the most successful implementation of the listening technique. Usually, they are combined into a single group called "Active listening techniques". Active listening allows you to win the trust of the client, to gather the most complete information about him and his problems. Active listening techniques include the following:

1. Nodding the head and using exclamations "yes", "huh".
2. Echo question: verbatim repetition of the main provisions expressed by the serviceman.
3. Clarifications, in which the psychologist asks to clarify certain provisions, statements of the serviceman.
4. Reformulation – consists in returning the meaning of the military serviceman's statement by the consultant using other words, language turns.
5. Emotions are reflected in the direct description of the experiences that the psychologist noticed in the behavior of the serviceman<sup>225</sup>.

Positive reinforcement of the emotional state of a serviceman is also important for crisis intervention. An effective technique of influencing the emotional state is a suggestion that has a purposeful, non-argumentative nature. When suggesting, the process of transmitting information based on its uncritical perception is carried out. Suggestion also differs from persuasion: it directly causes a certain psychological state without arguments and critical perception. Persuasion is built on using logical reasoning to obtain consent from the victim listening to the information. At each stage of the counseling process, the psychologist-consultant uses special methods and techniques:

---

<sup>224</sup> Бондарев, Г. В., Круть, П. П. (2020) Основи військової психології: навчальний посібник. 272 с.

<sup>225</sup> Євдокімова О. О., Оніщенко Н. В. (2016) Психологічний супровід військовослужбовців які виконують бойові завдання в екстремальних умовах: методичні рекомендації. 69 с.

- "Mirroring" – the technique consists in repeating his expressions and movements imperceptibly for the serviceman.

- "Periphrase" is a short, current retort of a psychologist, which he utters during the confession of a serviceman and is intended to clarify and specify the meaning of what he says.

- "Generalization" is a technique that looks somewhat like a paraphrase, but refers not to the last thing said by a serviceman, but to a whole statement that consists of several thoughts or propositions.

- Reception of emotional support – the psychologist carefully listens to the serviceman, follows his opinion, trying at the right moments to express support for his statements, in particular, to demonstrate positive emotions.

- Asking the serviceman questions that stimulate his thinking. Summarizing the content of thoughts, statements and feelings.

- Clarification of content and feelings. To invite the serviceman to name his feelings, define and express them. Informing the victim is a rather delicate and complex process, as it involves not only the unbiased provision of facts, but also taking into account his possible reactions to information about himself<sup>226</sup>.

Another important and appropriate element of psychological counseling of servicemen who are in extreme conditions of service and combat activity is teaching them self-regulation skills.

As a result of conducting an expert study, we found that the following are among the necessary professionally important qualities of military personnel that develop in the process of professional and psychological training:

- professional thinking (skills to assess the operational situation and service situation, analysis of actual and potential threats);

- professional memory (development of quick memorization skills, high-quality retention and effective recognition of information);

- professional attention and observation (skills of distribution of attention on objects of activity and its switching).

Also, the study showed that the effectiveness of military service and combat activities also depends on personal adaptation potential. It is an important psychological factor that determines the effectiveness of forming a military serviceman's psychological readiness. But there are psychological and psychophysiological qualities of a soldier's personality that negatively affect the success of the performance of service and combat tasks:

- increased emotional and volitional instability;

- lack of clear motivational attitudes;

- inability to regulate one's psychological and physical state;

- ease of disruption of activity if necessary to work in conditions of time shortage, the action of obstacles and adverse factors;

- unstable concentration of attention, slow switching and distribution of it;

- slowness and impulsiveness of sensory-motor coordination of actions;

- decrease in the ability to operate with spatio-temporal representations and other psychophysiological qualities<sup>227</sup>.

Taking into account the specifics of different types of troops and their various service and combat tasks, we suggest developing the professionally important qualities and skills of military personnel by means of the saturation of this process with psychological content, since when performing tasks in extreme conditions there is a need for self-organization of attention, memory, thinking, in activation of acquired experience and skills. This is achieved by setting and formulating tasks, analyzing the progress of work. It is known that the understanding of circumstances, emotions and feelings leads to their reduction, so the analysis of its causes will help to relieve emotional tension.

