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Social and Psychological Rehabilitation of War Veterans

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Abstract. The subject of the study is determined by the need for effective rehabilitation of war veterans and the presence of many problems of socio-psychological recovery after being in the zone of active combat operations, and the need to develop an effective rehabilitation programme for this category of people. The purpose of the study is to conduct a comprehensive analysis of the features of socio-psychological rehabilitation, identify the relationship of physiological states with individual psychological components of the individual's functioning in specific conditions of life, determine which measures are most effective for the establishment of areas of work in the aspect of socio-psychological rehabilitation of war veterans. The basis of the methodological approach in this study is the analysis and generalisation based on the results of the examination of scientific and theoretical material, which determines the establishment of conclusions and recommendations in the field under study. The following methods of scientific knowledge are used: dialectical, logical-semantic, system-structural, functional, and logical-normative. The study proves the direct connection between the presence of a person in a war zone and their psychoemotional state. It is considered which psychophysiological disorders can be caused by involvement in armed conflicts. The conclusion is formulated that participants in military operations need social and psychological rehabilitation, and problematic issues and prospects for rehabilitation are outlined. Specific medical and socio-psychological aspects are highlighted, the avoidance or generation of which will help in the process of rehabilitation of military personnel and their families. It was identified that although psychological rehabilitation is generally conducted, it requires more government support, popularisation, and wider involvement of both war veterans and experts. Ways to improve approaches to providing psychological assistance to military personnel and their families in Ukraine are proposed. The conclusions of the study are of substantial importance for psychologists and social workers, psychology students and teaching staff of psychology faculties as a doctrinal basis for the educational process

Keywords: psychodiagnostics, psychotherapy, military psychologist, psychological rehabilitation of servicemen, psychocorrection, social and psychological assistance

INTRODUCTION

Armed conflicts cause a large number of victims and injuries, including psychological ones. Military actions have a huge negative impact on life in general. The war in Ukraine has been going on since 2014. During this time, a lot has been investigated in this area by Ukrainian researchers. In particular, I. Prykhodko, I Lipatov, and L. Shestopalova, considered psychological rehabilitation of military personnel was as such, that should be conducted in two areas: 1) with commanders of all levels to create an atmosphere of stable neuropsychic reaction in military units; 2) directly with persons who need the help of a psychologist of a military unit [1]. B. Mykhaylov investigated the system of measures for psychiatric and psychotherapeutic care in the case of six groups of disorders among ATO participants: non-pathological reactions, pathological reactions, neurotic disorders, psychotic disorders, PTSD, and chronic personality changes [2]. Also I.I. Prykhodko, S.A. Voloshko, and K.Yu. Gunbin analysed the known methods for assessing the moral and psychological state of military personnel

of the security and defence sector of Ukraine in various conditions of performing service (combat) tasks. It was proved that there are different approaches to determining the categorical apparatus of the moral-psychological state of personnel (MPS) and its assessment [3]. In this aspect, N.M. Mas, who proposed a methodology for evaluating the MPS of personnel of the Armed Forces of Ukraine in a special period on specific scales, both by unit commanders and other specialists who will be involved as a third party, contributed to a more detailed understanding [4]. Today, the security and defence forces of Ukraine operate on an established and scientifically based theoretical and methodological basis, which allows for assessing the psychological state of military personnel to strengthen the combat capability of the army [5]. Moreover, the researchers also investigated the features of the emotional-volitional field, which determine the psychological readiness of military personnel for service-combat activities in active combat zones. A comprehensive empirical study in this area was conducted by S.S. Makarenko, which allowed generalising the algorithm of the psychologist's work on psychological rehabilitation of participants of the Anti-Terrorist Operation (ATO) on the territory of Ukraine who received mental trauma [6]. However, in the space-time aspect, all the above-mentioned studies were conducted even before the start of a large-scale war in Ukraine. The number of comprehensive studies related to the problems of social-psychological rehabilitation of participants in military operations after February 24, 2022, is not yet substantial.

