

CHAPTER 3

THEORETICAL AND PRACTICAL ASPECTS OF MODERN PSYCHOLOGY

PSYCHOTHERAPY AND PSYCHOEDUCATION AT WORK WITH PSYCHOTRAUMA IN THE CONDITIONS OF WAR

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Citation:

Zhyhaylo, N., Sheviakov, O., & Slavska, Y. (2023). Psychotherapy and psychoeducation at work with psychotrauma in the conditions of war. *Public Administration and Law Review*, (3), 60–68. <https://doi.org/10.36690/2674-5216-2023-3-60-68>

Received: August 13, 2023

Approved: September 18, 2023

Published: September 29, 2023



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Abstract. The article is devoted to an actual problem of our time - the work of psychologists and psychotherapists with psychotraumata during the war. The purpose of the article is to determine the features of psychotherapy and psychoeducation in working with psychotraumata in war conditions. A separate task of the research was the development of a methodical approach to the harmonization of the psychological state of a traumatized person and obtaining criteria for the formation of components of such a state during the war. Useful psychological techniques are proposed and necessary psychological help for psychological trauma during the war is detailed. A complex of scientific and educational cycles of psychoeducational video materials is presented, which change the war frame to a resource one, which is actively introduced into the educational process and implemented in applied professional activities in various fields of psychological science and practice, etc. The article presents a set of practical exercises, methods of neurolinguistic programming, individual practices of working with oneself, key mistakes in war conditions, ways of transitioning from a state of decline to a state of elevation. Ericksonian hypnosis is proposed in the treatment of post-traumatic stress disorder - a complex mental condition that arises as a result of trauma. The experience of hypnotherapy as a therapy with an artificial lie for the sake of a positive result is presented. Erikson's hypnotherapy is a psychotherapeutic approach that uses a hypnotic trance to help the patient use their own mental associations, memories, and life potential to achieve their therapeutic goals. Hypnosis is an altered state of consciousness similar to sleep. This is the fixation of attention on comfortable associations, etc. Thus, the obtained data can be useful in determining the directions of work with psychotraumata during the war and in the future should be considered as targets of social and medical support in the creation of differentiated psychorehabilitation programs.

Keywords: war, peace, victory, psychotherapy, psychoeducation, faith, willpower, method of neurolinguistic programming, psychotrauma, psychological help, educational process

JEL Classification: I15, H56

Formulas: 0; **fig.** 0; **tabl.** 1; **bibl.** 16

Introduction. In this difficult time of war for Ukraine, the work of psychologists and psychotherapists is needed more than ever, and will be needed even more in the future. Now colleagues from all over the world who have experience of working in war conditions, in various traumatic and crisis situations come to our aid. The team of the Lviv regional branch of the Society of Psychologists of Ukraine together with colleagues from Dnipro State Medical University, Dnipropetrovsk State University of Internal Affairs and Kharkiv National Pedagogical University named after H. S. Skovorody with the participation of psychotherapists from America, Europe, and New Zealand (Robert Dilts, Judith Delozier, Richard Bolsteda, Michelle Rouge, Kimberly Progaska, Teresa Cianciolo, Art Giser, Steven Gilligan, Susie Smitt, Brian Van Der Horst), developed useful psychological techniques and detailed the necessary psychological help for psychotraumas in war conditions.

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Literature review. There are not so many works related to the "psychological factor" of victory in the literature (Cooke P. J, 2016). The study is devoted to this problem (Khomulenko T., 2019).

Aim. The purpose of the research is to determine the features of psychotherapy and psychoeducation in working with psychotraumas in war conditions.

A separate task of the research was the development of a methodical approach to the harmonization of the psychological state of a traumatized person and obtaining criteria for the formation of the components of such a state during the war.

Methodology. The team of the Lviv Regional Branch of the Society of Psychologists of Ukraine, headed by the Deputy Dean of the Faculty of Philosophy for Research, Doctor of Psychological Sciences, Professor of the Department of Theory and History of Political Science of the Ivan Franko National University of Lviv Nataliya Zhigaylo together with colleagues from the Dnipropetrovsk State Medical University (Professor Oleksandr Shevchenko), Kharkiv National Pedagogical University named after G. S. Skovorody (Professor Tamara Khomulenko, Professor Borislav Khomulenko) and Dnipropetrovsk State University of Internal Affairs represented by Professor Oleksiy Shevyakov, with the participation of foreign psychotherapists, developed useful psychological techniques and detailed the necessary psychological assistance for psychological trauma in war conditions.

