EUROPEAN HUMANITIES STUDIES:
State and Society

EUROPEJSKIE STUDIA HUMANISTYCZNE:
Państwo i Społeczeństwo

1(I) 2018

SCIENTIFIC COMMITTEE/ KOMITET NAUKOWY

Ivan Bekh – Institute of Problems of Education NAPS of Ukraine (Ukraine)
Zlata Boyko – Peoples' Friendship University of Russia (PFUR, Russia)
Magdalena Fiternicka-Gorzko – Pomorska Akademia v Slupsku (Poland)
Victor Kotsur – Perejaslav-Khmelnytsky State Pedagogical University by Grygoriy Skovoroda" (Ukraine)
Oleksandr Ljashenko – National Academy of Pedagogical Sciences of Ukraine (Ukraine)
Ursula Majher-Legaviets – Foundation by Mikolaj Rey (Poland)
Irina Manokha – East European Institute of Psychology (France - Ukraine)
Tatiana Martsynkovskaja – Psychologycal Institute (Russia)
Vladimir Menshikov – Daugavpils University (Latvia)
Andrzej Mirski – Andrzej Frycz Modrzewski Krakow University (Poland)
Katerina Ovcharek – Institute of Positive Psychology (Bulgaria)
Janna Petrochko – Institute of Problems of Education NAPS of Ukraine (Ukraine)
Vitaly Rubtsov – Moscow Psychological and Pedagogical University (Russia)
Valentyn Rybalka – East European Institute of Psychology (France - Ukraine)
Oleksandra Savchenko – National Academy of Pedagogical Sciences of Ukraine (Ukraine)
Irina Simaeva - Baltic Federal University by I. Kant (Russia)
Gabriele Simonchini – John Cabot University (USA), Richmond The American International University in London (United Kingdom), GENF International consulting (Italy)
Olga Sukhomlynska – Institute of Education, NAPS of Ukraine (Ukraine)
Irina Surina – Pomorska Akademia v Slupsku (Poland)
Hideko Takeyasu – Kyoto Women's University (Japan)
Alexandr Vinogradov – National University of "Kyiv-Mohyla Academy" (Ukraine)
Herbert Gottfried Zoglowek – Pomeranian University, Slupsk (Poland); University of Tromso-Norwegian Arctic University, Alta (Norway)

EDITORIAL BOARD/ KOMITET REDAKCYJNY

Irina Manokha – Chief Editor, Doctor of Science, Professor
Andrzej Mirski – Science Editor, Ph.D., Associate Professor
Olexandr Breusenko-Kuznetsov – Deputy Editor, Ph.D., Associate Professor
Alexandr Vinogradov – Science Editor, Ph.D., Associate Professor
Wojciech Zhwolinsky – Language Editor (pol.)
Natalia Iaremchuk – Language Editor (pol.)
Andriy Vornachov – Language Editor (engl.)

Project of cover page and maket-book: **Olexandr Omelyan**

EDITOR/ WYDAWCA:

East European Institute of Psychology/ Wschodnioeuropejski Instytut Psychologii – str. Holosiivska 13, of. 528-530, 03039, Kyiv, Ukraine

Fundacja im. M. Reja, ul. Nad Potokiem 20, 30-830 Kraków, Poland

Peer-reviewed journal/ Czasopismo recenzowane
The list of reviewers is published in the last issue of a given year.
Lista recenzentów jest drukowana w ostatnim numerze danego roku.

ISSN 2413-9025 European Humanities Studies
ISSN 2450-6486 European Humanities Studies: State and Society

1.

PSYCHOLOGICAL, MEDICAL AND PEDAGOGICAL ASPECTS OF POST-TRAUMATIC STRESS IN WAR CONDITIONS

PSYCHOLOGICZNE, MEDYCZNE I PEDAGOGICZNE ASPEKTY STRESU POURAZOWEGO W WARUNKACH WOJENNYCH

Contents

1. PSYCHOLOGICAL, MEDICAL AND PEDAGOGICAL ASPECTS OF POST-TRAUMATIC STRESS IN WAR CONDITIONS 3

Lesia MUZYCHKO
Peculiarities of diagnostics of the posttrumatic stress disorder in combatants 4

