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PSYCHOCORRECTION PROCEDURES FOR LIFE PERSPECTIVES OF AN INDIVIDUAL IN CRISIS SITUATIONS

Summary

The article determines the role of life prospects and life-purpose orientations construction in the self-determination of personality development in crisis situations. The possibilities of psychological assistance of a person in a crisis situation were revealed. The methods of psychological assistance of a person in crisis situations were proved. The results obtained in experimental studies of student environment were analyzed. The influence of life-purpose orientations on the level of a sense of well-being of an individual was determined. The results were obtained of the maximum influence of such life-purpose orientations – the orientation of an individual on life goals, on the locus of control of life ("I am the master of life"), on the locus of control "Me". Just these life-purpose orientations increase the level of a sense of well-being of an individual. It is important to activate for a person in a crisis situation. The possibilities of Gestalt methods of psychological assistance in individual and group forms are shown on the example of work with families wherein men participated as combatants in the zone of antiterrorist operation in Ukraine.

Introduction

The problem of procedures adaptation for psychological potential and resources development of an individual is of great importance in the present crisis situation in Ukraine in economical, political and other spheres of life of individuals. Severe economic conditions, emotional stresses related to consequences of participation of an individual in the military anti-terrorist operations in Ukraine cause physical and emotional exhaustion, as well as loss of hope of this situation improvement.

Crisis situations cause frustration, depression, loss of life purposes, suicide attempts. New entertainments arise and spread among young people: they make

pictures of death, wounds and find pleasure in such actions. The issue of personal potential restoration and development is an actual problem of young people psychotherapy in crisis situations related to the recreational and labor planning. Ideas and beliefs that identify an individual when determining projects of life and their actions are certain conclusions based on the life experience. An individual has certain distortions, insecurities, limitations, inadequacy of these impressions and excessive generalization, which cause stress, psychological trauma and disappointment.

The study of the role of life-purpose orientations of personality in the self-determination of personality development is an important direction of social-psychological researches. The rationale of the problem of changes in life goals, perspectives of an individual in contemporary life situations is driven by the present conditions. Active social position of an individual in crisis situations gives a boost to changes in its values, life-purpose orientations, life prospects, which regulates the level of sense of life, a sense of well-being. Changes in the social status of people, their social activity and values lead to changes in the construction of life prospects. Such local scientists as: L.S. Sapozhnikova (1973, 1975, 1980, 1993), S.P. Tishchenko (1980), S.G. Moskvichev (1990), N.D. Volodarskaya (2013), V.M. Bilodid (2016) were engaged in the research of life purpose of personality and its life prospects in various age categories. Studying the peculiarities of changes in the person's life prospects, it was analyzed: the influence of family relationships on the process of these changes (T. M. Maistrenko, 2001); interaction effect in the group of peers on formation of life prospects (L.I. Gavryshchak, 1989); role of volitional efforts of an individual in the formation of life purposes (V.A. Kalin, 1980). The problem of influence of life-purpose orientations on the process of self-determination of personality development remains less studied and highly essential. It is interesting to study the peculiarities of life-purpose orientations of modern youth in very difficult life situations (economic and political crises, zone of military operations, etc.).

Indicators of psychological well-being of an individual reflect the level of his/her self-determinacy. The aspiration of an individual for autonomy and psychological well-being is the psychological basis of self-determination. The

construction of new goals changes the life-purpose orientation of person. The commitment of person to new life goals, construction of new life prospects activates purposefulness and goal-setting.

The purpose of this research is to determine the relationship between the level of well-being, life-purpose goal orientation and the general level of meaningfulness of life. Hypothetically it is assumed that the higher is the level of meaningfulness of life, the higher is the level of life-purpose goal orientation. If an individual has a high overall coefficient of meaningfulness of life, then the sense of his/her well-being increases (as an indicator of self-determinacy of individual). The analysis of experiment results by the procedure of Life-Purpose Orientation (LPO) (life-purpose orientations of personality by D. Leontiev) and determination of the level of self-determinacy of individual made it possible to determine these links.

