

## PSYCHOTRAUMA AS A CONSEQUENCE OF THE HYBRID WAR: ALIENATION AND ASSIMILATION OF THE TRAUMATIC EXPERIENCE

**Лазоренко Б. П. Психотравма як наслідок гібридної війни: відчуження і засвоєння травматичного досвіду.**

Основними чинниками формування психотравми як наслідку гібридної війни визначено російську військову агресію проти української держави та її громадян і нездатність українських владних структур забезпечити належний їх захист. Результатом дії цих чинників є виникнення відчуження та недовіри у постраждалих до відповідних органів влади щодо забезпечення їхніх законних прав та до тієї частини суспільства, яка не сприймає гібридну війну як війну фактичну.

З'ясовано специфіку зазначеної травми, яка полягає в актуалізації механізмів сприйняття і відчуження травматичних станів, розщеплення особистості внаслідок дії цих чинників і формування внутрішнього конфлікту субособистостей «захисника» і «ворога». Психологічну травму, що виникає внаслідок гібридної війни, визначено як дезадаптивний розлад особистості, зумовлений зазначеним конфліктом. Показано, що внутрішня конфліктність спричиняє розлад саморегуляції та поведінки особистості, сприяє формуванню девіантних і делінквентних життєвих практик.

Виокремлено два основних етапи соціально-психологічного відновлення особистості, що отримала психотравму в умовах гібридної війни: реінтеграцію особистості та реадаптацію її до сучасного суспільного життя, зокрема, шляхом залучення її до розвитку громадянського суспільства.

У пілотажному емпіричному дослідженні з'ясовано особливості асиміляції негативних станів та реакцій, яка відбувається завдяки їх спонтанно-конструктивному

переживанню і досягненню таких інтегративних станів, як умиротворення, впевненість, свобода, вдячність. Ці інтегративні стани визначені як критеріальні щодо завершення реінтеграційного процесу і засвоєння негативних станів та реакцій у якості власного життєвого досвіду особистості.

**Ключові слова:** психологічна травма, гібридна війна, особистість, відчуження, присвоєння, внутрішній конфлікт, реінтеграція, реадaptaція.

**Лазоренко Б. П. Психотравма как следствие гибридной войны: отчуждение и присвоение травматического опыта.**

Основными факторами, формирующими психотравму как следствие гибридной войны, определены российская военная агрессия против украинского государства и его граждан и неспособность украинских властных структур обеспечить надлежащую их защиту. Результатом действия этих факторов является возникновение отчуждения и недоверия у пострадавших к соответствующим органам власти относительно обеспечения их законных прав и к той части общества, которая не воспринимает гибридную войну как войну фактическую. Выяснена специфика указанной травмы, проявляющаяся в актуализации механизмов восприятия и отчуждения травматических состояний, расщеплении личности вследствие действия этих факторов и формировании внутреннего конфликта субличностей «защитника» и «врага». Психологическая травма как следствие гибридной войны определена как дезадаптивное расстройство личности, обусловленное указанным конфликтом. Показано, что внутренняя конфликтность вызывает расстройство саморегуляции и поведения личности, способствует формированию у нее девиантных и делинквентных жизненных практик.

Выделены два основных этапа социально-психологического восстановления личности, получившей психотравму в условиях гибридной войны: реинтеграция

личности и реадaptация ее к современной общественной жизни, в частности, путем привлечения ее к развитию гражданского общества.

В пилотажном эмпирическом исследовании выяснены особенности ассимиляции негативных состояний и реакций, происходящей вследствие их спонтанно-конструктивного переживания и достижения таких интегративных состояний, как умиротворение, уверенность, свобода, благодарность. Эти интегративные состояния определены как критериальные относительно завершения реинтеграционного процесса и присвоения негативных состояний и реакций в качестве собственного жизненного опыта личности.

**Ключевые слова:** психологическая травма, гибридная война, личность, отчуждение, присвоение, внутренний конфликт, реинтеграция, реадaptация.