---

<sup>226</sup> Johansen R. B., Laberg J. C. (2014) Martinussen M. Military Identity as Predictor of Perceived Military Competence and Skills', P. 521-543.

<sup>227</sup> Комар З. (2017) Психологічна стійкість воїна. Підручник для військових психологів. 182 с.

Therefore, in order to maintain the required level of targeted psychological readiness of servicemen, it is suggested to apply the method of psychological debriefing, which is one of the most effective methods for maintaining psychological readiness and analyzing erroneous actions of servicemen after their stay in extreme conditions debriefing procedure involves six stages:

1. Introductory stage – the purpose, tasks and rules of debriefing are explained. Before the start, the presenter warns that the participants may have negative feelings. At the "facts" stage, each serviceman tells about what happened to him, what he saw, what he did; in her story, she must reproduce the chronology of events.

2. The "facts" stage – each of the participants is invited to tell in detail about their internal psychological reactions to the extreme events that took place; each of the participants should get the opportunity to express their feelings.

3. The stage of "emotions or thoughts" – participants talk in detail about their internal reactions to extreme events that took place.

4. The stage of "symptoms" – current emotional, cognitive and somatic manifestations of a stressful mental state is discussed.

5. The nature of post-stress states as a normal reaction of the body to an extreme service-combat situation is explained to the participants of the debriefing, and ways of overcoming them are discussed with them.

6. The stage of "closing the past and beginning the new" is a summary of what each of the debriefing participants experienced<sup>228</sup>.

Debriefing may continue over several weeks or even months. The repeated process has been already less structured than the first, and its main task is to trace the progress of the participants: the dynamics of symptoms and the actions taken to cope with them. At the same time, there may be participants who need more intensive psychological help.

Thus, for work with servicemen who received combat mental injuries in extreme conditions of service and combat activity, the optimal model of psychological assistance can be psychological support of the individual. The changes that occur during psychological support allow a serviceman to restore broken connections with the world, to find a point of support in himself, they lead to the formation of a new, positive image of the world, new relationships with himself and other people.

Going through all the described stages of support with a specialist, a serviceman reconstructs the main structural links of his subjective image of the world, moves from the position of a victim to the position of a person who is responsible for what happens to him and acquires the ability to successfully realize himself in society.

The personal qualities acquired by a military serviceman in the process of psychological support become the basis for successful resolution of further complications in the course of his life.

The implementation of individual measures for psychological support, in particular psychological training, is regulated by the Order of the Commander-in-Chief of the Armed Forces of Ukraine "On the Approval of the Instructions for the Organization of Psychological Training in the Armed Forces of Ukraine" dated 10. 23. 2020 No. 173 and aims at the formation and development of high-level psychological resistance to psycho-traumatic factors of modern warfare and readiness to effectively perform combat tasks; adaptation to activities in combat conditions; training of personnel in basic methods of self-defense; training of military personnel in methods of increasing resilience and effective self-regulation. Verbal, practical, and emotional-volitional regulation are defined as psychological training methods in this legal act. Considerable attention is paid to the creation of educational and training complexes, psychological training classes, etc.

In modern studies, a psychological analysis of the situational-environmental, socio-political, accompanying and psychological factors on the occurrence of combat stress in military personnel –

---

<sup>228</sup> Бондарев, Г. В., Круть, П. П. (2020) Основи військової психології: навчальний посібник. 272 с.

participants in anti-terrorist operations, which we recommend to be taken into account during the organization of psychological training<sup>229</sup>.

Psychological training events as a separate educational discipline are planned annually for all categories of servicemen, in accordance with psychological training standards STI 000G.22L, STI 000A.22A, STI 000A.26B. The level of knowledge of psychological training is assessed through tests, control surveys and assessments. In the said Order, the criteria for assessing the level of knowledge, practical skills and skills in psychological training are defined for the first time. In turn, *psychological training* is a system of measures for the formation and development of personnel's mental stability and readiness, the ability to withstand the stress factors of modern combat, the formation of an unshakable will to win, determination and perseverance in achieving the goal of a combat mission under any conditions<sup>230</sup>.