1. Role of life-purpose orientations of individual in formation of the his/her sense of well-being

The procedure of Life-Purpose Orientation (LPO) (life-purpose orientations of personality by D. Leontiev) and the Scaling of Psychological Well-Being by K. Riff (adaptation of T. D. Shevelenkova and T.P. Fesenko) were applied to the sample collection of students (n=365, the Taras Shevchenko University, Kyiv city). The peculiarities of life-purpose orientations of modern young students were determined by performing the analysis of their links to the level of self-determinacy. The first comparison was carried out using the average indicators of life-purpose orientation of individual to life goals with standard indicators. The second comparison determined the links of the expressiveness of life-purpose orientation to "life goals" to the level of self-determinacy of individual. The indicators were analyzed of life-purpose orientations of individual in different sample collections – with expressed and unexpressed self-determinacy of individual.

The analysis of results obtained on the sample collection of young students has determined the significant difference between the average indicators of life-purpose orientation of individual to "life goals" and standard indicators (according to the procedure for life-purpose orientations determination).

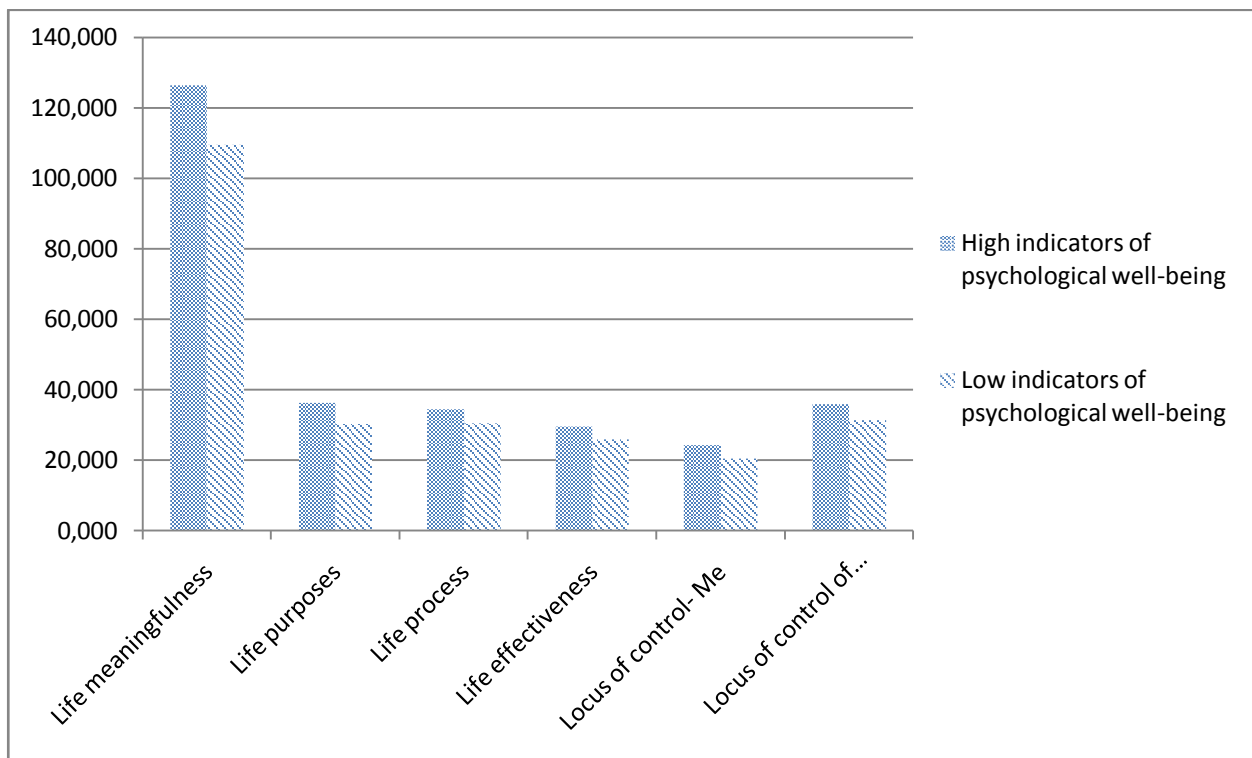
Frequency distribution of indicators of life-purpose orientation throughout the sample collection (n=365, %)