**Lazorenko B. P. Psychotrauma as a consequence of the hybrid war: alienation and assimilation of the traumatic experience.**

The main factors contributing to the formation of a psychotrauma as a consequence of the hybrid warfare were the Russian military aggression against the Ukrainian state and its citizens and the inability of the Ukrainian authorities to provide them with adequate protection. The result of these factors is the emergence of alienation and distrust of the victims to the relevant authorities which don't ensure their security and also to those parts of a society that does not accept a hybrid war as an actual war.

The specificity of the mentioned trauma is revealed: the actualisation the mechanisms of perception and alienation of traumatic states and reaction cause splitting of the personality as a result of these factors. In this way the internal conflict of such subpersonalities as "defender" and "enemy" is formed. The psychological trauma of hybrid war is defined as a dissociate personality disorder that is caused by the internal conflict. This

conflict causes disorder of self-regulation and behaviour and also contributes to development of deviant and delinquent life practices.

There are distinguished two main stages of psychosocial retrieval of the personality who received a psycho trauma in the context of a hybrid war. They are the reintegration of the personality and its readaptation to modern social life, in particular by involving it in the development of civil society.

In the pilot empirical study the peculiarities of the assimilation of personal negative states and reaction are determined. The assimilation is due to the process of their spontaneously experience and achievement such integrative states as pacification, confidence, freedom, and appreciation. They are defined as the criteria for transformation and assimilation of traumatic states and reaction by personality as own life experience.

**Key words:** psychological trauma, hybrid war, personality, alienation, assimilation, internal conflict, reintegration, readaptation.

**Introduction.** In a modern hybrid war in Ukraine a significant number of citizens are suffering from psychological trauma. They are soldiers from the Ukraine armed forces and the National Guard, volunteers, as well as their relatives, civilians who either lost their relatives or turned out to be a internally displaced person. Psychotrauma promotes deviant and delinquent life practices and formation of the problem personality. A hybrid war is an armed confrontation with an attempt to destroy an enemy gives a clear distinction between strangers and their enemies and friends. As a hybrid this war doesn't have such clarity, because there is no official announcement, no martial law has been introduced in the country, outside of life in other regions of Ukraine goes as usual. This raises the level of anxiety of the personality involved in the hybrid war, her suspicion in relations with the surrounding environment, the search for certainty who is who.

**Previous researches.** The study of psychological trauma, and PTSD devoted to numerous foreign and domestic studies. In particular, the review of the evolution of psychotrauma therapy is

presented by Bessel van der Kolk [1]. Also the review of psychological trauma and effective treatment of post-traumatic stress disorder of soldiers and peacekeepers were made [2]. A review of research on post-traumatic growth is presented by V.K. Klymchuk [3]. During the hybrid war in Ukraine attention of the domestic researches was attracted to psychological consequences of for the civilian population [4]. Also the research peculiarities of media traumatisation in Ukraine were made [5]. Psychosocial factors of the resilience of children living in the buffer zone of the military conflict in the east of Ukraine were analysed [6]. As we think, there are grounds to distinguish special form psychotrauma of the hybrid war.

**The objective** of the article is identifying the factors of the hybrid war, to determine the specificity of the psychological trauma of the personality, caused by them and to clarify the assimilation traumatic content in the process of its reintegration.

**Results.** Among the main factors of the hybrid war, which determine the specifics of the psychological trauma associated with it, is insidious aggression of the political and military leadership of the Russian Federation against the Ukrainian state and its citizens. The inability, due to various circumstances, of the Ukrainian authorities to properly protect their own state and a society also provokes mistrust and alienation of people, who were affected and those who are in the immediate danger of aggressive action of the enemy.

The Ukrainian soldiers, their relatives, and volunteers are in such kind of "hybrid dissonance" recourse of lack the clarity in certain military actions in the East of Ukraine as a war. In fact the soldiers are fighting against Russian military formations and separatist groups, but formally they are participants in the antiterrorist operation (ATO), which ensure the implementation of Minsk agreements. It provokes distrust to the authorities and that part of society that continues to live in peace, not war, and alienation from both of them.

