

## PSYCHOSOCIAL ASSISTANCE WITHIN THE FRAMEWORK OF THE SOCIAL REHABILITATION PROCESS: PROSPECTS FOR RECUPERATION AND REINTEGRATIVE OUTCOMES

### ASSISTÊNCIA PSICOSSOCIAL NO ÂMBITO DO PROCESSO DE REABILITAÇÃO SOCIAL: PERSPECTIVAS DE RECUPERAÇÃO E RESULTADOS REINTEGRATIVOS

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**Abstract.** Global political instability has profound physical and psychological effects on the world's population, particularly evident in Ukraine due to a brutal war resulting in genocide, widespread destruction of ordinary life, and severed familial ties. The psychological impact extends to both combatants and civilians, regardless of their location. Military operations' emergencies disrupt daily lives, undermining fundamental needs for security and a coherent worldview. While the human psyche can adapt to crises, emotional strain may lead to resilience or breakdown, impacting essential functions. Psychological rehabilitation is crucial in the broader rehabilitation spectrum, encompassing social aspects. This article delineates the position and significance of psychosocial rehabilitation within the context of broader rehabilitation for those dealing with disabilities, posttraumatic stress disorder, and the aftermath of war, captivity, and torture. It also seeks to identify promising avenues for social rehabilitation in the current landscape. In a comprehensive search, relevant studies were examined in the DOAJ and EBSCOhost databases over the last decade.

**Keywords:** invalidity and PTSD, posttraumatic stress disorder and emotional rehabilitation, social rehabilitation and acts of torture, human rights violations, war victims.

**Resumo.** A instabilidade da situação política no mundo afeta física e psicologicamente a população do planeta. Muitas vezes esse impacto é negativo. Hoje, o problema da síndrome pós-traumática é extremamente relevante na Ucrânia, onde o genocídio, a destruição habitual de vidas e o arrebatamento dos laços familiares ocorrem durante a guerra brutal. As ações militares são um fator psicologicamente traumático tanto para os participantes diretos em eventos de combate quanto para os civis que estão localizados tanto na área de hostilidades quanto fora dela. Cada emergência causada por operações militares altera a vida cotidiana das pessoas, destruindo as suas necessidades básicas de segurança e de uma visão de mundo estável. Embora a psique humana seja capaz de se adaptar a qualquer crise, o estresse emocional pode levar tanto à superação do estado estressante quanto à interrupção e deterioração das funções vitais. A reabilitação psicológica é parte integrante de qualquer tipo de reabilitação, inclusive social. O artigo visa definir o lugar e a importância da reabilitação psicossocial no contexto da reabilitação social de pessoas com deficiência e transtorno de estresse pós-traumático e vítimas de guerra, cativo e tortura e identificar formas promissoras de reabilitação social na fase atual. Para uma busca complexa, buscamos estudos relevantes nas bases de dados DOAJ e EBSCOhost, da última década.

**Palavras-chave:** invalidez e TEPT, transtorno de estresse pós-traumático e reabilitação emocional, reabilitação social e atos de tortura, violações dos direitos humanos, vítimas de guerra.

## INTRODUCTION

Military operations are a psychologically traumatic factor for those directly involved in combat events, as well as for civilians both inside and outside the war zone. To date, many people have lost their homes, jobs and relatives, and their lives have been completely or partially destroyed by the hostilities in Ukraine. These people suffer from severe psychological distress that worsens over time. Therefore, it is important to promptly identify the effects of trauma and provide these individuals with appropriate support, including psychological support. In view of the difficult realities that people face today related to the consequences



of military operations, the need to continuously develop and implement special measures to provide effective psychosocial and psychotherapeutic assistance to victims is emphasized.

The sustained exposure to violence has profound ramifications on one's overall well-being, encompassing both physical and mental health, as well as psychosocial equilibrium, as elucidated by (Sarmiento-Marulanda et al. in 2021). The enduring impact of such exposure is evident in the compromised state of health, both physically and mentally, and the consequential impairment in psychosocial well-being. The deleterious effects extend to the communal fabric, influencing the sense of community and proclivity towards prosocial behavior.

