

Gontarenko Lyudmila Oleksandrivna, associate Professor of the Department of Social and Humanitarian Disciplines of the Educational and Scientific Institute of Civil Defense

Mieshkova Katerina Konstantinovna, cadet of the Educational and Scientific Institute of Operational and Rescue Forces National University of Civil Defense of Ukraine

PLAY-BASED TECHNOLOGIES AS A METHOD OF COPING WITH PSYCHOLOGICAL TRAUMA: A MODERN PERSPECTIVE
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The problem of psychological trauma in modern society is becoming increasingly relevant due to the growing influence of stress-inducing factors, among which social transformations, economic instability, and military events play a significant role. These circumstances lead to an increase in the number of individuals requiring qualified psychological assistance. Particular attention should be paid to children and adolescents, whose psyche is in the stage of active development and is more sensitive to traumatic influences. In this context, the search for effective, scientifically grounded methods of psychocorrection and psychotherapy becomes especially actual.

One of such approaches is play-based technologies, which are based on the use of play as a means of psychological influence. Their application allows for a gentle, indirect impact on the emotional sphere of the individual. The aim is to provide a theoretical justification of play-based technologies as a method of overcoming psychological trauma and to analyze their effectiveness in modern psychological practice. Today, play-based methods in dealing with psychological trauma have shifted from auxiliary tools to primary forms of rehabilitation and

continue to expand into new areas such as transformational games, gamification, and others. This is driven by the need to achieve quick results while maintaining a gentle approach, which is especially important in the conditions of wartime that currently affect the entire world. Play helps relieve tension and stabilize the individual without intensifying negative effects during work with stress and its consequences, especially under conditions of ongoing threats and challenges.

Psychological trauma is defined as a result of exposure to stressors that are excessive in intensity or duration and exceed an individual's adaptive capacity. Such events include situations involving threats to life, loss, violence, or prolonged emotional strain. An important characteristic of traumatic experience is its subjectivity, as the same event may affect different individuals in different ways. The consequences of psychological trauma manifest at emotional, cognitive, and behavioral levels. The most common manifestations include increased anxiety, fears, depressive states, emotional instability, sleep disturbances, and difficulties in social interaction. In severe cases, post-traumatic stress disorder may develop, requiring comprehensive therapeutic intervention. In childhood, traumatic experiences often have indirect manifestations, particularly in the form of behavioral changes, regressive reactions, increased aggression, or social isolation. Limited verbal abilities in children necessitate the use of methods that allow for indirect expression of internal experiences.

Play-based technologies are considered a set of methods and techniques that involve the use of play activities for the purposes of psychocorrection, development, and therapy [1, 3, 5]. The theoretical foundation of this approach lies in the understanding of play as the leading activity in childhood and a universal mechanism of cognition and self-expression. During play, conditions are created for the symbolic reproduction of reality, which allows individuals to process their experiences in a safe environment. Play performs several important functions, including emotional regulation, communication, and adaptation. It helps reduce

psycho-emotional tension, develop self-regulation skills, and enhance social competence [4, 7]. Play-based technologies are characterized by a high level of flexibility and can be adapted to the individual characteristics of the client. They include various forms such as role-playing games, object manipulation activities, creative tasks, and interactive digital environments.

Play therapy is one of the key areas of application of play-based technologies in working with traumatic experiences. Its essence lies in creating specially designed conditions for therapeutic interaction. During play therapy, traumatic situations are symbolically reproduced, which facilitates their gradual awareness and integration into the structure of personal experience. An important mechanism is the development of a sense of control over the situation, which helps reduce anxiety and restore a sense of safety [2, 6]. In addition, play therapy provides conditions for emotional release and the formation of new behavioral patterns. As a result, there is a gradual stabilization of the mental state and an increase in the individual's adaptive capacities.

The modern stage of development of play-based technologies is characterized by the active implementation of digital tools. One of the promising directions is the use of so-called "serious games," which combine game mechanics with therapeutic goals. They contribute to increasing clients' motivation to participate in the psychotherapeutic process.

An important tool is virtual reality technologies, which make it possible to create controlled environments for the safe reproduction of traumatic situations. This opens up new opportunities for gradual desensitization and the development of adaptive behavioral strategies. Gamification of psychotherapy is also becoming widespread, involving the use of game elements in non-game contexts. This approach enhances client engagement and the effectiveness of the therapeutic process.

The main advantages of play-based technologies include their naturalness, safety, and universality. They provide an opportunity for indirect influence on the psyche, which is especially important when working with traumatic experiences. In addition, they facilitate the development of trusting relationships between the client and the specialist. However, certain limitations should also be considered. The effectiveness of play-based technologies largely depends on the professional competence of the specialist. In complex clinical cases, they should be used in combination with other psychotherapeutic methods. It is also important to note the dependence of modern digital play-based technologies on technical resources.

Conclusions. The prospects for the development of play-based technologies are associated with the further integration of innovative technologies into psychological practice. In particular, the use of artificial intelligence to create individualized therapeutic programs that take into account the characteristics of each client is highly relevant. Another important direction is the development of mobile applications that provide access to psychological support at a convenient time for users. The integration of play-based technologies with advances in neuropsychology opens up new opportunities for increasing the effectiveness of therapeutic interventions [8, 9]. In modern conditions, the use of play-based technologies in working with individuals affected by military actions is of particular importance, which determines their relevance for Ukrainian society. In summary, play-based technologies are an effective and scientifically grounded method for overcoming psychological trauma. They provide a safe way to process traumatic experiences, reduce anxiety levels, and restore psycho-emotional balance.

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