Secondly, it is a continuation of trade and other relations with Russia, its occupied territories and Ukrainian enterprises under the

official validity of the Treaty on Friendship, Cooperation and Partnership between Ukraine and the Russian Federation. It also forms the alienation of the participants in hostilities, volunteers and other patriotic forces of Ukrainian society, the lack of confidence in the power structures and owners of private enterprises.

Third, it is the difficulties that arise from participants of ATO and their relatives in dealing with officials at different levels in order to secure their rights. It also causes feelings of injustice, indignation and forms the alienation of power structures.

Fourth factor which courses state of alienation and hostility in interethnic relations is friction, distrust and tension between the Russian part of Ukrainian society and Ukrainian regarding the attitude towards military events in the East of Ukraine and the ATO itself as a whole.

And lastly, in the conditions of prolonged hybrid uncertainty, constant political manoeuvrings there are increases of anxiety suspicion and the people's readiness to solve social and personal contradictions with the use of force, and sometimes of weapons, violating the legal norms of public life. These factors, in our opinion, predetermine the specificity of the psychological trauma of the personality which one has obtained in the context of the hybrid warfare. It's actualised the mechanisms of isolation and alienation, growing aggressiveness, hatred towards the "enemies" and the desire for revenge, which subsequently grows into intrapersonal conflict and forms a deviant behaviour of personality.

Usually, in the definition of psychological trauma, the attention is focused on its medical aspect, which is due to the general influence of the medical paradigm on understanding the concept of trauma. In particular, it is defined as a mental disorder; damage caused to mental health of a personality as a result of the intensive influence of adverse environmental factors or acute emotional stresses [7]. In psychotherapeutic and psychiatric studies of psychotrauma the attention is drawn to the definition of various forms of traumatism of the personality, which are conceptualized as a personality disorders. It is defined as a violation of the character of

the constitution and behavioural personality tendencies, which usually covers several psychological spheres and is almost always accompanied by personal and social desintegration [8].

In accordance with the above factors, the specifics of the psychological trauma of participants of the ATO and their relatives, volunteers, and other persons in their confrontation with Russian aggression manifests itself, above all, in the actualization of the mechanism of alienation, which due to anxiety is rapidly flowing into hostility and hatred, the desire for revenge. To a large extent this was facilitated by torture, mistreatment of Ukrainian prisoners of war, and also the shooting Ukrainian military near Ilovaysk by Russian units in so called "green corridor". Hostility and hatred in turn, stimulate the personality to search and find the enemy – a source of actual or potential death threat, and its destruction.

In this way the external traumatic factors causes by hybrid war actualize the mechanisms of perception and alienation of traumatic states and reaction, such as fear, pain, hatred, anger, and others and forms of "enemy". Then this subpersonality identifies with the enemy and becomes isolated from the person and projected onto enemy. In this way, the split, fragmentation of the personality into subpersonality occurs. Their further dissociation forms internal conflict of subpersonalities as "defender" and "enemy". In the case of perceiving the aggression of the Russian political and military leadership against the Ukrainian state and its citizens as Russian aggression against Ukrainians, the latent interethnic conflict of unconscious sphere of the psyche is actualized. Unfortunately, affective states of hostility are supported by relevant historical events and facts which took place in Western Ukraine.

The internal conflict of such subpersonalities as "defender" and "enemy" is focus of psychotrauma causes by hybrid war. This conflict cause disharmonious and dysfunctional relationships of interdependent subpersonalities. The presence of a person in the zone of prolonged action of a traumatic situation is a significant factor in the psychological trauma of its personality, as a result of which one becomes traumatic. Due to the mechanism of projection of its own

"enemy" subpersonality to another person or community internal conflict becomes external, interpersonal conflict. In so way psychological trauma of personality get a completed format.