Oleksandr TIMCHENKO, Kateryna KRAVCHENKO
Military stress and mutilated bodies of the death: is it possible to minimize negative psychological consequences? 14

2. POST-TRAUMATIC STRESS: QUALIFICATION AND OVERCOMING TECHNOLOGY 27

Igor HERAIMCHUK
Peak experiences: some notes on the theory of stress, fear, post-traumatic syndrome and practical methods for overcoming them 28

Oleksandra DATSKO, Anna ROMANIV, Nadiia PARANYAK
Training on Protection from Traumatic Stress Disorders as a Part of Safety Fundamentals Course in Higher Education Institutions 55

Olena DYSA
Reflexive machanisms of experience and overcoming of crisis situations in the life of the individual 67

Spis treści

1. PSYCHOLOGICZNE, MEDYCZNE I PEDAGOGICZNE ASPEKTY STRESU POURAZOWEGO W WARUNKACH WOJENNYCH. 3

Łesia MUZYCZKO
Cechy charakterystyczne diagnostyki zespołu stresu pourazowego u żołnierzy. 4

O.W. TIMCZENKO, K.O. KRAWCZENKO
Bojowy stres i okaleczone zwłoki zabitych: czy można zminimalizować negatywne konsekwencje psychologiczne? 14

2. POST-TRAUMATIC STRESS: KWALIFIKACJA I PRZEŁAMYWANIE TECHNOLOGII. 27

Ihor HERAIMCZUK
Doświadczenia szczytowe: niektóre uwagi na temat teorii stresu, lęku, zespołu stresu pourazowego oraz praktyczne metody ich pokonania (możliwe modele pokonania stresu, zespołu stresu pourazowego – „gra hazardowa", „zanurzony model twórczości", „religijna transformacja miłości") 28

Oleksandra DACKO, Anna ROMANIW, Nadia PARANIAK
Nauczanie ochrony przed zespołem stresu pourazowego podczas studiów nauk o bezpieczeństwie w instytucjach szkolnictwa wyższego 55

Olena DYSA
Mechanizmy refleksyjne przeżycia i pokonania sytuacji kryzysowych w życiu jednostki 67

Hanna DIOMINA
Konflikty jako przyczyna stresu pourazowego 78

Oksana MELNYCZUK
Kształtowanie inteligencji zawodowej przyszłych fachowców w dziedzinie społecznej w kontekście ich zawodowego przygotowania do pracy z żołnierzami cierpiącymi na stres pourazowy. 89

Oksana MIROSZNYCZENKO, Uliana NASTOJASZCZA, Serhij JERMAK
Wizualna diagnostyka psychologiczna podstawowych stanów kombatantów w warunkach operacji wojskowych. 101

Olga OSOKINA, Gennady PUTIATIN, Boris IVNEV, Sergey USHENIN, Ilona KYSLYCKA, Liudmyla ALEKSIEIEVA, Sofia SELEZNIOVA, Tatyana NESTERENKO, Larisa STECENKO, Olesya ZAJCEVA
Psychotherapeutic model of rehabilitation of patients with schizophrenia and comorbidic neurotic stress-associated disorders who lives in the territory of anti-terrorist operation in eastern part of Ukraine 115

Iryna SERHIJENKO
Arteterapeutyczne podejście transforma-cyjno-dialogiczne do pokonania skutków przeżycia przez osobę sytuacji ekstremalnych 131

Halit SEREBRENIK-CHAJ
Myśli o narkomanii, pamięci, urazach oraz Somatic Experiencing® 145

3. FILOZOFIA I PSYCHOLOGIA WOJNY: CYWILIZACYJNE WYZWANIE WSPÓŁCZESNOŚCI 155

MOHYLNYK A.I., LELIUK J.O., SUPRUNENKO S.N.
Wpływ wojny informacyjno-psychologicznej na świadomość społeczeństwa. 156

4. PROCESY MIGRACYJNE W KONTEKŚCIE DZIAŁAŃ WOJENNYCH 168

L.W. DROZD, J.O. BYSTROWA
Kształtowanie umiejętności wyznaczenia celów życiowych u dzieci o specjalnych potrzebach edukacyjnych w warunkach wymuszonego wyjazdu ze strefy przeprowadzenia operacji antyterrorystycznej (ATO). . . . 169