	Sense of life-purpose	Goal orientation	Life-result orientation	Locus of control "Me"	Locus of control life	Life-process orientation
low	20	21	18	15	15	27
average	16	34	31	24	38	36
high	64	45	51	61	47	37

The highest indicators throughout the sample were – life-purpose, locus of control "Me" and orientation on life-effectiveness. High indicators of life goals orientation affect the sense of human well-being. Goals can be various, but a person feels the satisfaction of life, achievement of these goals. The person reaches that he/she plans for himself/herself in life. These particular indicators of life-purpose orientations of personality form a sense of well-being. The comparison of manifestation of life-purpose orientations with the level of psychological well-being confirmed this hypothesis.

Changes in various living environment of personality in crisis situations affect changes in life-purpose orientations. The inability to realize certain life goals forms the life-purpose orientations of personality to the process of life. In crisis situations, the indicators of locus of life control are lower than the indicators of locus of control "Me". Since the stress situation changes life goals and perspectives of personality, the protective mechanisms are formed. It is the manifestation of protective mechanisms of personality in crisis life situations that intermediates formation of life-purpose orientations of personality in the process, and not in the result and goals.

Comparative graph of the group mean indicators of LPO in samples with high and low indicators of psychological well-being (n=355)



The comparison of the group mean indicators of life-purpose orientations in samples with high and low level of well-being confirmed the influence of life-purpose orientations on the process of self-determination of personality development. The higher is the level of life meaningfulness, the higher is the level of psychological well-being.

The highest indicators of the life-purpose orientations, life goals and locus of control of life are in the group of high indicators of psychological well-being. If a person feels like "I am the master of life", then it forms his/her feeling of life well-being. Different life goals are set at each stage of life. Students determine certain goals during the education period in colleges, and the psychological well-being increases in the process of their achievement. The life meaningfulness raises the feeling of well-being and activates the process of self-determination of personality development.

When young people return home after participation in the military anti-terrorist operations in Ukraine, it is necessary to organize their wishes and ideas related to

work and rest. This helps to avoid cognitive dissonance, uncertainty and inconsistency in the hierarchy of their life values, views of the world of society and of oneself. Formation of life prospects aids is oriented on a wide range of possible solutions for routine problems and determines immediate objectives. Internal forecasting schemes that rely on life experience and current situational determinants interact in a worldview formation.

Changes in the identification of immediate life prospects (a way of rest and work organization) depend on the social environment (family wishes, demands of professional community, prospects of society development) and individual values of life and interests.

A psychological trauma of combatants after returning home originates co-dependent behavior of family members (sympathy for a victim, permanent conversations related to it and how to "rescue"). "Salvation" becomes the center of family problems (including all relatives) that preserve the integrity of family.

This "salvation" strategy impedes a person to live with a trauma with his own responsibility for consequences of own actions. All family members begin regulate conduct, interests, interfere in his personal plans. Such an attitude generates symbiotic relationships that raise barriers to the choice of a free life of a family member who resides in a post-traumatic state.

In a co-dependent relationship, this person confuses visions of the categories "mine" and "our", creating confusion and uncertainty. This situation characterizes a certain regression, which is indicative during early childhood, when a child cannot be responsible for own actions; but parents, sisters and brothers undertake this responsibility. This pattern of behavior is fixed and transforms into "salvation" in adulthood.

Such a longstanding hyper-protection of a traumatized individual in the family during the post-traumatic period causes passivity, helplessness and dependent behavior. After returning to a daily routine life, a person experiences difficulties in adaptation to the imposed requirements of ordinary people ("I jeopardized my life

while they stayed at home", "why do I have to do something to endure difficulties like other people").

