

Volume 3

Fundamentals of Rehabilitation Psychology: Overcoming the Consequences of the Crisis

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Tutorial

236 pages, 6 chapters

Introduction to the Volume 3

The third volume of the manual «Fundamentals of Rehabilitation Psychology: Overcoming the Consequences of the Crisis» begins with section 1, which examines the specific needs of internally displaced persons, compares the analysis of needs of children and adults, and considers the peculiarities of psychological care for this category of population.

The second section presents a comprehensive approach to providing psychological assistance to war veterans, and analyzes rehabilitation programs implemented on the territory of Ukraine.

The third section is devoted to the psychological rehabilitation of people who survived captivity and torture; the international standards of psychological assistance are provided and the activities of international, state and non-governmental organizations providing assistance to this category of population are presented; Ukrainian experience of social and psychological assistance to victims of captivity and torture is presented.

The fourth chapter provides practical approaches to psychological assistance to the families of veterans. The specificity of psychological adaptation of participants in military actions to peaceful life and the role of family in this process is analyzed. The spectrum of problems with which social workers and psychologists working with wives of veterans most often meet are investigated.

The fifth section covers the experience of providing psychological assistance to children with traumatic experiences. Programs of individual and group psychological help for children who have survived or are experiencing a crisis of traumatic experience are presented.

The sixth chapter is devoted to the mental health of specialists: volunteers, social workers, psychologists, chaplains. The reasons, the nature of deployment, symptoms of occupational burnout syndrome and secondary traumatization of specialists, in particular in case of fatigue from sympathy, are analyzed.

The annexes include a section on the "Psychological Evidence of Torture" from the Istanbul Protocol, targeted rehabilitation programs, diagnostic tools for determining the level of emotional burnout and a psychotherapeutic tale for children.

The authors of the manual understand that not all topics are presented in the prepared material and not all possible approaches to the psychological rehabilitation of people with crisis experience are highlighted, since many applications have been created by Ukrainian specialists in recent years. However, we hope that this manual will be useful to those who provide social and psychological assistance and psychologically rehabilitate the Ukrainian population.