Within the realm of psychological support, the primary focus areas revolve around facilitating the transition to a peaceful existence, orchestrating psychological rehabilitation for those affected, aiding the adaptation of displaced individuals to novel social conditions, addressing the needs of families grappling with loss, and attending to the specific challenges faced by children and families residing or having experienced adversities in combat zones or other disaster-stricken environments, as explicated by (Sheikhbardsiri et al. in 2017). Professionals from the psychological service actively engage in providing psychological support, social and psychological adaptation, and psychotherapy for individuals involved in conflicts. The primary emphasis of psychologists' endeavors lies in addressing the well-being of children, families, and their immediate social milieu, recognizing them as potent resources for bolstering the resilience and recovery of victims during both wartime and post-war periods. A paramount objective is the establishment of rapport with children, ensuring they feel secure in their surroundings (Ovsiannikova et al., 2021). The crux of building rapport with a child involves alleviating emotional tension and fostering emotional trust between the psychotherapist and the child (Ovsiannikova et al., 2021). It is noteworthy that, given the intricate nature of this issue, there is a pressing need for in-depth exploration and continuous research to evolve and perpetually refine the most efficacious forms of psychological assistance tailored to the societal needs.

## LITERATURE REVIEW

War stands as one of the devastating forces, instigating perilous social crises that inflict profound physical and psychological harm upon a multitude of individuals, encompassing both military personnel and civilians (Timchenko et al., 2022; Tedla & Kahsay, 2023). Each crisis stemming from military operations disrupts the fabric of individuals' everyday existence, dismantling the essential foundations for their security and a stable worldview (Timchenko et al., 2021). Despite the remarkable adaptability of the human psyche in the face of crises, emotional stress has the potential to either catalyze resilience or precipitate a breakdown, resulting in the deterioration of vital functions. Among the myriad adverse consequences of psychological shock are neuroticism, depression, diminished self-assurance, and various manifestations of physical and mental strain (Tedla & Kahsay, 2023). These repercussions further compound the destinies of not only individuals but entire social cohorts.

The conflict in Ukraine has precipitated a decline in the psychological well-being of the nation's populace (Timchenko et al., 2021). Families, particularly those thrust into challenging financial and social predicaments due to the hostilities, have borne a significant brunt. Additionally, individuals forcibly displaced within and beyond Ukraine have experienced an array of psychological and health disorders, paving the way for the development of posttraumatic stress disorder (Timchenko et al., 2020).

Enhancing the stress resilience of the populace stands as a crucial and pressing imperative for both psychological service professionals and denizens inhabiting regions embroiled in hostilities (Timchenko et al., 2020). When delving into the intricacies of traumatic circumstances during wartime, it is paramount to acknowledge that external stressors and traumas can manifest as profoundly challenging situations for those ensnared within them. The stressor, in such instances, embodies a traumatic stress event characterized by its abruptness and deleterious impact.

Acute stressful incidents do not escape the discernment of the human psyche. An individual thrust into a scenario imperiling their own life or that of their cherished ones, having borne witness to the injury or demise of others, encountering mutilated remains and pervasive suffering, may manifest various distressing symptoms. These may encompass disruptions and disorders in sleep, intrusive recollections, spontaneous emotional reactions, an inclination to assert heightened control over the surrounding milieu, bodily tension, muscular rigidity, feelings of culpability, and more. Regrettably, endeavors to cope with these symptoms often culminate in the alienation and seclusion of the individual, exacerbation of interpersonal conflicts,

the genesis and intensification of psychosomatic afflictions, alcohol dependence, and, in extremis, endeavors at self-harm.

This confluence of adversities detrimentally impacts the psychological ambiance within communities, aggravates interpersonal dynamics, and precipitates conflictual situations.