Iryna MANOCHA, Maryna WIEŻYS
Zjawisko „marginalności społecznej" w postrzeganiu i interpretacji dziecka (na podstawie realiów ukraińskich oraz realnych psychologicznych inkluzji społecznych) 182

5. EDUKACJA JAKO NARZĘDZIE DO POKONANIA STRESU POURAZOWEGO W WARUNKACH WOJNY 208

Wiktoria WYNOHRADOWA, Julia SKAKUN
Edukacja jako sposób na pokonanie zespołu stresu pourazowego u studentów z terenów okupowanych. 209

ARTE ET HUMANITATE, LABORE ET SCIENTIA

EUROPEAN HUMANITIES STUDIES: State and Society

THE JOURNAL IS AVAILABLE ONLINE IN THE FOLLOWING DATABASES / CZASOPISMO JEST DOSTĘPNE ONLINE W BAZACH:

Index Copernicus International (http://www.indexcopernicus.com)

Link: http://journals.indexcopernicus.com/search/details?id=46623

Biblioteka Narodova (https://alpha.bn.org.pl/search*pol)

Polska Bibliografia Naukova (https://pbn.nauka.gov.pl/sedno-webapp/works/734610)

Centrum NUKAT (http://katalog.nukat.edu.pl/lib/item?id=chamo:3718161&theme=nukat)

Address correspondence of the Editorial
European Humanities Studies: State and Society

Adres korespondencyjny redakcji
European Humanities Studies: State and Society

E-mail:ehs.state@gmail.com

Website /
Adres strony internetowej

http:// ehs-ss.pl

Ganna DOMINA

Conflicts as a cause of post-traumatic stress

The topicality of this theme depends, first of all, on the fact that the conflict has become the inseparable part of today people's life and may cause post-traumatic symptoms and is widely recognized. Nowadays many ordinary people or don't want to interfere into them or pretend not to notice them. These proposed positions are false, because they lead to considerable expenses in the life of society. The first position gives an opportunity of free development, accumulation, and not to solve for those conflicts, which are harmful for a man, his inner circle and society in general. The second may prevent the further human development and his life in general. Thus, it may be clear, that the reason of post-traumatic symptoms emergence may be any conflicts, stresses; the problem of identification, solution and management of the conflicts is very actual for fulfilling life, effective work and it demands more detail research.

The aim of the article is to consider different psychological conflicts, that may be a cause of post-traumatic stress emergence.

The presentation of the main material. At the end of the XX-th century it was proposed a term "post-traumatic stress" PTS to indicate the long-term negative consequences of stressful situations. The manifestation of PTS is observed in 1-8 % of the population (more frequently in the women).

© Ganna DOMINA, 2018

This disorder develops in 8-25% of the people, which affected by the action of the stress, the range of the conflicts, but save their physical health; among wounded the emergence of these disorders is increased and reaches 50-80 %.

Generally accepted definition of post-traumatic stress is considered temporary disorder, which develops in any person without other manifestation of mental disorders in response to an unusual physical or mental stress event, conflict, situation (temporary or protracted) of threatening or catastrophic character and may cause the general distress [3].

Most frequently PTS is observed in people, who survived the catastrophes, wars, acts of terrorism, natural disasters, who were victims of domestic or sexual violence and of many other threatening or life-threatening situations, for a person himself and for his friends and relatives. Any phenomenon can destroy the usual way of living of personality depending on the form and manifestation of the stress – may last several months or years. The person is going through constantly returning to the tragic events, trying to overcome their consequences and to return to some semblance of previous life. As a result many other conflicts and conflict situations with people around him emerge, which aggravate an already grave condition of the person.

Despite the fact that many people often consider the conflict as negative phenomenon, it is natural, normal and important at the same time. Correctly resolved conflict can strengthen relations, clearing the atmosphere of complaints, can make room for a better understanding of each other and can increase closeness between people. This allows us to express our own needs, and thus demonstrates concern and respect for oneself.