Increasing the number of people injured in connection with military operations requires the development of a rehabilitation system that would be conducted at all levels of medical care, including psychological care [7]. The latter is still insufficiently investigated in the scientific literature, but there are many authoritative findings in this area. A study has been published to identify and outline the causes, interdependence, and treatment of various PTSD symptoms, including anger [8], depression and sleep disorders [9; 10; 11], suicidal moods [12; 13], feeling guilty [14], eating disorders [15] and obesity [16; 17], sexual dysfunction [18], bipolar disorders [19], alcoholism [20; 21], smoking [22], etc. Various types of social and psychological rehabilitation are analysed, in particular, mass cognitive-processual therapy [23], group therapy for military and veteran couples [24], seminars on conflict resolution and prevention of violence in families of military personnel [25], art therapy [26; 27], music therapy [28], theatre therapy [29], inclusive sports training programme [30], etc.

The problem of psychological rehabilitation of war veterans is extremely relevant in connection with the large-scale military invasion of Ukraine. Given the current circumstances, there is an urgent need to investigate the psychological problems of military personnel and persons affected in the zone of active military operations. It is a well-known fact that the stress received due to being in the territory where military operations are taking place, and even in general, in the state in which the war is going on, is a destabilising factor that limits the functional reserves of the body and increases the risk of disintegration of mental activity and persistent somatovegetative dysfunctions [31]. Only a comprehensive study and practical restoration of the health of participants in armed conflicts and military operations, which, on the one hand, includes medical treatment, and on the other, socio-psychological assistance, will provide an opportunity to actually integrate a war veteran into society as an equal and stable participant in public relations, which will lead to the desired results of rehabilitation in the conditions dictated by the present [32].

Very often, people who have received injuries (both physical and psychological) in connection with military operations cannot find a place in society after they end. A substantial part of the above-mentioned category of people do not find work, lose their families and income. Without psychological help and a rehabilitation programme, for example, a person can become homeless and suffer from a mental illness. In particular, homelessness in some cases can be considered a symptom or manifestation of other psychological difficulties. For these reasons, providing psychological therapy is perhaps the most effective way to solve such problems. Therewith, depression is the most common mental disorder that affects people, including participants in military operations. Ignoring this condition can even lead to suicide.

It is also impossible to dispute the fact that mental health problems, for example, in a partner and a child of a serviceman, are associated with the involvement of a loved one in active military operations. One of the obstacles to further research on the psychological health of war veterans is the lack of a clear exemplary treatment methodology. In this study, it is proposed to consider the examination of injuries resulting from mental and behavioural problems after events in a war zone that cause substantial damage to the psychoemotional state of the individual. According to a study by researchers from the United States of America and Great Britain, there was an additional justification for the position that after the end of hostilities, veterans are prone to suicide (the study referred to tens of thousands of former military personnel). In addition, disorders within one social unit, namely the family, were also further investigated. Researchers note that after experiencing trauma, people and their relatives may develop such different manifestations of addictive behaviour as, for example, alcoholism or drug addiction [33]. Due to the lack of effective measures for psychological recovery and rehabilitation, such conditions tend to worsen [34]. In this regard, veterans of military operations and active military personnel began to develop hidden mental disorders [35]. Therewith, it is impossible to ignore the fact that the initiation and implementation of appropriate psychological rehabilitation programmes in relation to the above-mentioned group of people has had a very positive impact on the overall treatment process. Studies on this subject show that after the practical implementation of such programmes, patients who experienced devastating psychological problems began to feel substantially better, and anxiety, stress, and depression decreased [36].

The purpose of this study is to identify the problematic issues faced by participants of military operations in society and determine which measures and areas of work are most effective for the social and psychological rehabilitation of military personnel and veterans.

Within the framework of this study, the following key issues are considered: 1) socio-psychological rehabilitation of military personnel; 2) socio-psychological rehabilitation of civilians who, by coincidence, became passive participants in military operations; 3) socio-psychological rehabilitation of close relatives of military personnel who are in active combat zones.

MATERIALS AND METHODS

The methodological approach in this research work is based on such methods of scientific knowledge as the terminological, the logical-semantic, the functional, the system-structural, and the logical-normative methods. The theoretical basis of this study consists of the results of findings by a number of researchers from Ukraine, the United States, and Great Britain on problematic issues related to the examination of socio-psychological rehabilitation. The study is based on theoretical analysis and synthesis.

In the first stage of the study, a theoretical basis was prepared, which in the future can be used as a foundation for deeper investigation. In the second stage, the problems of this study are identified, which include questions about the socio-psychological rehabilitation of military personnel, socio-psychological rehabilitation of civilians who, by coincidence, became passive participants in military operations, and socio-psychological rehabilitation of close relatives of military personnel who are in active combat zones, and resocialisation, which is one of the key tasks for normalising relationships and psychological microclimate both in society in general and within one family.