Social rehabilitation aims to restore fundamental social functions, well-being, and societal standing for individuals facing challenges. It involves optimizing mindsets towards familial and societal integration, fostering self-care, and independence. In Ukrainian law, social rehabilitation, outlined in the "On Rehabilitation of Disabled Persons in Ukraine" for the second time, is a systematic approach to creating conditions for active life engagement. This includes reinstating societal standing and proficiency in independent social and familial activities, emphasizing social and environmental considerations, and providing necessary social services for rehabilitation means. Legal frameworks, including Ukraine's "On Social Services" law, often share commonalities with the concept of social rehabilitation. The law defines rehabilitation as a comprehensive set of medical, vocational, and social measures aimed at assisting individuals facing challenging circumstances. These measures aim to restore impaired bodily functions, compensate for disabilities, and promote optimal well-being for social and material independence, socio-professional adaptation, and societal integration. In times of political transformation and economic turmoil, Ukraine faces the crucial yet challenging task of establishing a framework for providing social services and ensuring social security for individuals with disabilities and victims of war, captivity, and torture.

Social rehabilitation provides comprehensive social services to individuals facing challenging circumstances, aiming to develop various skills, including self-care, communication, positive behavior, cooking, financial management, and spatial orientation. The primary goal is to reinstate individuals to their optimal levels across physical, intellectual, mental, and social dimensions for seamless reintegration into society. This involves restoring both tangible and intangible aspects, such as social experiences, connections, adherence to norms, effective communication, emotional balance, and active social participation. Rehabilitation also focuses on broadening social interactions, entering cultural spheres, restoring professional competencies, and enhancing well-being. It is a dynamic process mitigating the impact of disruptions that led to difficult circumstances, supporting individuals in realizing their aspirations and reinstating their capacity for self-actualization.

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Social integration involves efforts to promote equal opportunities for individuals, irrespective of factors such as gender, age, socio-economic status, education, and ethnicity. It aims to enable active participation in various spheres of life, encompassing civil, social, economic, and political engagements, as well as decision-making processes. Society is tasked with creating an inclusive environment that accommodates individuals with diverse characteristics. Psychological rehabilitation, integral to all rehabilitation paradigms, extends to social rehabilitation. Psychosocial rehabilitation is a specialized field designed to enhance the psychological well-being and societal integration of individuals with disabilities, especially those who have experienced war, captivity, and trauma.

The article aims to outline the nuanced role of psychological rehabilitation in social rehabilitation, emphasizing individuals facing challenges related to disabilities and posttraumatic stress disorder (PTSD), particularly those who have experienced the traumas of war, captivity, and torture. Additionally, it seeks to identify promising avenues for enhancing social rehabilitation within the current context.

## **MATERIALS AND METHODS**

In our extensive research within the DOAJ and EBSCOhost databases over the past decade, we meticulously curated relevant studies using specific search terms such as "psychosocial rehabilitation/victims of war," "psychosocial rehabilitation/victims of a torturer," "psychosocial

rehabilitation/captivity," "psychosocial rehabilitation/disability," "psychosocial rehabilitation/social rehabilitation," and "psychosocial rehabilitation/psychological rehabilitation." The same set of terms was applied consistently in the EBSCOhost database. Our focus centers on articles addressing psychosocial rehabilitation for individuals dealing with disabilities, posttraumatic stress disorder, and the profound consequences of war, captivity, and torture. Our goal was