First we start with the definition of the conflict. According to the studies, the conflict "is a clear struggle between interdependent parties, which have incompatible goals and limited resources" [5]. Thus, the conflict must be a pronounced struggle. It is more than an internal difference, which should be expressed verbally and non-verbally.

We can note that the conflict exists only between interdependent parties. That is, there is the conflict, when the parties to the conflict must rely on each other in a certain way [6]. For example, in family life, the wife hopes that her husband will offer instructions for doing the work, and the husband relies on the wife who can do this work. Everyone must depend on the other to make the conflict happen.

The next component of the conflict is the existence of incompatible goals. It should be emphasized that these goals are understood as incompatible. In fact they can be both incompatible and complement each other. Nonconformity of goals means that one person wants one thing and another person wants something different. In the context of feedback and criticism, a person who criticizes wants something other than a person who performed this action, although this action may seem quite acceptable for the person who performs it.

Further conflict arises when resources are scarce. Such resources include money, time, power, space, position. When one person wants to use one or more of these resources differently than another person, there may be a conflict.

Finally, the conflict includes obstacles. This means that each side is trying to prevent the other side from achieving its goal. Such interference may include pressure from one person with the purpose of performing work within a certain period of time and another person wants to do this work at different time.

There are certain features of the constructive conflicts except that they are natural, normal and important. The conflict can be expressed directly or indirectly, and it can be useful or harmful,

The conflict is often expressed through a verbal channel or through the language. This route can lead to emotional escalation and an increase in the severity (seriousness) of the conflict, which in turn can lead to trauma and PTS [4].

The conflict can also be expressed indirectly, through the non-verbal channel, through gestures or other actions, such as slamming the door; facial expressions - rolling of the eyes; and non-verbal expressions, such as mockery. Actions on the indirect expression of conflicts can be considered passive, aggressive but sometimes these actions are the best way out to avoid confrontation and potentially reduce tension in the relationship. Major drawback of the indirect expression of the conflict is that although it is easier and more comfortable to express it, but it may leave the matter unsolved for more lasting period of time. Which approach to conflict resolution will be chosen depends on the situation, goals of the parties that interact, and the importance of the desired result.

Let’s consider the important characteristics of the conflict.

1. The conflict is a process:

The conflict takes place step by step. The first step is always a misunderstanding, the other steps are the difference in values, in opinion, in the

interests and interpersonal differences. This is also called the process, because it begins with the fact that one side perceives another to counteract it or adversely affect its interests and ends with a competing, collaborating, compromising or avoiding process [1], which can accelerate the emergence of a stressful state.

2. The conflict can not be avoided:

The conflict exists everywhere. Two persons are always different. So they can have the individual differences. And the differences in values or other differences can lead to the conflict, or to a number of conflicts that may cause stress or trauma and over time certain mental disorders and neuroses. Despite the inevitability, the conflict can be minimized, redirected or/and solved. The conflict develops because we are dealing with people's lives, job, children, pride, self-realization, selfishness and the meaning of life.

3. The conflict is a normal part of life:

Persons, groups and organizations have unlimited needs and different values, but limited resources.So this incompatibility will necessarily lead to the conflicts. The conflict itself is not a problem, but if it is poorly managed then it becomes a problem.

4. Perception:

The conflict must be conscious and perceived by the parties. In interpersonal interaction, perception is more important than reality. What do we perceive and think affects our behavior, attitude, communication.

5. Counteraction:

One of the participants in the conflict should perceive or do what the other side does not like, does not want, can not.

6. Interdependence and interaction:

There must be some real or perceived interdependence in the conflict. Without interdependence, interaction can not take place. The conflict occurs when there is some interaction.

7. Every person is a party to the conflict:

The conflict can occur in one person, between two or more people, groups or between organizations.

8. The conflict is ambiguous for perception:

The conflict occurs in different ways depending on the degree of severity and attitude towards it. Sometimes this can improve even the difficult situation [7].

The conflicts, that are the cause of the post-traumatic state, can be of different types as described below. Namely:

1. On the basis of the parties involved:

The conflicts can be intrapersonal (internal conflict of personality), interpersonal (between two persons) and organizational.