The conducted study provided for the informed consent of its participants and fully satisfied the main bioethical norms of the Declaration of Helsinki, the Council of Europe Convention on Human Rights and Biomedicine, the leading provisions of the WHO and the Ministry of Health of Ukraine, as well as the ethical standards established by the Ethics Committee of the Dnipropetrovsk State University of Internal Affairs cases (protocol No. 10 dated June 2, 2023). Basic research methods include historical and comparative methods, methods of generalization and interpretation of the findings of different authors, retrospective and comparative analysis.

Results. The advice of specialists is unified and supplemented by us. We believe that replacing this feeling with faith in victory will help to overcome fear. It is very important to take informative breaks from reading the news, and instead fill yourself

with positivity, prayer, and don't forget to drink plenty of water. It is also important to keep your body in shape: do sports, work physically, set aside 70 minutes for continuous walking every day, and doctors also advise taking vitamin C. Make every effort to balance sleep, because only sleep restores emotions. Among other things, we provide information support, help others, save ourselves with humor and play, hug - it adds confidence, smile - it makes us healthier, make plans for the future and say as many peace-making slogans as possible: "God", "Love", "Victory", "Peace" ", "Thank you", "Glory to Ukraine! Glory to heroes!" (Zhigaylo N.,2023).

There are also clear, specific, step-by-step instructions for getting out of the trauma state (according to Sid Jacobson). It is necessary to answer the following basic questions: "What happened?", "What do you need?", "What are you planning?". The main filters are deletion, distortion, generalization. In times of danger, one should be in a coach state, i.e. focused and mobilized. Trying to return to the "learned state of mind" - to the state in which you were resourceful - to inspire. You can go to this state with the help of a verbal code, for example, "everything will be fine", "everything is fine", etc.

Another block of advice (from Michelle Rouge) deals with how to cope with trauma, how to help yourself and others. The explanation is based on the "hero's path" based on the example of John McCain, a famous politician and public figure who was once a prisoner of war. Three things helped him survive: faith in God; self-belief; faith in one's country.

The operational meaning of faith is to believe in something outside of you, in something that supports you, to trust in something that has no result yet. Ways out: make an oath to yourself; take the intention; take concrete steps. It is necessary to learn to pass from the state of crash (tension) to the state of coach (concentration) with the help of visual exercises, contact with the surrounding, concentration on the object. It is important to find the center in yourself - grounding (Sheviakov O., 2022).

The resources for this are higher forces, the memory of our ancestors, Ukrainian culture, society, and internal dialogue ("I", something unique in me). After that, according to experts, an inner state of calm sets in.

Experts have also singled out practical recommendations for reassurance. The sympathetic nervous system helps to survive, escape from danger, and the parasympathetic helps to relax. You need to do breathing exercises, yawn, laugh, move; do qigong and tai chi exercises, engage in body-oriented psychotherapy, normalize sleep (Shevchenko O.,2020).

The complex of practical exercises, formed by Kimberly Prohaska, explains which interesting instructive cases can be singled out to improve one's psychological state. For example: "the war "cured" everyone from covid."(Prohaska K.,2015)}. Also, experts emphasize that teenagers and children experience injuries the hardest, but each of us is characterized by cognitive errors, in particular, thoughts that nothing will ever recover. But you need to remember: there is always hope and faith that everything will be fine. "We will need the experience of successful strategies of the past to build future strategies, and the most healing power is the power of human relationships," experts explain.

Methods of neurolinguistic programming, individual practices of working with oneself, key mistakes in war conditions, ways of transition from a state of decline to a state of elevation were formulated by psychologist Borislav Khomulenko (Kharkiv). "In extreme conditions, we abandon the usual way of life, as a result of which the mind leaves the state of basic equilibrium. Therefore, it is important to return to our usual daily life. Humor is very important in war, and helping where we can is just as important. All this creates a background emotional balance. Providing informational support (even if it is for self-reassurance), finding your key actions, making plans for the future - all these steps contribute to the production of the hormone of happiness (dopamine)," explains Boryslav Khomulenko.