## RESULTS AND DISCUSSION

Researchers investigating the psychosocial ramifications of military conflicts across various nations have discerned a recurrent pattern concerning the profound adverse effects of psychological trauma on the lives and mental well-being of societal members globally (Charlson et al., 2019). The aftermath of war, persisting even after its cessation, continues to exert calamitous consequences on the psychosocial health and flourishing of nations over an extended duration (Timchenko et al., 2020). Recent inquiries in diverse countries grappling with military conflicts indicate that a substantial majority of combatants are prone to post-traumatic stress disorder (PTSD) and various other manifestations of psychological trauma. Additionally, it has been ascertained that trauma is not confined solely to the individual level; sizable collectives and communities are also prone to the traumatic repercussions. This results in entire social groups and communities falling victim to violence, devastation, and displacement during wartime (Hirschberger, 2018). Following traumatic events, individuals may undergo feelings of hopelessness, diminished social engagement, anger, guilt, emptiness, a dearth of social support, alienation, and various negative emotions culminating in severe mental disorders (Shyrobokov, 2017). Modern warfare serves as a rigorous examination of the physical and mental fortitude of both military personnel and civilians, testing their capacity to actively withstand the impact of exceedingly adverse circumstances. In order to recover from the stress induced by such experiences and resume a productive life, individuals must navigate their emotional challenges (Wang et al., 2016). In the contemporary context, there exists a pressing demand for timely and expert psychological rehabilitation on a national scale for those affected (Timchenko et al., 2021). Effective rehabilitation measures should not only focus on helping individuals emerge from internal crises but also on cultivating new essential skills. In such conditions, all participants in social relationships, without exception, forfeit their accustomed living conditions, including their lifestyle, place of residence, habitual social connections, social standing, and more (Park, 2013). The repercussion of this amalgamation of factors at the societal level manifests as the phenomenon of "collective trauma," characterized by a disruption in the social cohesion of individuals, a lack of trust within society, collective despair, interdependence, collective helplessness, and melancholy (Hirschberger, 2018; Matoba, 2023; Li et al., 2023). The repercussions of collective trauma are actively explored in countries that have endured diverse forms of military conflicts (Silver et al., 2021). The collective trauma paradigm today emphasizes its transgenerational nature, transmitted across generations (Hirschberger, 2018). Long-term psychosocial rehabilitation initiatives for nations recovering from disasters and conflicts now include a dedicated focus on holistic well-being (Rasmus et al., 2021). These programs address socio-economic and psychological aspects for various social groups and communities. Timely assistance is crucial for victims' reintegration into normal life (Wang et al., 2016; Rasmus et al., 2021). In crisis contexts, psychological protection is as vital as medical, legal, and social safeguards. Special attention is given to vulnerable groups like the elderly, women, and children, who need targeted psychological support (Sarmiento-Marulanda et al., 2021). It's equally imperative to proactively address mental health issues and prepare individuals to navigate crises, preventing potential negative psychological trauma.

The World Health Organization characterizes mental health as a condition of well-being in which individuals can cultivate their abilities, manage stress, function effectively, and contribute to society (Rasmus et al., 2021). Key psychological interventions for mental health issues include psychotherapy, counseling, and behavioral and cognitive therapy, used in individual rehabilitation along with psychological support. Comprehensive psychosocial rehabilitation plays a crucial role, involving group interventions at family and specialized levels, including vocational retraining to restore work capabilities. The approach starts with micro group interventions, focusing on the immediate social networks of those affected by conflict. In individual rehabilitation for combatants or witnesses, active participation in group activities is vital for social adaptation, reintegration into society, and restoring social efficacy across various aspects of public life (Bitter et al., 2017).

A substantial portion of the population is in dire need of psycho-social rehabilitation, as elucidated by Rasmus et al. (2021). It is plausible to delineate various cohorts of individuals requiring assistance, such as

those with congenital or acquired physical disabilities, survivors of war, victims of violence, torture, or captivity, and individuals who have experienced sexual violence, among others. The majority of these individuals exhibit symptoms indicative of posttraumatic stress disorder, necessitating a comprehensive and sophisticated therapeutic intervention from psychotherapists, along with the involvement of medical and social workers, as articulated by Timchenko et al. (2020).

Psycho-social rehabilitation aims to integrate individuals into society, helping them adapt and build self-confidence (Rasmus et al., 2021). The challenges in rehabilitating different vulnerable groups, especially those who have experienced torture and captivity, lead to lasting negative consequences. Unaddressed trauma can persist throughout a person's life, impacting future generations and society as a whole. In armed conflicts, individuals subjected to captivity, such as prisoners of war, are particularly affected (Timchenko et al., 2021; Shyrobokov, 2017; Zerach et al., 2019).