Psychological training, more than ever, is becoming a key element in the entire complex of military training. A serviceman's skills and abilities in handling weapons may be ineffective if he loses the ability to adequately perceive reality due to a lack of psychological stability. Classes on psychological training should be planned and conducted together with classes on other subjects of combat training.

For an effective and high-quality result in the system of psychological support of the professional activity of servicemen in combat conditions, it is worth highlighting *three main types of training* – general, special and targeted.

*General psychological training* is aimed at the following aspects: understanding the essence of military conflicts and socio-psychological attitudes and motives regarding participation in them; rethinking the outlook, way of life and thinking of a serviceman; formation of skills for managing one's own mental states; development of a high level of resistance to psychotraumatic factors of the combat environment. Of great importance is also the formation of such an image of "I" in a military serviceman, which would be based on confidence in their own high professional qualities, encourage further professional growth and be the basis of a strong morale<sup>231</sup>. Measures of general psychological training contribute to the formation of patriotism in the personnel, confidence in one's own strength and victory over the enemy, purposefulness, courage, determination, perseverance, readiness for self-sacrifice, etc.

*Special psychological training* is aimed at the formation and development of military personnel's mental qualities and professional abilities and skills, which are necessary for the effective performance of combat tasks determined by the specifics of their combat specialty. A reconnaissance warrior, for example, must have a high level of stress resistance and adaptability to unpredictable rapid changes in the surrounding environment, must be observant and agile, be a creative thinker, have a good memory and the ability to detect camouflaged enemy objects, etc. A radar operator must be able to concentrate and distribute attention (depending on the need), have high psychophysiological endurance and stability, developed imaginative thinking, etc. Special psychological training contributes to the systematic and gradual inclusion of newly arrived servicemen in combat operations after they have acquired special professional skills and abilities. At the same time, it is also necessary to take into account the psychophysiological aspects of the personality and develop the ability to quickly adapt to any changes.

*Targeted psychological training* of military personnel is aimed at preparing them to perform a specific task and includes complex multi-level activities of commanders, staffs, morale-psychological support bodies, medical personnel and the military personnel themselves, which is aimed at comprehensive preparation of his psyche for effective performance of tasks

---

<sup>229</sup> Агаєв Н. А. (2016) Алгоритм роботи військового психолога щодо психологічного забезпечення професійної діяльності особового складу ЗСУ: метод. посібн. С. 77-105.

<sup>230</sup> Кокун О. М., Агаєв Н. А., Пішко І. О., Лозінська Н. С. (2015) Основи психологічної допомоги військовослужбовцям в умовах бойових дій: метод. посіб. 170 с.

<sup>231</sup> Військова психологія і педагогіка: посібник / під заг. ред. М. Й. Варія. 2003. С. 173-179.

in combat conditions, minimizing the possibility of traumatization. A good result provides detailed information and maximum detailing of the dynamic image of future combat missions<sup>232</sup>.

When organizing measures of psychological training, it is necessary to take into account the psychological features of the local armed conflict and the conditions of combat activity. It is necessary to actively use motivational and valuable components: motives of military duty and professionalism; collectivism (self-esteem, in-game values, norms and relationships, traditions, etc.); battle excitement; rivalry with the enemy, etc. Therefore, in addition to the above-mentioned types of psychological training in combat conditions, the effectiveness of others is also being investigated. Including:

- *programming psychological training*, which aims at emotional and volitional training and motivational orientation of the individual to perform combat tasks and involves suggesting or imposing a certain algorithm of necessary actions;

- *personal psychological training*, which is aimed at the development of individual and psychological qualities of the individual, which contribute to the effective performance of combat tasks; overcoming mental disorders and phobias that negatively affect the functional component of an individual's activity; to overcome getting stuck on past failures, which appear every time in similar situations, which prevents the achievement of the goal;

- *natural (instinctive) psychological training*, aimed at creating such conditions that promote the development of natural (biological) human instincts and significantly increase the effectiveness of the assigned combat tasks;

- *corrective psychological training*, which is aimed at restoring and developing the necessary psychological qualities that largely determine the required result;

- *adaptive psychological training* is necessary to reduce the duration of the period of psychological adaptation of an individual to the conditions of combat activity and environmental conditions;

- *regulatory psychological training* is used to optimize the functioning of the regulatory abilities and capabilities of the personality and create potential reserves of the body, taking into account the capabilities of the human psyche;

- *intellectual and analytical psychological training* is aimed at the development and optimization of intellectual abilities and capabilities of the individual, which ensure the optimal solution of the assigned tasks<sup>233</sup>.