The specialist also adds that those people who have existing meanings survive in difficult conditions (according to Viktor Frankl) - energy is given to content. "It is also important to overcome the inner evil in oneself. And there is also an interesting fact - in a state of war, people rarely get sick," stressed Boryslav Khomulenko.

PhD specialist in neuropsychology, behaviorist, author of methodological developments on innovative approaches in working with people with ASD, Down syndrome, intellectual development and behavioral disorders, Teresa Cianciolo shared her experience of working with children with special needs in war conditions. "During the war, we continue to worry about our children, perform routine work. Children with special needs need special attention. They need visual stimuli and signals. They are sensitive to the emotional state of their parents - they mirror it. A safe place for such a child is on the floor in the corner. It is important to hug tightly, cover with a blanket, hold hands, train a sense of security. Analyze what actions the child performs during repetition (for example, playing on a gadget). The gadget performs a calming function, although it is not a protection as such, but the child's attention switches," the expert explains. According to her, it is also important to repeat the phrase that will serve as a mantra: "we are a family", "we are safe". Repeat it the same way every time so that it circulates in the child's brain. "The child must have his duty, for example, to bring water, to make sure that the grandmother drinks the medicine. This will protect her from chaotic actions. It is also important to apply any form of activity, to take into account the individual characteristics of the child," Teresa Cianciolo emphasized and emphasized that the experience of working with children with special needs can be useful for all children (Blynova, O., 2018).

American psychologist and psychotherapist Steven Gilligan (a follower of Milton Erikson) believes that if we want to help someone with trauma, we need to start with ourselves, with our own condition. The scientist recommends five steps that help healing: focus your attention on one point in yourself; remember your values, your goal, your positive intentions; tune into yourself, connect with your breath, meditate, pray; think about what we can do.

Stephen Gilligan cites examples of people who survived the war: a priest who once carried the wounded - for him it was an experience of spiritual transition; a doctor who worked on the front and came up with the idea of the placebo (he didn't have enough painkillers, so he gave the wounded salt water and said it was morphine, and it really worked). All these are mechanisms of communication with life. If the victim is

under a lot of tension, it is possible to unblock it through a connection with someone from relatives, a loved one, ancestors, with someone whom she sympathizes with. It is also worth trying to feel grounding and connection with positive memories (from childhood, from a pleasant event). This is an example of a simple and powerful resource that will help to heal - we are looking for a connection with the positive in the past, present and future. Stephen Gilligan advises: "Never look the enemy in the eye. Never cling to a problem, because that is a sure way to become a problem yourself. It is important to believe: "I will win", "I can do it".

An interesting case: the former Prime Minister of Israel, Golda Meir, was asked with whom she consults in a problematic situation. She answered: "With my grandmother (who is no more) and with my granddaughter (who is no longer)." That is, the connection with the past, present and future will help us overcome all the difficulties of life. The main message of Stephen Gilligan: "There is a power inside a person that is greater and deeper than pain!" The speaker expressed his admiration for the unity of our people and the example of heroism demonstrated by Ukrainians (Kuznetsov O., 2018).

The experience of psychologists and psychotherapists in wartime was shared by Suzy Smitt, who told how to control the brain in stressful situations and shared the most effective and simple tools. It is possible to reduce the level of stress with the help of the following exercises: breathing in a square for a minute; wiggle your toes; name 5 things that surround; 4 things we hear; 3 things that can be felt by touch; 2 things you can smell; 1 thing we taste.

There is also a 6-second technique: smile and thus break the connection with the stress inside. Affirm to yourself: "my mind is alert, but my body is relaxed." Breathe deeply. This technique can be used for children - their attention and learning process improves; while driving a car; when the heart beats faster, etc. "There is almost no good news on TV, so most of us are stressed from watching the news," the speaker rightly observed. - Therefore, "when watching TV, immediately apply this technique." There is also stress on a certain tone of voice. A simple way to get rid of insomnia (when thoughts are spinning in your head) is to say to yourself in a commanding voice: "Stop!" (add a "stop" sign in your imagination), take a deep breath, and say to yourself: "I can handle everything." Moving your eyes in a circle is one of the techniques for getting rid of obsessive thoughts. The figure-of-eight, split injury, and other important techniques were also introduced by Susie Smitt, and indicated that each technique should be repeated 12, 24, 36 times.