The organizational conflict, as real so perceived, has two types - inter-organizational and intraorganizational. Interorganizational conflict arises between two or more organizations. Different firms that compete with each other are a good example of interorganizational conflicts. intraorganizational conflict is a conflict within an organization and can be considered on the basis of a hierarchy (for example, department, working group, individuals) and can be classified as interpersonal, intragroup and intergroup.

Interpersonal conflict, whether it is objective or affective is a conflict between two or more personalities (which do not represent the group of which they are a part) of one or the other groups at the same or another level in the organization.

Interpersonal conflict can be divided into intergroup and intragroup conflict. The intragroup conflict occurs between members of the group (or between subgroups within a group), the intergroup conflict occurs between groups or units within an organization.

2. On the basis of the significance of the conflict causes:

Conflicts can be significant (material) and affective. The significant conflict is related to work. The significant conflict is associated with work not with individuals whereas the affective conflict arises from the emotional perception of another person. The significant conflict can arise from a problem situation due to methods or devices for conflict resolution, goals. Thus, this conflict includes the conflict of tasks, the conflict of the process within its limits.

Procedural conflicts may include differences in such factors as the date and time of the meeting, organization and management of the group and ways to resolve disagreements. Unresolved procedural conflicts can harm work on the common projects. The significant conflict can improve the process of making general decisions. The significant conflict is also called a productive or active conflict.

On the other hand, the affective conflict touches interpersonality relations or incompatibility of persons as a result of emotional perception other person and disappointments between partners.

The affective conflicts can be very destructive, if they remain unsolved. The conflict of relations belongs to the sphere of the affective conflicts. The affective conflict almost always prevents the process of the making general

decisions. This conflict has a negative, sharp, suspicious and touchy character.

For example, when employees disagree on the compromise task doing because of the personal prejudices (for example: prejudices that arise up as a result of strong social, political, economic, racial, religious, ethnic, philosophical or interpersonality prejudices), they sometimes can be concentrated on the content of the task.

3. On the basis of the results: The conflict can be structural or destructive, creative or limited, and also positive or negative. The destructive conflicts are also known as dysfunctional conflicts, as such conflicts prevent to attain the aims.

The conflict is destructive, when it takes attention from other important actions, undermines a moral spirit or self-realization, polarizes people and groups, diminishes a collaboration, increases or sharpens contradiction and results in irresponsible and harmful behavior, for example, fight, offenses [5].

On the other hand, the structural conflicts are also known as the functional conflicts, as they support whole groups and help to promote the productivity. A conflict is structural, when it results in finding out the important problems, results in the decision of the problems, brings over people to the decision important for them questions, stimulate the real communication, helps to free emotions, alarm and stress, people to cooperate, getting to know more about each other, joining to solve the conflict and helping people to develop understanding and skills.

4. On the basis of the general use by groups:

Conflicts can be distributive and integrative. The distributive conflict is determined as distribution of the fixed sum of positive results or resources, where one side wins in the final result, and other loses, even if it wins certain concessions.

On the other hand, integrative groups, that are those that use integrative model, examine a conflict as the chance to integrate necessities and problems of both groups and do possible to get the best result. This type of conflict is more aimed at a compromise, than on a distributive conflict. It was found that the integrative conflict has better result related to the task, than distributive conflict [2].

5. On the basis of the strategy:

Conflicts can be competitive and cooperative. The competitive conflict is accumulative. Initial problem in the competitive conflict - is more the occasion, than the cause of the conflict. A competitive conflict is characterized

by a desire to win a conflict, even if the winning costs more resources that it will be spent in the absence of the conflict.

Expenses do not matter in the competitive conflict, thus, its basic sign is irrationality. The competitive conflict is characterized by the fear of loss, that is one of the important components of the conflict that makes a conflict inefficient.

A competitive conflict can either begin with the conflicts of ideology or with the principle that when a desire to win absorbs any particular cause of the conflict.

Examples from history such as conflicts between parties in the First World War, when the forces are approximately equal. In an economic competition, as a result of this conflict, customers win, but firms can be threatened. On the other hand, these conflicts are recommended in the sporting events.

The cooperative approach correlates with the interests of the parties concerned or the integration negotiations, leading the parties to find mutually beneficial solutions. Disputes that arise when jointly discussing a solution are likely to develop a relationship of trust and put forward mutually beneficial settlement options.