For these individuals it is hard to recognize that "they are just like all other people." There is a desire to hear "you are a hero" as encouragement, but instead they have difficulties in solving problems. The lack of recognition of "heroism" provokes aggression and a state of frustration. An explanation exists of failures in life based on individual and personal causes ("I did not have enough strength and willingness"), as well as based on external causes ("nobody helps", "no justice").

After the psychotherapy of combatants and their wives (20 married couples) carried out in the Rehabilitation Center (Hyriv city, Ukraine) the complications in their life and prospects of the psycho-correction have been revealed.¹ Methods of the art therapy were used in the course of psychotherapy. Married couples were offered to make "The Island of My Dreams" drawing. The majority of drawings of men and women were more detailed and vivid. Men became more active in images interpretation. The drawings included figures of neighbors, animals, being planned changes in residency, terms of a house construction. More and more men actively participated in discussions related to profession changes (variations in desires to start working in foreign country, choice of new place of employment, education and recreation) and changes in place of residence (88.2%).

The strategies of therapeutic interventions were aimed at expansion of life prospects changes of combatants, search of their personal resources in support of implementation of these plans. In case of disability of a combatant, the possibility of changing profession was considered (options of education forms were discussed). Therefore, discussion of new plans in the course of individual and group sessions allowed their correction with beneficial effects in solution of internal family conflicts. The expansion of worldview orientations helped married couples with various religious views (Catholic, Orthodox, Islamic and others) to resolve conflicts. The

¹ Volodarska N. *Tehnologee aktivizachii prochesu samodeterminachii rozvitku osobistosti: dialogovo-fenomenologichni pidhid.* / N. D. Volodarska // Aktualni problemy psikhohiyyi: Zb. nauk. Prats Instytutu psikhohiyyi imeni H.S.Kostyuka NAPN Ukrayiny. -K. Tom Y1: Psihologia obdarovanosti. Vipusk 13/ - Kiev-Zitomir: ZDU im.Franka, 2017 / p/32-38/

admission of personal identity (on the grounds of faith, gender and nation) favored acknowledgment of partner's dissimilarities and tolerance in relationships.

2. Peculiarities of life prospects of personality in crisis situations

When analyzing the drawings of married couples, as well as comments of husbands and wives at the end of 30 days rehabilitation course, the positive trend was noted. Answering the question "What can you change in the near future?", 95% of respondents mentioned the possibility of changes – enter a university, change place of residence, find ways to help parents, continue participating in the military antiterrorist operation after hospital treatment and rehabilitation.

Future plans of married couples became more adequate to their material-based possibilities and estimation of physical resources. Changes were noted in the husband's attitudes to the psychotherapy opportunities (especially of the individual psychotherapy). 67% of combatants started actively being interested in the psychological rehabilitation. If initially they were led by wives, later they coordinated time and date of treatment, admitted advices and recommendations of doctors and psychologists.

Men, who were in the military zone, identified the predominance of events significance in the past. When discussing their significant life events, they remembered a party with friends, peers or home folks in the past. They try do not remember traumatic events, that occur during these events. Sometimes only fragmentary memories of what happened were discussed. Emotional excitements, raised voice, cry, anger, aggressive behavior could be observed in these moments. There were signs of uncertainty in planning the future of their family. Their wives more actively planned future prospects.

Discussion in the group of causes of failure of responsible attitude to their actions becomes a psychological support. The exercises were selected for group and individual work for each theme (e.g. "Refusal of power and leadership", "Build your own borders", "How to recover from self hate", "Face problem", "Learn to feel again", "New attitudes", "New relationships" and other). The main objective in discussions of causes and consequences of post-traumatic disorders consists in the

awareness of their own peculiarities in perception of reality and complicated life problems, as well as determination of strategies for their overcoming.

In the course of group sessions, the group members were offered to make the joint drawing "Place of My Dreams". Some members who were in a grip of crisis (insomnia, frustration, aggression, depression, etc.) used a limited spectrum of colors: brown (earth), green (forests), blue (rivers), when making the drawing.

