

Volume 2

Fundamentals of rehabilitation psychology: overcoming the consequences of conflict

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Tutorial
Short Overview

Introduction (Page 4)

Justification of the need for the emergence of such work and a description of its content by chapters.

Chapter 1. (Pages 5-32)

Basic principles of psychological assistance to victims of post-traumatic situations

Subsection 1.1. (Pages 5-13)

Guiding principles of moral and psychological climate of mental health and socio-psychological support in emergency situations

Subsection 1.2. (Pages 14-21)

Mental health support levels for victims in emergency and emergency situations

Subsection 1.3. (Pages 22-32)

General principles of psychological rehabilitation of victims in emergency and extreme situations

Summary: The first section of the book outlines the principles of psychological assistance and psychosocial support in the system of minimum response measures directly in emergency situations, as well as at the stage of stabilization and early recovery. The basic principles of psychological rehabilitation are drawn.

Chapter 2. (Pages 33-76)

Overcoming the effects of trauma: The first psychological help

Subsection 2.1. (Pages 34-42)

Peculiarities of experiencing stressful and traumatic situations

Subsection 2.2. (Pages 43-50)

Psychotraumatic effects of being in an extreme situation

Subsection 2.3. (Pages 51-54)

Principles and aggregate of emergency psychological assistance

Subsection 2.4. (Pages 55-59)

Trauma-focus. Neuropsychotherapeutic treatment of psychotrauma

Subsection 2.5. (Pages 60-76)

Emergency psychological assistance and self-help. Psychological recommendations

Summary: The second section presents methods of psychological support, emergency psychological assistance and self-help in order to stabilize the psychological state in the event of acute manifestations of stress disorders and post-traumatic crisis conditions. You can also learn about trauma-focus - a new for Ukraine method of overcoming the consequences of psychotrauma.

Chapter 3. (Pages 77-97)

Psychological assistance during mourning

Subsection 3.1. (Pages 78-86)

Grief as a natural reaction to loss. Features of the mourning process

Subsection 3.2. (Pages 87-92)
Psychological assistance in case of severe loss

Subsection 3.3. (Pages 93-94)
Features of child mourning

Subsection 3.4. (Pages 95-97)
How to survive the grief? Psychological recommendations

Summary: The third section is devoted to loss and "work of grief", the characteristics of mourning adults and children, the specifics of psychological support to people who have lost their loved ones

Chapter 4. (Pages 99-116)
Principles of non-violent communication and conflict resolution

Subsection 4.1. (Pages 100-105)
Establishing a non-violent communication method

Subsection 4.2. (Pages 106-116)
Practical use of non-violent communication methods Training of mediators

Summary: The fourth section outlines the basics, basic principles and the history of formation - in the world and in Ukraine - the method of non-violent communication. With the help of practical exercises, readers can not only learn the commutative skills necessary to solve conflicts, but also take a fresh look at the nature of conflicts and the role of an intermediary in solving problems.

Chapter 5. (Pages 117-178)
The peer-to-peer method of interaction between participants of mutual aid groups

Subsection 5.1. (Pages 118-130)
Features of the functioning of support groups and self-help groups

Subsection 5.2. (Pages 131-137)
Interaction between peer dialogue dialogue on an equal-to-equal basis

Subsection 5.3. (Pages 138-157)
The functioning of social groups on the principle of "peer-to-peer" in Ukraine

Subsection 5.4. (Pages 158-157)
How to create and support activities of a mutual help group

Subsection 5.5. (Pages 158-178)

Summary: The method of creating small groups of people to overcome the crisis of its general situations is common. Placed recommendations for the most effective functioning of such groups of people of mutual assistance.

Glossary (Pages 179-194)

Applications (Pages 195-209)

Traffic routes and sequence diagrams for people who need psychosocial care. Contact information of organizations and structures that provide such assistance.

Applications 2. (Pages 210-212)
Acute stress disorder (in accordance DSM-5)

Applications 2. (Pages 213-224)

The action algorithm in the case of detection of diseases Hepatitis C

Applications 2. (Pages 225-227)

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Applications 2. (Pages 229-230)

Relaxation exercises

Used sources(Pages 231-240)