*Psychological readaptation* helps a military serviceman gradually return to peaceful life, restore social and mental status, establish interpersonal relationships, and adapt socially and professionally. Specialists conduct measures to relieve psychological tension and provide assistance in meeting needs for recognition, understanding, etc. In our opinion, personality readaptation should be carried out together with psychological rehabilitation measures, taking into account the prognosis of the development of psychotraumatization, the need for its psychocorrection, as well as the needs of the combatant himself and his immediate social environment. *Psychological recovery military personnel* are a set of measures provided to military personnel during the period of arrival at the point of permanent deployment of the military unit after the completion of assigned tasks from the combat zone and before their departure on vacation<sup>234</sup>.

*The purpose of conducting measures for the psychological recovery of servicemen after the completion of assigned tasks (combat operations) is:*

1. Comprehensive use of the resources of military administration bodies, military unit commands, medical and psychological services of the Armed Forces of Ukraine, state, religious, public and volunteer organizations to prevent negative social, medical and psychological consequences after servicemen stay in the combat zone.

---

<sup>232</sup> Ibidem.

<sup>233</sup> Максименко Н. М. (2020) Психологічний супровід соціальної адаптації військовослужбовців строкової служби. С. 50-60.

<sup>234</sup> Бондарев, Г. В., Круть, П. П. (2020) Основи військової психології: навчальний посібник. 272 с.

2. Psychological education of the command staff of military units regarding primary and subsequent measures to overcome the consequences of reactive mental states and stress disorders caused by direct participation in hostilities.

3. Informing servicemen and their family members about the peculiarities of adaptation to the conditions of peaceful life and the possibilities of psychological, medical and social support, if necessary, after the completion of assigned tasks (combat operations).

4. Primary psychological assistance and restoration of servicemen's abilities to further perform assigned tasks and lead a peaceful life, mastering self-help methods.

5. Identification of persons who, according to their medical, mental and psychological data, are unable (limitedly able) to continue their service in the military unit.

The system of psychological rehabilitation should be comprehensive, multidisciplinary, staged, and consistent and aimed at quick and effective restoration of the psychological, physical and social status of a participant in hostilities. Therefore, one of the priority areas of our state's social policy is the proper psychological support of combatants. In our opinion, the promising direction of further research regarding the psychological support of a serviceman who has received combat mental trauma should be the development of an indicative methodology for its implementation and the development of practical recommendations for officials who will use this model of psychological assistance in the practice of moral and psychological support of the military.