Rehabilitating individuals who have experienced torture is a crucial aspect of seeking redress, as endorsed by international human rights instruments (Wang et al., 2016). Rehabilitation services must be universally accessible, devoid of discrimination based on identity or status. Legislative frameworks should establish mechanisms and initiatives for those who have suffered torture or ill-treatment. Eligibility for rehabilitation programs ought to be promptly determined by qualified medical professionals, independent of the individual's involvement in judicial processes.

Various health interventions have been implemented to enhance the well-being of individuals who have experienced torture or war-related trauma (Patel et al., 2014; Bonfiglioli Stagni et al., 2015). Given that torture is inherently targeted at dismantling an individual, stripping away their sense of security, stability, and trust in oneself and the world (Kovacic, 2022), the primary objectives of rehabilitating victims involve:

1. Providing basic needs and stabilizing the situation (food, housing, medical care, restoration of documents, etc.). This process can be complicated and time-consuming, especially for people who have been forced to move to another place of residence. However, high-quality implementation of such measures leads to the reinstatement of trust and, the reduction of fears and anxiety of the victim.
2. Restoration of family and community ties. Torture destroys a person's ties with other people. Torture survivors often seek self-isolation because they feel so shocked that they do not have the strength to restore close relationships with others. In addition, torture is always a situation of intentional infliction of suffering by one person on another, which destroys trust in other people and society. In the process of restoring trust in society, an important role is played by obtaining satisfaction, for which it is necessary to help a person gain access to justice and inform him or her rights (Kovacic, 2022).
3. Restoration of self-identity and meaning in life. Traumatic experiences often draw a line between the past and the future. Life is demarcated by two distinct stages: the period preceding captivity and the phase that follows. The destruction of ties to the past life often leads to the loss of previous meanings and resources. A person finds himself or herself in a vacuum, without any support from the past.
4. Active social activity can help to cope with these experiences, but it often turns out that a person's former professional activity becomes inaccessible to them for several objective and subjective reasons. In this scenario, it is beneficial to assist the victim in developing new skills, acquiring a new specialty, and discovering new hobbies (Bonfiglioli Stagni et al., 2015).
5. Recovery of human dignity. One of the most important human values is human life. War, with its inherent terrible attributes such as torture and captivity, is aimed at devaluing human life. Honour and dignity, justice, and fairness are the central targets of torture and ill-treatment. For some time, victims are in a situation of impossibility and complete lack of control. Captivity survivors may suffer from a sense of shame for the abuse they have endured or guilt for surviving.

Principles of rehabilitation of war and torture survivors:

1. Torture survivors face complex challenges in psychological, social, medical, and legal aspects. International protocols recommend comprehensive interdisciplinary psychological assistance programs. This holistic approach includes medical, physical, and psychological rehabilitation, social reintegration, and specialized services for adaptation to society and family. Vocational training and education are also essential components of this intricate system for addressing the needs of torture survivors.

2. The rehabilitation of torture victims is organized by the bio-psycho-social principle, namely: first of all, assistance is aimed at maintaining and expanding the functionality of the torture survivor, and only then at reducing symptoms and processing traumatic material.
3. The fundamental consideration of factoring in the robustness and resilience of the victim is paramount; however, it is imperative to acknowledge that victims may be susceptible to secondary traumatization and harbor a rational apprehension towards occurrences reminiscent of their torture or ill-treatment. Consequently, meticulous emphasis should be placed on cultivating an environment imbued with trust and support for the victims. In instances deemed suitable, the services rendered may be conducted with utmost confidentiality.
4. The system for rehabilitating victims of war and torture is structured with the principle of comprehensiveness at its core.