Their part of drawing was more like a map with marked rivers, mountains and forests. Some houses of participants were placed in different corners of the map, indicating a desire to differentiate themselves from others, desire of privacy

(«I want to rest, so that no one prescribes me what to do or where to go"). Some participants drew their houses near a river ("for quiet fishing") with a fence and small gates ("for neighbors visit, sometimes ").

It was interesting during diagnostics their explanation of a place where painted area was seen. Some participants saw it as "bird's eye", "like a helicopter", other participants said "it's like mapping the location of my home in a certain scale". These vision of positions determined personal positions of participants. It is important to realize the fact that the image has different plans and meaning for an individual. Twice drawn lines marking the territory of their house in the drawing, explained the importance for participants of separation of their own desires, the importance of this element of the drawing. An empty space of not used part of the paper was used by the group members for notes (the title of drawing, etc.). The important idea ("Free Ukraine") was used in the drawing title. Their houses were placed exactly in this territory.

The analysis of drawing process revealed the importance of a background – as a territory. Just finished areas of landscape (mountains, river, and lake) were divided by participants to place their houses. The final touch was the name. Pauses, when making various parts of the drawing, give an insight into understanding the significance of the main figure. The background of drawing was painted faster than their own houses. These pauses are typical in case of avoiding problems associated with the prospects of building and its financial security. The confusion in solving

these problems resulted in a situation where they avoided negative emotions. Parallel strokes and lines appeared in the drawing (by painting separate areas of the territory and their contours). For diagnosis it's a sign of working with projections. These typical indicators of projection support some image ("free territory"), but other images of the own future are harder to restrain (emotional stresses, anger, desperation, frustration, sadness).

Discussions by participants of their emotional states helped them to perceive their state and reduce the level of tension. Emotional feelings and states of participants are determined by the choice of color. The contours were drawn by black pencil, then with the brown paint. The houses had a small form and also were painted in black and brown. The lack of details was noted such as plants and flowers near house. The houses seemed inexpressive, in dark colors and sad.

The discussion related to a house location during the drawing process ("near a river", "to buy a boat for fishing") demonstrated an uncertainty in the possibility of such prospects. In some drawings of the house (during the individual therapy for married couples) there were flowers, windows with curtains, bright colors (these details were often drawn by women).

Therefore, emotional states of participants are identified by elections of colors in the drawing. Several times shaded figures near the houses reveal resistance (confluence) of participants, avoidance of strong emotions. The inability of participants to demonstrate own emotions, misunderstanding created uncertainty in the choice of shape of figures in the drawing. As a result, there were many sketched squares and shaded space with just one color of other parts of the drawing. Such details are characterized by the fact that figure is not blend in, describing certain emotional stresses, regression, infantilism (some scribbles are drawn).

The technical level of drawings analysis (repeated lines, parallel strokes, thin or fat, clear or blurred) allows distinguishing the emotional state of the group participants, their problems in contacts with others. It helps in building a dialogue between participants and their interaction with relatives and society. Returning from the anti-terrorist operation (ATO) zone, the group participants face the problem of

decreasing or increasing the images that arise in the center of their attention. They begin to get tired like a man who found himself in other measurement (change of status, place of residence with a different nature and climate, choice of profession, income and so on).

To keep in view many figures, they need additional expenditures (emotional, intellectual, physical). The other side of the effects after staying in the ATO zone – reduction in the number of indicators of responsibility that causes emotional stress. As participants noted: "There is adrenaline, you know what to do today, now, in a minute". After returning home, new factors of tension or their absence appear, complicating the dialogue with other people ("I cannot talk to civilians", "I cannot control temper, I want to shout and fight").

The problems with contact are reflected in the drawing in reverse strokes (returned strokes to itself); round shapes (it characterizes the retroflexion). The closed shape (of relief) painted with brown or green colors in the drawing were marked by indicators of egoism. These colors were most revealed in closed forms. In the individual work it was proposed to paint the free drawing that was accompanied with releasing of non manifested emotion, aggression and anger. The objective of psychocorrection work with participants of ATO is not only the elimination of post-traumatic symptoms and other disorders, but also such negative effects of trauma as negative self-assessment, self-hate, feelings of own uselessness and shame.

