

PSYCHOLOGICAL SCIENCES

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SUPPORTING ADOLESCENTS IN DE-OCCUPIED TERRITORIES: SOCIO-PSYCHOLOGICAL APPROACHES AND RECOVERY METHODS

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Abstract. In this post we will discuss about practical experience of psychological assistance for teenagers in the de-occupied territories. Talk about teenager's problems including post-traumatic stress disorder, anxiety, social isolation, breach of trust. I'd analyzed effective ways like group therapy, art therapy, cognitive behavioral therapy and family therapy. Especially I paid attention to practical recommendations on integrate teenagers into society and created conditions for recovery of emotional state.

Keywords: teenagers, de-occupied territories, psychologist support, art therapy, resistance.

The main target of my work was providing psychological assistance to teenagers who have experienced traumatic events, loss or change of familiar environment in de-occupied territories. Teenagers who were in the zone of active hostilities face with problems like post-traumatic stress disorder (PTSD), anxiety, depressive states, and also problems with a society isolation and violation of trust in the environment [1, p. 32; 6, p. 267]. I usually use methods which have proved their effectiveness in overcoming consequences of traumatic experiences and contributing

to the restoration of emotional stability and social adaptation.

Socio-psychological approaches have shown their effectiveness in recovering mental health and society adaptation of teenagers. Psychotherapeutic interventions such as cognitive behavioral therapy, art therapy and family therapy have helped adolescents develop self-regulation skills and master stressful situations. Educational programs aimed at developing resiliency have also played an important role in this process, providing adolescents with the necessary tools to adapt to new conditions.

Work in a pair is the main part in the rehabilitation process. Teenagers can share openly with their anxiety and also get support from peers by creating a safe environment. This helps to reduce the feeling of isolation and the formation of resiliency - the ability to adapt to difficulties. Trainings on the development of social skills and self-confidence helped participants find resources for solve complex situations [3, p. 48].

I pay special attention to art therapy because teenagers can show their emotions without any words through the creativity. Through drawing, creating "maps of life" or film therapy, they can rethink the experience and find new forces to move forward [2, p. 64].

Cognitive behavioral therapy is also important part of my work with with traumatized teenagers. This approach allows you to identify negative beliefs that are formed under the influence of traumatic experience and replace them with constructive. For example instead of say "I won't be able to adapt" they learn to think "I have resources to find a solution" [3, p. 78].

Also important thing is involve family to rehabilitation process. Family group meetings helped restore trust in relationships, reduce conflicts and create a stable environment at home. Also an important component is the integration of teenagers into society. They participate in Volunteer programs with allow them to feel your significance and join to useful initiatives [4, p. 115; 5, p. 207].

Practically recommendations for effective work is including of create a mobile team of psychologists, who can work in remote regions, production of integrated programs combining psychological, social and educational support, and also use

modern technologies like online platforms for provide remote assistance.

And I can say teenagers from de-occupied territories can recover if use an integrated approach which including of individual, group and family support. It is important to create conditions where every teenagers could feel safe and will be able to build his life again.

In general the psychological recover of teenagers from de-occupied territories is difficult and multifaceted process requiring an integrated approach. Rallying teenagers through group activities and training programs contributes to their socialization and emotional recovery. The important thing in this process is society support that includes emotional, informational and practical helps and it's allow teenagers to adapt to new living conditions after the war.

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