This is due to the fact that the impacts of torture become apparent across various facets of personality functioning. The aftermath of torture can be categorized into physical, mental/psychological, and social consequences. The goal of comprehensive rehabilitation is to help survivors of torture restore their lives, to feel healthy, protected and whole again. Comprehensive rehabilitation is directed not solely towards strengthening mental health and stabilizing the condition, but also, in enhancing the standard of living, restoring a sense of self-sufficiency in the person who was subjected to violence, and, as a result, normal functioning in society and healthy relationships in the family (Bonfiglioli Stagni et al., 2015; Kovacic, 2022). The rehabilitation of war and torture victims is organized by the bio-psycho-social principle, namely: first of all, assistance is aimed at maintaining and expanding the functionality of the war and torture survivor, and only then at reducing symptoms and processing traumatic material (Bonfiglioli Stagni et al., 2015; Kovacic, 2022).

Social assistance is one of the components of comprehensive rehabilitation (Rasmus et al., 2021). Survivors may need help and support in solving several practical issues. In addition, there are situations when people move to a new place after suffering torture, which increases their general state of anxiety. In such cases, social assistance involves helping individuals secure housing, pensions, benefits, or allowances, assisting with job placement, providing emergency financial aid for basic needs, and advocating for children's well-being in educational settings. The rehabilitation of torture survivors also requires psychological intervention (Womersley et al., 2018). In facilitating the psychological recovery of individuals affected by the trauma of war and torture, a comprehensive approach employs a combination of psychological support (including both individual and group psychotherapy), pharmacotherapy, and psychosocial assistance, as emphasized in studies conducted by as

recognize that each survivor's experience is unique, influenced by factors such as the nature and duration of torture, gender, age, personality traits, prior life experiences, and the support received from family and friends upon reintegrating after captivity (Womersley et al., 2018).

Supporting survivors of war, captivity, and torture requires a comprehensive approach, acknowledging the unique needs of each individual while upholding the principle of inclusiveness. In the initial phase, a social worker must conduct a thorough assessment of the individual's living situation and discern their specific needs. This assessment should be a collaborative effort, involving the survivor in the decision-making process regarding the type of assistance they prefer. In cases where the survivor has a family, it is imperative to delve into the needs of family members as well. Family members, too, undergo psychological trauma and necessitate support. However, it's essential to recognize that the family dynamic can be complex for survivors of torture and captivity. The family, while potentially a source of support, can also serve as a trigger, linking the survivor to distressing past experiences they are striving to forget. Post-captivity, interpersonal issues and misunderstandings often emerge within family relationships. Family members, having experienced their own traumas, may struggle to provide mutual support. This difficulty can lead to a reluctance to seek help from one another, causing emotional detachment among loved ones (Almshosh, 2016; Bonfiglioli Stagni et al. 2015; Kovacic, 2022).

When analyzing a family's comprehensive needs, social workers must consider differing perspectives among family members. The task involves identifying and categorizing individual needs for each family member, followed by evaluating and prioritizing. If the identified needs can't be unified but make sense individually, collaboration with multiple lists becomes necessary.

Supporting individuals who have survived torture necessitates a holistic strategy (Almshosh, 2016; Bonfiglioli Stagni et al., 2015; Kovacic, 2022). It is a prolonged undertaking, demanding the collaboration of a diverse team of experts from various fields to effectively meet the social and psychological needs

comprehensively. The assistance provided to survivors of war, captivity, and torture is grounded in principles of victim respect, empathy, and acknowledgment of the client's autonomy (Khurtenko et al., 2020; Timchenko et al., 2022). Torture, by its nature, strips individuals of control and accountability for their lives. Hence, collaborative efforts between specialists and clients in crafting a rehabilitation plan and expediting the recovery process serve to restore a sense of control, confidence, and belief in one's capacity to overcome challenges. The support personnel's role involves informing individuals about their rights and possibilities, being present for them, while refraining from making decisions on their behalf. Bowes et al.'s 2018 study found that factors such as emotional well-being, avoidance of experiences, and cognitive reassessment are key predictors of adjustment difficulties in veterans. Both experiential avoidance and cognitive reappraisal partially mediated the connection between psychological well-being and veteran adjustment, with experiential avoidance playing a more significant role.