The questions for participants in the drawing process are important for interpretation of picture after completion. The work with a drawing becomes a dialogue with those who drew it. This is a reason for an individual to contact not only with a psychologist, but first of all with his wife and members of group. The analysis of drawing allows better understand features of the psychological support, which a person requires.

3. Methods of psychological assistance of person in crisis situations

The technology "**Me and my resource**" includes the recovery of a personal resource. The tasks of a person– to form, draw or describe his resources. These technologies involve the mechanism of person identification with desirable personal

characteristics, which he does not have in crisis state. The search of personal resources activates the appearance of new life strategies, forms of psychological defense and attack strategies, and their regulation. The emotional state of an individual is renewed and traumatic experience is transformed in biography by means of the distancing mechanism from past traumatic experience.

The principle of "here and now" creates condition of perception and acceptance of own needs and desires in a new history which activates creation of new life goals. The traumatic repetition provokes frustration due to certain triggers. The therapy objective consists in identification of causes that increase an emotional stress and how it may be reduced.

An individual secret, which destroys dialogue, interaction and trust-based relations to a partner, may be one of triggers of the emotional stress, making the dialogue complicated and sometimes impossible. It inhibits both an intra-personal dialogue and partnership dialogue. The full communication and interaction are associated with the aspiration for maximum openness. There is a struggle for maximum self-disclosure, self-expression with a full disclosure of his soul in this process. The search for personal resources of client can be activated by methods of the art therapy. The exercises on free association can be used for this purpose.

The exercise "**Memories on fingertips**". This exercise is designed to restore a client's sensitivity through tactile receptors of his fingers. Small containers are filled with different bulk materials (in order to be able to put fingers in). Cereals, starch, sand, husk of seeds, nuts, cocoa beans, etc. can be used for this purpose. The group members' task in the individual therapy: put fingers in each container; perceive feelings, experiences, impressions and memories arisen. Analyzing, talking about these impressions and memories, the therapy participants share them with each other.

This exercise helps clients to realize their own needs, desires and goals. Due to the sensitivity of fingers, the recovery mechanism of person sensuality starts, and the feeling of his body awakes, helps to restore remembrance, wherein a participant is experiencing positive emotions, and to find means of relaxation, new life meanings.

The client's feedback: "The feeling of starch on fingertips is such pleasant, soft

and squeaky. It reminds the snow, soft snowflakes; I would like to make a snowman". The participants are surprised with appearance of childhood memories associated with various entertainments and fun, during which they experienced happiness and serenity. The integrity of an individual with his past and future is restored due to appearance of these memories, feelings and experiences. The combination of time intervals of life path is an important aspect in the work with trauma. From mosaic memories of the past and present the participants move to awareness, organization of events, assigning them a certain sense and place in their lives. Through associations that arise during the exercise participants easily begin a dialogue with each other. It helps to create an interaction in the group, passing the stage of group formation. Even the stage of confrontation passes in less traumatic circumstances. The participants explain their attitude through pictures.

The exercise "**My territory**". It is a collective picture of the territory for each group participant. Paints, pencils are given to everyone (it is mandatory that the set is intentionally one less than a number of participants). It must be used one large sheet of paper (it is possible to glue together two or four A1 size paper sheets, depending on a number of participants). The objective of exercise – to establish communication and restore strategies of interaction with others. During the exercise participants agree on the place of their territory on paper, usage of pencils, paints and brushes. During the drawing process the communication is required, agreement with other participants, identification of own needs, searching for compromises.

Communications are developed gradually, own needs are outlined listening to other persons and their problems. Participants correct protection strategies of their own needs, consent forms with other persons, the ability to keep their own borders (both personal and on the picture). The possibilities of placing own territory on the collective picture (need for fences, rules of passing through another territory, attendance, proportions of territory, etc.) are clarified during the drawing process. The diplomacy strategy is formed in these discussions during negotiations with neighbors in the territory, opportunities to satisfy their own needs including the needs of neighbors.