In the last stage, the conclusions are formulated that reflect the results of the study in general and determine the main trends in the development of scientific thought regarding the socio-psychological rehabilitation of war veterans both in Ukraine and abroad. For a comprehensive study of the stated subject of the scientific study, the experience of the existence of an extensive system of state and non-state organisations (support groups, centres, etc.) in the United States was also investigated. Through this, the need to develop a scientifically based programme of psychological rehabilitation of participants in military operations to restore the psychological security of the military's personality is proved.

RESULTS AND DISCUSSION

Today, the number of war veterans with complex physical and psychological injuries is growing. As a result, such subjects are becoming more and more relevant for Ukrainian researchers. Approaches to the rehabilitation of war veterans are now diverse. There is no single methodology that would contribute to a more productive implementation of this process. Effective methods of social and psychological rehabilitation of war veterans are often implemented without state support, which negatively affects both practical activities and further research. Modern psychology is increasingly raising the issue of techniques and methods of rehabilitation of military personnel. This scientific study is limited to theoretical analysis and focuses on the problematic aspects of the social and psychological rehabilitation of Ukrainian servicemen. In contrast to the papers, in particular, of such Ukrainian researchers as I.I. Prykhodko, S.A. Voloshko, and K.Yu. Hunbin [3], the purpose of this study is to cover the issues of socio-psychological rehabilitation of war veterans in general, without focusing on one specific methodology that allows considering this phenomenon in a comprehensive way. Ultimately, military trauma has created substantial obstacles to the life of military personnel, which hinder recovery and personal growth. Discussing the importance of the study, the importance of the information received for practising psychologists and social workers who help participants in military operations is notable. Of particular relevance is the identification and implementation of effective recommendations that can make the rehabilitation of participants in military operations faster and more effective.

Despite the fact that post-traumatic stress disorder, depression, anxiety, and substance abuse affect a minority of military personnel and veterans, their share still remains substantial. The problems of adaptation of military personnel to everyday life after the war are relevant not only in Ukraine but throughout the world. For example, in the British Armed Forces, a study of mental health was conducted in a comparative aspect with a study of the psychological health of United States military personnel. Similar studies in the UK have shown a link between active service and mental health issues. In numbers, the results are as follows: 22% of the sample of Falklands War veterans had symptoms of post-traumatic stress – a much higher percentage than in the general population. In addition, the troops that were deployed in the first Gulf War in 1991 suffered from higher-than-usual levels of stress and fatigue many years after the conflict. A study of people who were in the Gulf region determined that 50% experienced stress. Psychological difficulties in the sample of British troops increased by 50% after returning from service in Northern Ireland. By June 2006, 1,897 British soldiers had been treated for mental health problems related to their deployment in Iraq [37]. However, such studies were limited to the territorial criterion for conducting the above-mentioned military operations, so they are characterised by certain political features of that time.

If this study were based on survey data, it could provide more specific results as to how vulnerable a former serviceman is and may be prone to social exclusion, which is a substantial risk factor for mental disorders. Working with certain violations of former soldiers, sailors, and pilots is in a sense a return to one of the key points in the retrospective development of therapeutic organisations. Notably, during the Second World War, two military hospitals, namely

Northfield Hospital in Birmingham and Mill Hill Hospital at the beginning of the war, were the first to use therapy group methods. These military hospitals employed four leading psychoanalysts, namely Wilfred Bion, Sigmund Foulkes, Tom Main, and Maxwell Jones, who had a huge impact on this process in general. In particular, during the Second World War, strong ties were formed between medical institutions and the army. This collaboration between psychiatry and the army succeeded in Bion developing a "leaderless group" as a method in the officer selection process, and Foulkes formed the Institute for Group analysis (IGA) [33]. As a result, psychoanalysis was justifiably described as a fundamental area in helping former military personnel. Therewith, family members of servicemen did not receive sufficient psychological assistance.