The research suggests that early assessment of these factors, along with providing emotion regulation skills training, could reduce the need for complex psychological interventions in the future. This emphasizes the need for a proactive approach to veteran mental health, aiming to improve adjustment and overall well-being.

Psychosocial rehabilitation plays an important role in the process of recovery after injuries or surgical interventions, including amputations, and reconstructive operations after burns, fractures or gunshot wounds. Fatigue is a predominant symptom in individuals with cancer, significantly impacting their quality of life. Promising approaches for managing fatigue among patients with incurable cancer undergoing palliative treatment include psychosocial rehabilitation, as evidenced by studies conducted by Poort et al. (2017) and Cedenilla Ramón et al. (2023). Research suggests that psychosocial rehabilitation yields modest yet short-term improvements in the well-being of cancer patients when compared to standard care, as demonstrated in the study by Parahoo et al. (2015). It was settled that psychosocial rehabilitation can diminish the psychosocial burden of Active Surveillance and increase adherence (Donachie et al., 2022). A comprehensive psychosocial rehabilitation, combining interventions with extra points has to lead to a wider and lengthier sustainable effect (Donachie et al., 2022).

Community-based rehabilitation is a promising approach for improving the well-being of individuals with mental illness, especially in economically challenged regions (Asher et al., 2017). The World Health Organization strongly supports community-based psychiatric rehabilitation to enhance the well-being and participation of those with mental health conditions (Global disability action plan 2014-2021, cited 2019). Psychosocial rehabilitation is crucial, offering individuals with chronic mental illnesses the resources to attain self-sufficiency and improve their overall quality of life (Llewellyn-Beardsley et al., 2019). The integration of pharmacological and psychosocial interventions holds potential for widespread implementation in mental healthcare (Saha et al., 2020). Alternatively, amputation of damaged extremities contributes significantly to elevated anxiety and depression levels among amputees, leading to various physical, psychological, and socio-economic challenges. (McKechnie & John, 2014). This highlights the necessity for comprehensive support systems to address the multifaceted impact of amputations on individuals' well-being.

Individuals in high-stress professions, such as healthcare and emergency response workers, consistently face job-related stress, often resulting in posttraumatic stress disorder (PTSD). Common symptoms among them include avoidance, emotional exhaustion, depression, depersonalization, and heightened excitability (Mukhina et al., 2023; Vagni et al., 2022; Soravia et al., 2021; Chen et al., 2021; Chatzea et al., 2017). Professional psychosocial rehabilitation is crucial to address their burnout and exhaustion (Mukhina et al., 2023).

To improve their quality of life, it is essential to design specialized training programs focusing on enhancing self-efficacy and coping mechanisms for dealing with work-related stressors. This targeted approach aims to mitigate the risk of PTSD development in these high-risk professions (Soravia et al., 2021; Yaremko et al., 2022).

Psychological support endeavors to furnish emotional, semantic, and existential aid to individuals or communities grappling with challenging circumstances in their personal or societal lives (Saha et al., 2020; Almoshmash, 2016). Researchers have meticulously examined the concept of "social and psychological support," widely construed by both scholars and practitioners as a form of professional engagement rooted in a framework of subject-subject relations. These relations involve the dynamic interaction between an individual facing adversity and a specialized professional committed to assisting them (Tonheim et al., 2015; Saha et al., 2020; Almoshmash, 2016).

Modern research indicates that war leads to significant psychological trauma, causing various negative outcomes such as sleep disturbances, irritability, and severe mental health issues (Almshosh, 2016; Bowes et al., 2018; Bonfiglioli Stagni et al., 2015; Kovacic, 2022). Effective psychological support for those impacted by military operations requires the expertise of trained psychologists (Mughal et al., 2015). Psychologists play a diverse and multifunctional role, engaging in various activities to address these challenges.