The exercise "**Rope of memories**". Participants are offered to reflect their life line on rope knots. The most important events are marked by tying knots (different in shape, you can knit flowers, colored ribbons) depending on positive or negative emotional color of life events. The objective of exercise consists in combining various memories of events, recovery of temporal and spatial perception of events. It helps to restore feelings of events, distance to them and their transformation from traumatic to a biographical experience. The principle of narrative exposition (creation of a new life history, reconstruction of events) is the basis of these techniques.

The detailed description of events helps a person in assimilation of experiences, impressions of crisis situations in his life history. The narrative of events restores the time line, combines fragments of past and present person's experience. The reconstruction of events restores experience of traumatic events and their acceptance as those that have already occurred. The distancing from these events enables a person to build new life goals and develop strategies of their achievement. This exercise is aimed to create autobiography of a client with traumatic experience. The exercises are chosen in order to activate the self-determination of a person development, restore the sensitivity and integrity of an individual.²

The dynamics of recovery of injured individual abilities (communication, interaction, empathy, etc.) is monitored, and different tasks are selected. The stage of one or another task at this moment and determination of the final result is accounted.

Provision of the psychological support to its members is the primary purpose of any group. In order to do this, both the situations that arise in the group should be used and it is necessary to work in such a way that a group remains as a positive way of support (rather than neutral or traumatic environment). Therefore, the auxiliary goals are determined at certain stages of the group evolution (introduction, contact, convergence, constructive cooperation).

² Volodarska N.D. *Vidnovlennya osobystisnoho resursu kliyenta v kryzovykh sytuatsiyakh zasobamy heshtaltterapiyi* / N.D.Volodarska // Aktualni problemy psykholohiyi: Zb. nauk. Prats Instytutu psykholohiyi imeni H.S.Kostyuka NAPN Ukrainy. -K .: -2016. –T.1:Orhanizatsiyna psykholohiya. Ekonomichna psykholohiya. Sotsialna psykholohiya. Vypusk 44. – s. 67-71.

The exercise "**Moulding of feelings in the house**". Mould a figure of feeling in the house. These figures may be different in colors. Discuss why these figures have just this shape and color. Each person has different feelings and they are manifested in different way. In turn, the group members talk about their feelings in different life situations. Under what circumstances do these feelings arise, how do they help or interfere in their lives? What do these feelings bring into the house: (trouble, discord, comprehension in the family, exaltation, working enthusiasm, etc.)? What does happen in the house (songs, dances, quarrels, etc.)? Who brings these feelings? Who lives with these feelings and with what feelings? What does he like or does not like? What is he doing? Taking one of figures in hand, keep staying with this feeling. Tell from the first person about the life of this figure in the house.

What do you think, what happens to other inhabitants of the house, when this figure resides in it? Are they happy, sad, happy with the holiday, waiting for changes or for something else? It is important that participants list as many as possible indicators of verbal, non-verbal, behavioral manifestation of feelings of the house inhabitants. It is possible to offer various games: dancing, singing, which characterize the state of inhabitants of the house. Reactions to various feelings are different. It is necessary to discuss what reactions arise related to feelings of insult, anger and other.

The exercise "**Mirror**". Reflect manifestations of various feelings of group members. Each member in turn tells stories wherein different feelings appeared. The details are discussed of these experiences manifestation. Other participants reflect manifestations (facial expressions, gestures of the group members).

How is the homework performed at home (looking in the mirror, tell the histories of life situations, which cause different feelings; observe their facial expressions, gestures). It is discussed in the group what sounds and smells are felt in various feelings.

What tactile sensations are manifested in various feelings? What can cause the feelings of disgust, joy, anger, sadness etc.? In what life situations do they arise? Which of them are desirable and which are not? What is possible to change, but what is catastrophic, toxic and irreversible in critical situations? What happens to each

participant in a crisis situations? If these feelings are remained for a longer period? How does it disturb peace of mind, harmony? What happens if a person has only joyous feelings (laugh, fun)?