Various mental disorders that occur after military operations inevitably affect the inner circle of military personnel, including family, partners, brothers, sisters, children, and parents. This leads to the fact that when there is a war in a state, it directly or indirectly affects the psychosocial situation throughout the country. This state of affairs reflects the mood of society within the country in this particular period of time [38]. Today, there is a problem of both theoretical and practical nature in the field of rehabilitation of war veterans. The results of the study show that war veterans, returning to their usual lives, tend to experience problems in their personal life, work, study, and social environment in general. War veterans need effective psychosocial rehabilitation for recovery and reintegration. The most common psychological traumas are adjustment disorder, post-traumatic stress disorder, and depression. A large number of people have experienced the profound effects of military trauma, which has dramatically affected their mental health. People who have experienced war injuries may develop post-traumatic stress syndrome. It is difficult for war veterans to adapt to civilian life after such circumstances. Those who have psychological difficulties may be prone to alcohol and psychotropic substance abuse, so during this period they most need support and help.

It is difficult to understand the real impact of fear, horror, and guilt in the struggle for survival. The main characteristic of the latter is the long-term effect. Such destructive feelings often have a substantial impact on society. In the aspect of such problems, one of the important tasks is to prevent the penetration of violence into the daily life of citizens, since then there will be a threat that the remnants of violence will continue to exist in the social structure of societies even after the end of the war for the following decades [39]. Military trauma can be a prerequisite for the appearance of various psychosocial problems. These psychosocial problems are characterised by the domino effect because they entail many other problems. Another characteristic feature of war veterans is that they blame themselves and feel guilty for certain situations in the zone of active military operations. For example, they may have thoughts of "I didn't do it right", "I didn't do enough", "I didn't save my comrade", "I didn't come back with a victory", etc. Such self-blame dramatically negatively affects the restoration of psychosocial well-being. The anchor of trauma is, first of all, shame, which leads to isolation from the outside world.

Another and equally important problem is that former military personnel who have received both physical and mental injuries tend to keep everything to themselves, that is, they hide their condition because of the fear of appearing weak. A prerequisite for this behaviour may be stigma. Stigma refers to the negative behaviour (discrimination) of military personnel who have received a combat injury. In turn, the veterans begin to feel ashamed of themselves and become very sensitive [40]. The above is a strong barrier to people seeking help and treatment. In support of this, the results of one study conducted with the military personnel of the United States of America can be recalled. According to its results, 61% of military personnel agree that information about psychological problems in their anamnesis can negatively affect their future career path. In addition, 43% believe that admitting that they have psychological problems will lead to loneliness, detachment, and problems in interpersonal communication [41]. One of the reasons for the occurrence of this situation in society among military personnel can be identified as insufficient social support for military personnel with psychological injuries. Despite the fact that no such study was conducted in Ukraine, the importance and relevance of such results remain.

The results of the theoretical study showed that there is a gap in the legalisation of psychological problems in Ukraine and there is no stable, strong support from the government. Psychological and social work should be integrated primarily at the state level. It is clear that families of military personnel should have unhindered access to social and psychological assistance centres. This problem substantially worsens the effectiveness and completeness of rehabilitation. War-affected individuals are at risk of deterioration in their quality of life during rehabilitation, so the perception of physical health by military personnel with combat injuries may improve after psychotherapy. Further in-depth research is needed to confirm this scientific opinion. In general, the result of this research work and the conclusions formulated on their basis, are important both theoretical and practical to improve scientific approaches to understanding the content of socio-psychological rehabilitation of war veterans. Such results can be used in the future as an established scientific base for investigating the prospects of research.

According to the author, further research should not be limited to the range of injuries received by military personnel in the combat zone, but firstly, be aimed at improving the mechanism of training military personnel, which will subsequently affect the process of rehabilitation after the war, and the study of such an impact on their family members. For example, the combat experience after the military events in Bosnia contributed to the development of new military training programmes. The latter has led to a revision of established approaches, in particular, to minimise the resulting traumas. The study, which

involved veterans of Operation Desert Storm, also added a lot of new knowledge in this regard. However, military operations continued, combat missions increased, and military units expanded. All of this has raised a number of new questions for US military personnel and new challenges for their families. To date, there are no studies and results on how psychoemotional experiences affected the children of participants of Operation Desert Storm. However, the US government understood how important it was to preserve the well-being of the families of war veterans. This is primarily due to the fact that the state should be interested both in preserving the mental health of experienced military professionals and in developing a healthy future for the army. Notably, it is advisable to introduce, for example, group support clubs for war veterans to strengthen the success of individual therapy. Everything combined can give a long-term and stable effect.