Psychologists use various methods, techniques, and technologies in their work, as discussed by Saha et al. (2020) and Almshosh (2016). The main goal of psychological interventions for those affected by military operations is to help individuals maintain their role as active contributors to society, preserving their personality and individuality. This involves promoting emotional stability, fostering a rational understanding of life circumstances, and developing constructive approaches to challenges. Psychologists also focus on activating processes like self-awareness, self-acceptance, self-regulation, and self-control. Additionally, they aim to shape a positive future outlook, instill a sense of responsibility, enhance social competence, and provide individuals with successful behavioral strategies. Overall, the emphasis is on fostering both personal and social skills development (Eger et al., 2018).

Psychological support for individuals affected by military operations focuses on identifying root causes and addressing social and psychological challenges in adapting to new environments. This involves monitoring and analyzing statistical information to understand conditions in affected areas. The field also includes developing methodological recommendations for leaders to organize effective psychological assistance. Studies by Kovacic (2022) and Bonfiglioli Stagni et al. (2015) contribute valuable insights to the progress of strategies for supporting individuals distressed by the impact of military activities.

Currently, comprehensive psychosocial rehabilitation is acknowledged as an effective approach to restoring societal psychosocial health in the context of military conflicts (Rasmus et al., 2021). Analyzing the experience of organizing support for victims and the challenges encountered in this process enables the formulation of several recommendations in the realm of protecting victims of military conflicts. These include engaging non-governmental organizations in the development of manuals, textbooks, and programs on psychological safety, a substantial overhaul of educational initiatives on psychological safety within educational institutions, advocating for the prompt response to psychological support needs through national hotlines, and endorsing the integration of practical psychologists in various organizations and educational institutions as a resource for addressing human rights issues.

Military events trigger diverse emotional responses among participants, shaped by individual mental traits. Research by Timchenko et al. (2021), Shyrobokov (2017), Zerach et al. (2019), and Charlson et al. (2019) highlights this broad spectrum of reactions. Faced with such events, individuals may experience shock, disorientation, fear, anxiety, and even emotional numbness or apathy. The varied psychological reactions emphasize the complex nature of how individuals respond to military situations. Some people have mild reactions, others have more severe ones. However, the possibilities of adaptation (psychological, physiological, social) to such conditions sooner or later run out, which contributes to the growth of post-traumatic stress disorder (Timchenko et al., 2021; Shyrobokov, 2017; Zerach et al., 2019; Charlson et al., 2019). The way a person reacts to a traumatic event is influenced by many factors, including the nature and severity of the event, the impact previous traumatic events, the availability of outside support, physical health, whether the person or their family has mental disorders (including past ones), cultural roots and traditions. Each person has their own strengths and skills that help them overcome life's challenges. There are also social traumas that can last for decades, in the context of restoring not only health but also social well-being, which was also lost by virtue of hostilities. At the same time, experience shows that people who feel socially supported are better able to cope with difficulties after a crisis than people who feel they have not been helped enough. That is why it is so important to provide the right psychological assistance in emergencies. In connection with the extraordinary events that have taken place in Ukraine in recent years, which have involved threats to life, violent death, unforeseen displacement, and physical and mental damage, there is an urgent need for social and psychological support support for the whole society and psychological and legal support for individuals - children, adults, families - to restore their emotional health and social well-being.

## CONCLUSION

Psychological rehabilitation is crucial in the broader field of psychosocial rehabilitation, integral to social rehabilitation. Social rehabilitation aims to restore the societal standing of those facing challenges like war,

captivity, or torture. Solely focusing on social interventions may be ineffective without addressing self-trust, emotional well-being, relaxation, and optimism.

In the holistic understanding of "health," impacting all facets of an individual's existence is imperative for positive outcomes. Psychosocial rehabilitation is a prolonged process requiring highly qualified professionals for successful outcomes.

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