A lot of problems for the personality create their own alienated and designed for enemies (real and potential) subpersonalities, because it acquires a pronounced subjective character, has a large charge of hatred, destructive aggression, the desire for revenge, and is usually automatically actualised in the case of identification of the "enemy". It is such form of subjectivity that prompts the person to just revenge, to punish the persons which identified as enemies.

The problem is that it is impossible to get rid of the "enemy" subpersonality by reacting, putting into action the overruled protective mechanisms and copings, since in their origin and existence there is an internally personal entity. The internal affiliation of an alienated subpersonality constantly reminds itself about the compulsive aggressive manifestations in the face of a meeting with a real enemy or imaginary one. In case of a false definition of "enemy", these manifestations become inadequate and destructively affect the person as a whole, as well as the perception of individual's behaviour in personal environment.

The problem person, who has a psychotrauma caused by the hybrid war, creates difficulties for others and feels own inadequacy in the ordinary peaceful life, not only in conditions of opposition to a real enemy. This leads to the requirement for some of the previously wounded persons, as well as demobilized ATO participants, to return to the battlefield to their fellows where they are in demand, understandable to others and to themselves.

Summing up the afore mentioned, the psychological trauma acquired in the context of a hybrid war can be defined as a personality disorder which essence lies in the internal conflicts of desire to respond to acquired traumatic reactions through punishment, revenge, victory over enemies, on the one hand, and getting rid of these reactions, on the other. The impossibility of resolving the conflict in the conditions of continuity of hybrid war leads to



violations of self-regulation, inability of the person to manage adequately own behaviour in relations with the social surrounding and relatives.

If the problem person remains traumatic, he/she tries to find or create conditions for his/her life that would be more or less complementary to him/her. In a socially acceptable context, this is a continuation of service in military units, in the National Guard, the work in the system of state and non-state guarded agencies, security services. In the solving of vital tasks and the provision of vital needs by the problem person there are asocial manifestations of deviant and delinquent practices, alcohol and drug abuse.

According to the technological complex [9], we used the combined methods of paradoxical intention by V. Frankl, the internal family system model, modification of *catatim*-imaginative psychotherapy by *H. I. Leuner, psychodrama instruments*. The psychosocial assistance of the problem person in assimilating the psychotrauma of the hybrid war involves two main stages. The first is to help to assimilate the negative states and reaction of "enemy" personality and to achieve the internal personal reintegration. The second stage is the further re-adaptation of the individual to life in a modern Ukrainian society. The difficulty of involving an injured person in this assistance utilization is, as a rule, that he/she does not realize and does not perceive his/her own traumatized subpersonality as his/her own, since he/she fully identifies it with an external enemy, and the context of the hybrid war supports this perception.

The initial step in the implementation of the first stage is to assist to person in the perception and assimilations of hostile, aggressive subpersonality as her own. This is achieved by focusing the person on the perception of anger, hatred, hostility and other negative states in their own bodily sensations, fixing their localization, and realizing the possibility of interacting with them through their attention and breath. The next step is to deploy the psycho-emotional and psychosomatic process of experiences an actual negative feeling, which occurs spontaneously with the support of a psychologist until the achievement of basic integrative status.

The final stage of reintegration consist of the assimilation the result as a new own personal experience and connection it's with the real life of the person.

The second stage of such assistance is the psychosocial support of the individual in relation to its restoration, re-adaptation to the living conditions of modern Ukrainian society, using the technologies of individual and group work, based on the mechanisms of facilitation, inspiration, and others. An important aspect of this stage is the promotion of the personality in forming an active civil position on the development of civil society, encouraging the state structures to perform properly their functions. The second stage of such assistance is the psychosocial support of the person in relation to his/her retrieval, rehabilitation to the living conditions of modern Ukrainian society, using the technologies of individual and group work, based on the mechanisms of facilitation, inspiration, and others. An important aspect of this stage is promotion personality's forming his/her active civil position under the development of civil society, encouraging the respective state structures to perform properly their functions.