In general, the concept of mental health according to the World Health Organisation is considered as a certain state of well-being of the individual, in which they have the opportunity to realise their abilities and talents. This state also means that it is mostly easier for a person who is in it to cope with life's stresses, they have the strength and inspiration to live on, allow themselves to enjoy the usual things. It is worth noting that, undoubtedly, military personnel with amputated body parts due to military operations are at risk of deterioration of the quality of life after amputation. Helping people who have returned from the war with amputated limbs is another key task. This study focuses on changes in the quality of life that are associated with the physical and mental health of military personnel after such injuries. The latter affects the way of life in a certain way, and there is a need to get used to the new reality. During rehabilitation, physical recovery, psychological adjustment, and adaptation to a new lifestyle should simultaneously occur. Therefore, during rehabilitation, it is necessary to pay sufficient attention to mental health in particular [42].

According to the author, the use of psychotherapy is effective in providing assistance to participants in military operations. During systematic individual psychotherapy sessions, clients' mental disorders are corrected using psychological techniques. Communication about conflicts is encouraged to relieve symptoms, correct behaviour, and improve social and professional functioning. This helps the patient understand the suppressed conflicts that are the source of difficulties. Due to the use of psychotherapy, the patient's behaviour changes, positive reinforcement is used, increased self-efficacy and more positive attitudes develop. Interaction between clients is an integral part of the therapeutic process [43]. Group therapy focuses on interpersonal interactions, so it can solve relationship problems. The purpose of group psychotherapy is to help overcome emotional difficulties and stimulate the personal development of group members. Group members share the personal challenges they face when adapting to civilian life with others. Participants can talk about events in which they were involved during their stay in the armed forces, during their stay without housing, or even during the last week. By talking about their feelings, thoughts, and experiences, participants can give each other feedback, encouragement, support, or criticism. Group members feel less alone despite their problems, and the group can become a source of support and strength during times of stress for the participant and a territory for new behaviours [44]. Later, employees can use their contacts with clients in this social environment to help the client reflect on their experiences of family life, in particular, caring for others and how they were cared for as children. The goals of such social activities vary from building a specific community to encouraging reflection on relationships and parenting strategies.

Family members should also understand that they have an important influence on their relatives fighting in the war zone. This directly affects the effectiveness of post-war rehabilitation. However, questions about past traumatic events, frivolous everyday advice on how to deal with certain experiences, and obtrusive caring will not lead to the desired result. Under such conditions, participants in military operations will begin to distance themselves from their relatives, and they may have the desire to return to the war, where their fellow soldiers, who have experienced similar situations, serve. Therefore, support is a key aspect in such circumstances. Today, psychological assistance to participants in military operations can be divided into several levels. The first is the individual level, when psychological assistance is provided directly to the participant of military operations. The second is manifested, for example, in the form of psychological support [45]. Given the above, the fighting in the East of Ukraine, which today substantially affects the psyche of citizens, causes irrevocable changes in the life and behaviour of the entire nation. The need to improve rehabilitation measures, including the involvement of researchers, doctors, and social workers, is extremely urgent. The system of comprehensive rehabilitation measures should not be limited only to the participants of military operations themselves, but also include their family members.

Monitoring the methods and means of psychological assistance to participants of military operations in developed countries of the world helps to understand in which direction to move to improve this process and get the best possible results. Notably, in Ukraine, psychological assistance to families of military personnel is not fully integrated into social and psychological work. The gap in unity between these areas substantially worsens the effectiveness and completeness of the rehabilitation of military personnel, and violates the integrity and phased provision of comprehensive assistance to families of Ukrainian military personnel, which negatively affects social and psychological rehabilitation. Each psychological technology unfolds simultaneously in several aspects (personal, instrumental, space and time). Psychologists should devote enough time to the personal vector, which aims to restore the integrity and balance of the individual. Therewith, it is necessary not to disregard the instrumental vector, the purpose of which is to restore an understanding of self-efficacy and opportunities for

self-realisation. In the integrated approach, the spatial vector is focused on improving communicative competence, namely overcoming alienation from the surrounding world and constructively resolving social conflicts. In addition, it is important to consider the time vector, which is aimed at finding values, new life guidelines and building their new structure [46]. The main areas of improving the process of social and psychological assistance to military personnel in the active combat zone should be based on the international experience of the functioning of an extensive system of state and non-state organisations and institutions, volunteer centres, and support groups.

