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PSYCHOREHABILITATION MEASURES FOR INTERNALLY DISPLACED PERSONS WHO BECAME VICTIMS OF WAR AND RELOCATED WITHIN UKRAINE

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In the context of active hostilities on the territory of our state and ongoing crises around the world, there is an urgent need to study and develop effective psychorehabilitation measures for internally displaced persons (IDPs) who have become victims of war and relocated within Ukraine. This topic has become increasingly relevant due to the constant displacement and changes in environment experienced by many Ukrainian citizens.

Research in the field of war and displacement psychology has been actively conducted in various parts of the world, including Ukraine. Studies carried out by psychologists, sociologists, and medical specialists have demonstrated that military conflicts can leave a deep imprint on the mental state of those who have suffered from aggression. To date, a significant number of studies have been conducted in Ukraine that highlight the psychological aspects of internal displacement and the traumatic consequences of war for this target group. However, many of these studies focus primarily on analyzing problems, such as post-traumatic stress disorder (PTSD), while less attention is given to psychorehabilitation measures and psychosocial support for IDPs.

Internal displacement as a result of war can lead to severe psychological trauma and stress. IDPs often face the loss of their homes, loved ones, and employment, as well as fears and uncertainty about the future. These emotional difficulties can cause various mental health issues, including anxiety disorders, depression, and PTSD.

Psychological rehabilitation is an activity aimed at restoring and maintaining a person's functioning in the physical, emotional, intellectual, social, and spiritual domains through psychological and psychotherapeutic assistance, such as psychotherapy, psychological counseling, or psychological first aid [1]. This process includes a range of psychological, psychotherapeutic, and social measures aimed at supporting and facilitating the adaptation of IDPs to new living conditions. However, achieving successful psychorehabilitation outcomes requires taking into account the individual needs and resources of each person.

The main aspects of psychorehabilitation measures for IDPs include the following:

Psychological support: Providing emotional assistance and helping to overcome stress and anxiety is a key element of psychorehabilitation. Professional psychologists work with IDPs to help them express their feelings and develop coping strategies.

Psychotherapy: Psychotherapeutic sessions provide IDPs with the opportunity to address their psychological problems. Cognitive-behavioral therapy and other psychotherapeutic approaches help regulate negative emotions and thoughts [2, P. 79].

Social integration: An important aspect of psychorehabilitation is facilitating the integration of IDPs into their new social environment. This may include assistance in finding housing, education, and employment [3, P. 93].

Group support: Group sessions allow IDPs to discuss their experiences collectively and provide mutual support. This approach fosters a sense of belonging and mutual assistance.

Post-informational psychotrauma syndrome: Considering the specific nature of the conflict and displacement, it is necessary to develop programs specifically adapted for IDPs who have experienced traumatic events.

Psychorehabilitation measures for internally displaced persons who have become victims of war and relocated within Ukraine are of critical importance for their psychological recovery and adaptation to new living conditions. Existing psychological research confirms the need to provide psychorehabilitation assistance to this target group. Effective psychorehabilitation measures should be individualized and focused on the specific needs of each person.

Achieving positive results in the psychorehabilitation of IDPs can contribute not only to their personal well-being but also to the overall processes of recovery and building a stable society. The availability of scientific research and the development of psychorehabilitation programs are crucial steps in this direction, and further study and practical implementation of these measures are of great social importance.

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