#### References:

- AHAIEV N. A. (2016) Alhorytm roboty viiskovoho psykholoha shchodo psykholohichnoho zabezpechennia profesiinoi diialnosti osobovoho skladu ZSU: metod. posibn [Algorithm of the work of a military psychologist regarding the psychological support of the professional activity of the personnel of the Armed Forces: methodological guide]. Kyiv: NDTs HP ZS Ukrainy, 147. [in Ukrainian].
- BONDAREV H. V., KRUT P. P. (2020) Osnovy viiskovoi psykholohii: navchalnyi posibnyk. [Basics of military psychology: a study guide]. Kharkiv: Natsionalnyi universytet vnutrishnikh sprav. 272. [in Ukrainian].
- HRyliuk S. M. (2018) Psykholohichnyi rubikon. [Psychological Rubicon] *Oboronnyi visnyk*. 2018. № 3. 22-25. [in Ukrainian].
- JOHANSEN R. B., LABERG J. C., MARTINUSSEN M. (2014) Military Identity as Predictor of Perceived Military Competence and Skills'. *Armed Forces & Society*. 40 (3). 521-543. [in English].
- KOKUN O. M., AHAIEV N. A., PISHKO I. O., LOZINSKA N. S. (2015) Osnovy psykholohichnoi dopomohy viiskovosluzhbovtciam v umovakh boiovykh dii: metod. posib. [Basics of psychological assistance to military personnel in the conditions of hostilities: methodical manual] Kyiv: NDTs HP ZSU, 170. [in Ukrainian].
- KOMAR Z. (2017) Psykholohichna stiikist voina. Pidruchnyk dlia viiskovykh psykholohiv. [Psychological stability of a warrior. Textbook for military psychologists] Kyiv: Posolstvo Velykoi Brytanii v Ukraini. STABILIZATION SUPPORT SERVICES, 182. [in Ukrainian].
- MAKSYMENKO N. M. (2020) Psykholohichnyi suprovid sotsialnoi adaptatsii viiskovosluzhbovtziv strokovoi sluzhby. [Psychological support of social adaptation of conscript servicemen]. Kyiv, 50-60. [in Ukrainian].
- MATSEHORA YA. V., VOROBIOVA I. V., KOLESNICHENKO O. S. PRYKHODKO I. I. (2015) Psykholohichnyi suprovid viiskovosluzhbovtziv, yaki vykonuiut sluzhbovo-boiovi zavdannia v ekstremalnykh umovakh: metodychni rekomendatsii. [Psychological support of servicemen who perform official combat tasks in extreme conditions: methodical recommendations]. Kharkiv: NA NHU, 69. [in Ukrainian].
- MOZGHOVYI V. I. (2017) Doslidzhennia poniattia psykholohichnoho suprodu viiskovosluzhbovtziv na riznykh etapakh sluzhbovoi diialnosti [Study of the concept

- of psychological support of military personnel at various stages of official activity]. *Visnyk Kharkivskoho natsionalnoho universytetu imeni V. N. Karazina*. 58-63. [in Ukrainian].
- Nakaz Ministerstva obrony Ukrainy vid 09. 12. 2015 № 702 «Pro zatverdzhennia Polozhennia pro psykholohichnu reabilitatsiiu viiskovosluzhbovtziv Zbroinykh Syl Ukrainy, yaki braly uchast v antyterrorystychnii operatsii, pid chas vidnovlennia boiezdatnosti viiskovykh chastyn (pidrozdiliv)» [Order of the Ministry of Defense of Ukraine dated 09. 12. 2015 No. 702 "On the approval of the Regulation on the psychological rehabilitation of servicemen of the Armed Forces of Ukraine who participated in the anti-terrorist operation during the restoration of combat capability of military units (units)"]. Посилання: [https://zakononline.com.ua/documents/show/365299\\_\\_648812](https://zakononline.com.ua/documents/show/365299__648812) [in Ukrainian].
- OSYODLO V., ZUBOVSKYI D. Psychological Characteristics of Hybrid Warfare / Redakcja naukowa: P. Pacek, M. A. Kamiński, D. Merecz. Warszawa, 2020. P. 26-39. URL: [https://www.researchgate.net/publication/344414030\\_PSYCHOLOGICAL\\_ASPECTS\\_OF\\_ARMED\\_CONFLICTS](https://www.researchgate.net/publication/344414030_PSYCHOLOGICAL_ASPECTS_OF_ARMED_CONFLICTS). [in English].
- Viiskova psykholohiia i pedahohika: posibnyk / pid zah. red. M. Y. Variia. [Military psychology and pedagogy: manual]. Lviv: Spolom, 2003. 624. [in Ukrainian].
- YAHUPOV V. V. (2004) Viiskova psykholohiia: pidruchnyk dlia studentiv VNZ. [Military psychology: a textbook for university students]. Kyiv: Tandem, 376. [in Ukrainian].
- YEVDOKIMOVA O. O., ONISHCHENKO N. V. (2016) Psykholohichniy suprovid viiskovosluzhbovtziv yaki vykonuiut boiovi zavdannia v ekstremalnykh umovakh: metodychni rekomendatsii. [Psychological support of military personnel performing combat tasks in extreme conditions: methodical recommendations] Kharkiv. 69. [in Ukrainian].