Psychologist and psychotherapist Art Giser believes that if you are surrounded by people full of pessimism and fear, you very quickly become the same. Conversely, it is worth activating positive emotions to get out of a state of fear. The specialist taught how to work with energy; clean your energy field; manage your inner spirit; strengthen your immune system; direct your energy to relatives, loved ones, those you love. In particular, the magnet technique was presented, with the help of which you can cleanse yourself of negative energy and attract positive energy. In the framework of the report, the expert presented valuable recommendations and techniques for restoring the inner state of a person, in particular, the interesting "lake" technique.

Richard Bolstead from New Zealand continued to share his experience as a psychotherapist working with war trauma. He presented the process of healing an injury using the rapid eye movement technique. (This technique has been scientifically proven to work at the DNA level). Future children are born with a protective response to stress, and this technique can also be used in air raids and bombings as first aid. According to the specialist, stability (stress resistance) is an important value. How our brain perceives an event is more complex than the event itself. Richard Bolstead gave an interesting example about a mouse that a girl presented to a boy when they met. On this basis, he developed a phobia. And although the mouse never caused him harm, the same processes took place in the cerebral cortex as during a threat to life.

The speaker also emphasized the importance of the "cinema" technique. The technique of "havening" (safety zone) is very effective for post-traumatic syndrome and allows you to consolidate your own stress resistance and emotional sphere, helps our intelligent brain to make decisions again, relax. In this process, we use stroking movements (face, shoulders, palms) and mental exercises (counting, humming, etc.). At the end, we repeat the phrases: "I am safe", "Inner peace", "Calm". At the same time, serotonin and oxytocin are released, which reduce tension and increase the feeling of security. Hugs, by the way, perform the same function. This technique is fast, simple and effective.

Today's events also show us the advantages of a horizontal career (polyprofessionalism) over a vertical one. And apprenticeship and mentoring are no less relevant today than they were in ancient times during transitional periods. And finally, the reward for those who have passed the initiation is a new habitus - a new appearance, new abilities and a new place in life. It should be too. Only a temporary suspension of the normal rules can hinder us, when what is allowed and what is not allowed has changed places. And mass media? In ancient times, a person undergoing initiation received information in the form of signs about the success of the ritual. And the mass media sometimes give us false signals (for example, the dubious quality of statistics) and thus lead us astray.

Everything that happens to us during the War shows that we are undergoing initiation. Initiation is a type of ritual, initiation into members of a community of people united by some common features. For example, fans of the same group of objects or phenomena of reality. The latter are called a totemic community. So totemic communities are the key to unraveling what is happening to us. But perhaps already disappearing, as well as totems and his cults. But if we remember that the totem, the object of veneration of a group of people can be any phenomenon of reality, then we can talk about the recent superiority of such "destructive cults" as the cult of money, the cult of power, the cult of competition, the cult of the foreign (alien). And maybe it's time to change the objects for veneration and go to another level of development, where everything that was a totem (object of veneration) will become a taboo (prohibition)? And perhaps now is the time to honor not material but spiritual values, not striving for superiority but striving for perfection, not confrontation but consensus, not competition but cooperation, not rivalry but solidarity, not War but Peace?

The life scenario during the war often turns out to be similar to mythological plots.

"Passion of Christ" is the path of sacrifice.

"The Hero's Journey" is the way to victory.

The path is easier to pass when you know the plot. And it is War that gives such knowledge, because it is War that is complete sacrifice and heroism.

And yes, on the path of initiation, as well as on the path of sacrifice, it is easier if you know what:

- after the "Last Supper", a friend and disciple (apostle Peter) may renounce, but then repent and become spiritually closer;
- and the kiss of another friend can be treasonous (however, there is an explanation for betrayal - a passion for silver, and self-punishment - the best remorse);
- the way of the cross ends with resurrection, and what you carried (conditional cross) becomes life-giving - so keep it as a talisman;
- in the process of crucifixion, there is always a "last whistle", which should be kept in your heart as a relic and a guarantee of protection.