CONCLUSIONS

Ukraine faced the negative consequences of the war. The main one is the trauma (both physical and psychological) of participants in military operations. Depression and stress have become static characteristics for all those who have been and/or are in an active combat zone. In this context, a big gap that needs to be filled immediately is that there are a large number of war victims who keep silent about their problems, and therefore do not receive any treatment. The war affects the entire nation in general, causing irreparable losses and substantial damage. Effective psychosocial rehabilitation measures should be detailed, structured, and put into practice as soon as possible. This study mentioned such forms of rehabilitation as individual and group therapy. In addition, it is necessary to introduce more social programmes to support families of military personnel (employment, housing, etc.). Psychosocial rehabilitation is designed to achieve balance and make the patient want to live a full and meaningful life. All of the above should give more meaning to the current life. Psychological rehabilitation is necessary to achieve a level of psychological health for the individual in which the war veteran will understand the importance and feel satisfied in a given time and place and now.

The process of socio-psychological recovery for participants in military operations can be divided into the following stages, in each of which it is advisable to use appropriate rehabilitation techniques consisting of specific techniques. The study covered the preparatory, basic, and auxiliary stages. One of the main tasks at the first of them can be defined as the search for motivational elements for restoring one's psychological health, identifying and activating the blind spots of existing opportunities, and outlining the path to psychological well-being. At the next basic stage, it is better to devote attention to the creative design of the future of the person, which should include a balance of interests and responsibility for their own life. At the auxiliary stage, traumatic memories are transformed into a new attitude to the experience as a resource.

The results of investigating this problem may be useful for future research and improving assistance in the provision of psychological services in Ukraine. Further research should scrupulously look for answers to the question of how to provide high-quality and simultaneously accessible psychological rehabilitation services for victims of military operations, considering such criteria as the place of residence of participants in military operations, ensuring the involvement of specialists in social and psychological rehabilitation in various fields, such as social workers, psychologists, doctors, volunteers, etc.

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Соціально-психологічна реабілітація учасників бойових дій

Анотація. Тематика наукового дослідження зумовлена потребою в ефективній реабілітації учасників бойових дій та наявністю безлічі проблем соціально-психологічного відновлення після перебування в зоні активних бойових дій, а також необхідності розробки ефективної програми реабілітації такої категорії людей. Мета науково-дослідної роботи – здійснити комплексний аналіз особливостей соціально-психологічної реабілітації, виявити взаємозв'язок фізіологічних станів з окремими психологічними компонентами функціонування індивіда в конкретних умовах життєдіяльності, з'ясувати, які заходи найбільш ефективні для формування напрямів роботи в аспекті соціально-психологічної реабілітації учасників війни. Основа методологічного підходу в цій науково-дослідній статті – взаємозв'язок аналізу та узагальнення за результатами дослідження науково-теоретичного матеріалу, що зумовлює формування висновків та рекомендацій у досліджуваній сфері. У науковому дослідженні використано такі методи наукового пізнання: діалектичний, логіко-семантичний, системно-структурний, функціональний та логіко-нормативний. У статті доведено безпосередній зв'язок присутності особи в зоні бойових дій та її психоемоційного стану. Розглянуто, які психофізіологічні розлади може спричинити участь у збройних конфліктах. Сформульовано висновок про те, що учасники бойових дій потребують соціально-психологічної реабілітації, окреслено проблемні питання та перспективи здійснення реабілітації. Виокремлено конкретні медичні та соціально-психологічних аспекти, уникнення або генерування яких допоможе в процесі реабілітації військовослужбовців та їхніх сімей. Виявлено, що хоча психологічна реабілітація в цілому проводиться, вона потребує більше урядової підтримки, популяризації та ширшого залучення як учасників бойових дій, так і експертних спеціалістів. Запропоновано шляхи вдосконалення підходів до надання психологічної допомоги військовослужбовцям та їхнім сім'ям в Україні. Висновки роботи мають суттєву значимість для психологів та соціальних працівників, а також для студентів-психологів та викладацького складу факультетів психології як доктринальна база навчального процесу

Ключові слова: психодіагностика, психотерапія, військовий психолог, психологічна реабілітація військовослужбовця, психокорекція, соціально-психологічна допомога