6. Based on rights and interests:

The conflict of rights means that a person has certain rights by law or by contract, either by prior agreement or established practice. If this right is denied, this will lead to a conflict (for example, the obtaining of land by ATO participants). Such a conflict is resolved by means of a legal decision or arbitration, not a negotiation. On the other hand, a conflict of interest means that a person or group require certain privileges that are not backed up by law. Such a dispute can only be resolved through negotiation or collective bargaining.

For productive conflict resolution, one must be able to manage conflicts. Conflict management is the principle that all conflicts can not always be resolved, but the ability to manage conflicts can reduce the chances of unproductive escalation. Conflict management involves gaining conflict-related skills, knowing about conflict regimes, conflicting communication skills, and building a conflict management structure in the environment. Everyone who surrounds a person with post-traumatic stress must have the skills to minimize the conflict and resolve conflict-related problems before the conflict becomes the major barrier to life, work and existence.

To resolve the conflict, scientists distinguish its various stages. Usually the conflict passes through the following steps:

- People recognize the lack of resources, the diversity of language or culture. This knowledge can lead to conflict.
- If there are serious differences between two or more than two groups, a hidden conflict in a competitive situation may be conflicting.
- An incident can transform the hidden conflict into the open conflict.
- As soon as the problem is resolved, the potential for reoccurrence is still high. Indeed, the potential becomes even greater than before if one party understands that the resolution of the conflict has led to the loss of the winner-defeated situation.

Are conflicts the negative phenomenon and undesirable for a person? There are three points of view on this issue.

Traditionalists consider the conflict undesirable and it must be avoided.

School adherents of human relationships believe that the conflict is natural and can be functional in some cases and dysfunctional in others. In their opinion, the conflict provides an opportunity to know the opinions of the opponent and the possibility for his conviction. Thus, the school requires an open approach to the conflict [8].

Integrators see the conflict as an inevitable and stimulating conflict, which is somewhat useful. The conflict is considered a positive force, except when it is wrongly diagnosed, improperly managed or improperly avoided.

The conflict is sometimes needed, because it: helps to raise and solve problems; accelerates work on the most relevant issues; helps people "to be real", for example, it encourages them to engage in relationships; helps people to learn to recognize and use their differences.

The conflict becomes a problem when it:

- interferes with productive work;
- reduces morale;
- causes significant and prolonged conflicts;
- provokes inappropriate behavior;
- leads to stress.

Unfortunately, many people do not imagine the fact that they have the PTS. The reason and the consequence of this phenomenon is a conflict. Negative consequences of the conflict interaction are also related to social life: a person with the PTS moves away from society, falls out of reality, sees all people as enemies; believes that nobody can understand it and sees the world as a threat. For some people suffering from the PTS, depression, strong irritability, and anxiety are characteristic, and this leads to increased conflict.

All this impedes the conduct of normal high-grade life, prevents from getting new information, knowledge, skills, etc.

In the conclusion, one should say that one of the main tasks of conflict management is not only their identification and clarification of causes, but also the attribution of conflicts to a particular group. On the basis of conducting in the article the study of the essence, the causes of PTS can be identified measures to prevent conflict situations, improve life. Consequently, the conflicts that have become the cause of the stress, PTS can be solved with the condition of professional support of physicians, psychologists, psychotherapists. The help at an early stage helps to prevent further devastating and negative consequences.

References:

1. Kovtunenko E.S. Conceptualization of the concept of conflict interaction in line with the theory of social conflict / E.S. Kovtunenko // Current problems of sociology, psychology, pedagogy. - 2013. - Issue 19. - P. 71-77. - Access mode: http://nbuv.gov.ua/UJRN/apspp_2013_19_12.

2. Okunev, D., Maikova, S. Transformation of organizational conflict: identification and mechanism [Text] / D. Okunev, S. Maikova // Problems of the theory and practice of management. 2012. №6. - p. 97- 107.

3. Prevention of post-traumatic stress disorder: psychological aspects. Methodical manual / Authors: D. D. Romanovskaya, O.V. Ilashchuk - Chernivtsi: Technodruck, 2014. - 133 pp.