We conducted a pilot empirical study of the special features of personality reintegration, fragmented as a result of psychotrauma, according to the technology of the complex [9], mentioned above. The sample of the subjects was 35 persons aged from 21 to 46, gendered by 21 women and 14 man. The sample consisted of ATO participants, volunteers, members of their families. Their main requests were to overcome their own consequences of psychotrauma and the current traumatic influences, as well as to help relatives and family members to: "get rid of ...", "achieve, get ... and become ...", "sort out ...", "influence and change ... (yourself or others)".

The leading psycho-emotional states of respondents were identified, which were distinguished into three main groups: those which are perceived by the subjects as negative, positive and relatively neutral. Among the psycho-emotional states that are perceived negatively, two types were identified. The first type is the precautionary states of fear, anxiety and fatigue. The second type is a

state of confusion, despair, sadness, anxiety, shame, nervousness, irritation, anger, hatred, insults, guilt, debt, revenge. Among the psycho-emotional states perceived by the subjects two main types are positively identified. The first type is the transitional states – lightness, tranquillity, joy, relaxation that change and alternate with other states in the process of spontaneously experiencing. The second type is the final integrative state that completes the transformation of negative states into positive ones. A peculiar criterion for its completeness is the ability of a person to testify that he/she is in a state, and not just experiencing this state of his/herself.

The leading psychosomatic states consist of three main groups. They are perceived by the respondents as negative, positive and neutral. Among the negative psychosomatic are defined: pain, pressure, tremor, cold, heat, difficulty, tension, nausea, fall, sweating, and others. Among the psychosomatic states perceived by respondents positively are noted, heat, ease, flight, relaxation, drowsiness. As a neutral psycho-emotional states are signed out such ones as emptiness, death end, stupor, prostration, indifference.

The peculiarity of assimilation of the "enemy" subpersonality is determined. This peculiarity is spontaneously experience of the person negative content with concentration of attention, focusing the breathing on him with respect and peace and subsequent transformation it into a positive integrative state. The criteria conditions for the completion of the spontaneously process and the psycho-emotional integration of the person experiencing in the consequences of traumatic events are determined. These are pacification, love, confidence, freedom, gratitude. The prospect of **further research** is to identify the features of the formation and manifestations of the psychotrauma caused by the hybrid war, depending on the type of personality.

**Conclusions.** The main factors of the hybrid war which cause the psychotrauma are determined the aggression of the political and military leadership of the Russian Federation against the Ukrainian state and its citizens and the inability of the Ukrainian authorities to provide them adequate protection. The effect of these factors is

creating alienation and distrust of the victims of the relevant authorities to ensure their legitimate rights and to those parts of a society that does not accept hostilities in the east of the country as an unpopular war.

The specificity of the psychological trauma of the hybrid war is determined as actualization the mechanisms of perception and alienation of traumatic states, identifying their own fear, pain, humiliation, hatred, aggression with the enemy, and projection them on it. As a result, there is a split of personality and the formation of internal conflict of individuals, especially to "protector" and "enemy".

The psychological trauma which cause by hybrid war is defined as a maladaptive personality disorder, the essence of which lies in the internal conflict's aspirations to respond to acquired traumatic reactions through punishment, revenge, victory over enemies, on the one hand, and getting rid of these reactions, on the other. It is shown that internal conflict causes self-regulating disorder, the inability of an injured individual in certain situations to manage his/her behaviour in relation to the social surrounding and close environment, and contributes to the formation of deviant and delinquent life practices.

The two main stages of social and psychological retrieval of the person who received the psychotrauma in the context of the hybrid war are identified – the reintegration of the individual and its re-adaptation to modern social life, in particular, the promotion of the personality in forming an active civil position and active participation in the development of civil society.

In the pilot empirical study, the features of assimilation of negative states in the process of their spontaneous and constructive experiences are clarified, in particular the identification of typical negative, positive and neutral psychoemotional and psychosomatic states of injured persons, indicated the integrative states that are defined as criteria for completing the spontaneous and constructive process of the traumatic events consequences. They include pacification, love, confidence, freedom, gratitude.

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