The one who has gone through the war has not only gone through the path of sacrifice ("Passion of Christ"), which we do not choose, but must understand that it is necessary to go through the victorious path of the "Hero's Journey". And heroes are not born, heroes are raised. And in order to become a victorious hero, War becomes such an Educator for us. In order to stay on the hero's path, you need to know his stages well.

1. First, the potential Hero receives a call from the outside world in the form of difficult circumstances or requests from others to begin the path of trials. In addition, the Hero must hear an internal response-agreement in the form of a feeling-calling. All this should be heard and accepted. It is about a life situation that causes awareness of one's mission in the world and a feeling of being filled with energy for its implementation.

2. Next, the Hero may go through a stage of doubt about:

- is it time to start your journey?
- is this my mission?
- will I be able to do something else?

3. Doubts are usually dispelled by the mentor. A person, a book, a seminar, etc. can act as such for the Hero.

4. Having started his path of trials and tribulations for the sake of a high goal, victory over the forces of "darkness", the Hero must cross the "border of the unusual", i.e. go beyond the comfort zone, pass the "point of no return", which means that the way it was in his life will no longer be the same.

5. On the victorious path, the Hero necessarily overcomes various objective and subjective obstacles (obstacles, fears, etc.). In this way, he learns valuable lessons, passing through the "territory of death". The result is a "gift of power" as a new skill, a new strategy.

6. The Hero must successfully test the "new weapon", perfecting the mastery of new capabilities and finally defeating the enemy.

7. The Hero's victory is completed by returning home with "gifts", which means that he must make the new experience part of his everyday life and share it with others.

Practical advice from foreign specialists is shown in the table. 1

Table 1. Practical advice from foreign experts

Expert	Recommendations
S. Jakobson	1. It is necessary to answer the following basic questions: "What happened?", "What do you need?", "What are you planning?". 2. To be focused and mobilized 3. Try to return to the resource condition
M. Ruzh	Faith in God will help you survive; self-belief; faith in one's country. To believe in something outside of you, in something that supports you, to trust in something that has no result yet. It is important to find the ground. The resources for this are higher forces, the memory of our ancestors, Ukrainian culture, society, and internal dialogue
K. Prohasko	Instructive cases can be singled out to improve your psychological state. For example: "the war "cured" everyone from covid"
V. Frankl	Those who have sense survive
S. Hilligan	Steps to help with healing: 1. Focus your attention on one point in yourself. 2. Remember your values, your goal, your positive intentions. 3. Tune into yourself, connect with your breath, meditate, pray; 4. To think about what we can do.
S. Smitt	It is possible to reduce the level of stress with the help of the following exercises: ● breathing in a square for a minute; ● move your toes; ● name 5 things that surround; ● 4 things we hear; ● 3 things that can be felt by touch; ● 2 things you can smell; 1 thing we taste.
R. Bolsted	The "havening" technique (safety zone): we use stroking movements (face, shoulders, palms) and mental exercises (counting, chanting, etc.). At the end, we repeat the phrases: "I am safe", "Inner peace", "Calm".
B. van der Horst	A security strategy must be developed; ● fill the space with employment; ● you can even write articles; It is important to discuss values with others.

Conclusions. Summarizing, it is worth noting: "Panic, fear - faithful companions of the enemy and defeat; faith in victory is a strong and motivating factor of victory itself, and the most powerful resource of victory is three things: faith in God; self-belief; faith in one's country. It is important to fulfill your immediate duties, to help others, to return to the "learning state of mind", to a state in which you are resourceful. After all, after the darkness of the night, the light of a new day always comes." I express my heartfelt gratitude to the state leadership, servicemen of the Armed Forces of

Ukraine, volunteers, journalists, and people of good will for the heroic defense of our Motherland.

Thus, the obtained data can be useful in determining the directions of work with psychotraumas during the war and in the future should be considered as targets of social and medical support in the creation of differentiated psychorehabilitation programs.

Author contributions. The authors contributed equally.

Disclosure statement. The authors do not have any conflict of interest.

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