4. Psychology of personality: The textbook: Teach. manual / O.B. Melnichuk, R.F. Pasichnyak, L.M. Volnova and others - K.: NPU named after M.P. Drahomanova, 2009. - 532 pp.

5. Eisenhardt K.M., Kahvajy J.L, Bourgeois L.J. Conflict and strategic choice: how top-management team disagree // California Management Review. 1997. N 39 (2). P. 42-62.

6. Evans S. Conflict can be positive // HR Magazine. 1992. N 37 (5). P. 49-51.

7. Chew I.K.H., Lim C.A Confucian perspective on conflict resolution // International Journal of Human Resources Management. 1995. N 6 (1). P. 143-157.

8. Kerol A. Aschenbrener, Conflict management in health care [Электронный ресурс] / A.Kerol Aschenbrener. Режим доступа: http: //www.sgin.org/userfiles/file/AMHandouts/ AM06/.../wc08/pdf

9. Domina G.A. Modern outlook at Psychological Services in Armed Forces of Ukraine / G.A. Domina // Trends in der Entwicklung der nationalen und internationalen Wissenschaft: Sammelwerk der wissenschaftlichen artikel. − Verlag SWG imex GmbH, Nürnberg, Deutschland, 2016. – S. 287−289. Режим доступа: http://enpuir.npu.edu.ua/handle/123456789/13113

The Aurhor

Domina Ganna Anatoliivna
Candidate of Psychological Sciences (Ph. D.),
Associate Professor,
National Pedagogical University
named after M.P. Dragomanova,
Kyiv, Ukraine
E-mail: a.a.demina@gmail.com

Abstracts

HANNA DOMINA. **Konflikty jako przyczyna stresu pourazowego.** *Artykuł poświęcony jest aktualnemu aspektowi, który ma na celu badanie natury konfliktów, które mogą stać się przyczyną stresu pourazowego, w celu ich zidentyfikowania i możliwości rozwiązania. W artykule ujawnia się konieczność zbadania cech zachowańia konfliktowego, sposobów zarządzania nim oraz możliwych przyczyn powstania stresu pourazowego. Udowodniono, że osoby walcząca z jakimkolwiek ściowa konfliktem oraz jego skutkami – stresem pourazowym - koniecznie potrzebuje fachowej jakościowej pomocy.*
***Słowa kluczowe**: conflikt, stres pourazowy, przyczyny stresu, pomoc, konsekwencje.*

ГАННА ДЬОМІНА. **Конфлікти як причина посттравматичного стресу.** *Стаття присвячена актуальному аспекту, спрямованому на вивчення сутності конфліктів які можуть бути причиною посттравматичного стресу, з метою їх виявлення і можливості вирішення. У статті розкривається необхідність дослідження особливостей конфліктної поведінки, способів управління ними, а також можливих причин посттравматичного стресу. Доводиться необхідність фахової, якісної допомоги людині з вирішенням будь-якого конфлікту та його наслідком – посттравматичним стресом.*
***Ключові слова**: конфлікт, посттравматичний стрес, причини стресу, допомога, наслідок.*

АННА ДЁМИНА. **Конфликты как причина посттравматического стресса.** *Статья посвящена актуальному аспекту, который направлен на изучение сущности конфликта. Конфликт или конфликтная ситуация может быть причиной*

посттравматического стресса, в целях его обнаружения и возможности решения. В статье раскрывается необходимость исследования особенностей конфликтного поведения, способов управления, а также возможных причин посттравматического стресса. Доказывается необходимость профессиональной, качественной помощи человеку с решением любого конфликта и его следствием – посттравматическим стрессом.
***Ключевые слова**: конфликт, посттравматический стресс, причины стресса, помощь, следствие.*

GANNA DOMINA. **Conflicts as the cause of post-traumatic stress.** *The article is devoted to the actual aspect, aimed at studying the essence of conflicts that may be the cause of post-traumatic stress, in order to identify them and solve them. The article reveals the necessity of studying the features of conflict behavior, ways of managing them, as well as possible causes of post-traumatic stress. There is a need for professional, qualitative help to a person with the resolution of any conflict and its consequence - post-traumatic stress.*
***Key words**: conflict, post-traumatic stress, psychological help, consequence.*