The exercise "**Where does anger live?**"

Is it suggested to determine the place on the body where irritation, anger, and fury are manifested. Each group member demonstrates his irritation and anger. Various life situations are discussed wherein these feelings can be manifested. The group master tells about the naturality of these feelings for every person at any age. Children, parents, teachers, other adults have these feelings. The anger as a feeling adds energy into human behavior. If a person feels humiliation caused by other person, the anger helps to protect his dignity and defend his values. The anger mobilizes forces. If this feeling does not pass, it becomes toxic. It's wrong to think that these feelings are not useful, and polite people do not feel irritation, anger. If these feelings have no output, it causes aggression.

It is proposed to discuss cases of aggression. Comments clarify feelings and behavior in the state of aggression. How can I prevent the manifestations of aggression? How to deal with anger? Discuss what feelings precede – weak anger, irritation. Discuss cases of mild, severe irritation. How does it manifest (in words, breathing, physical feelings)? How does the strong anger manifest? What helps to reduce the level of anger (darts, exercises, carrying small balls in their hand, and other)?

The exercise "**Sense of moderation**".

It is discussed how the sense of moderation is understood in manifestations of various feelings. How to know the measure of your feelings? In what situations and how to stop in time? It is useful to model the figure – a symbol of moderation. In subsequent exercises it will be used to restore the group's rules. In these cases, the group master shows the figure that indicates a return to the rules. The figure of measure returns attention to an important rule. What happens to you when you lose the measure in the manifestations of feelings? What manifestations (hysteria, depression, aggression and other) create barriers in your life? What do you think

about what can save the sense of moderation? How can it help to ease the life in crisis situations? In what cases? Does it happen to you that you lost the sense of moderation?

The exercise "**My fears**".

How do you feel a fear (physical feeling, breathing)? In what image does your fear (animals, plants, humans) appear? How does it appear (suddenly, gradually, unexpectedly)? It is important that each participant talks about his fear, his metaphorical image. the details of own fear are discussed (it is possible to close eyes). What sounds smells, movements accompany a fear? It is important that everyone talks about own vision: how it happens, in what circumstances? How is the fear by touch (sharp, slippery, prickly, soft, cold, hot, and other)? If you have met with the fear, what would you do with it (embrace fear, reject, struck, other)? - What words would you say?

The exercise "**Draw your fear**". Draw your own fear with colored pencils. It can be any image. Tell other people about this fear. Who or what could help you to overcome this fear? During the discussion, comments of other participants are important. Comments and additions. It is important to discuss with participants what disturbs them and in which cases. It is possible to make changes in the drawing (to cross out, erase details of the drawing). It is important that the author of picture makes these striking out, wiping. His vision of changes in the drawing as a stage director of own fear provides an opportunity to find ways to overcome fear.

The drawing is a detached view of own fear, along with other participants. It helps to make corrections in the drawing independently and with the help of other participants. The feeling of fear allows a person to liberalize it, by raising the sensitivity threshold to it, finding an effective model of behavior in a crisis situation. The feelings are discussed that arise during drawing, making changes in it. Comments of other participants are important (what are their experiences in similar circumstances and life situations that help to get out of them, what actions and what obstacles). Whom do fears affect as freezing, suspension of action? What does impede the struggle with fear?

In addition to the drawing, it is possible to play scenes of fear in a humorous way. It is important for a person to experience a crisis situation that causes fear, and to discuss own feelings. Answering the question: "What are the fears for in human life?", the participants determine their positive role and the way how they are helping.

The acquaintance with such feelings as insult, guilt, pleasure, joy and other is possible with the help of drawing, screenwriting. It is advisable to use music records (funny, sad music) that would accompany fantasy generation during the drawing process, creation of a fairy tale or story, discussion of the plot. The expediency and importance of these feelings in human life are discussed. What role do they play in preserving, controlling a human health and life harmony. Discuss why sadness, joy, frustration in human life are important. What are the ways to deal with them? How recognize these feelings in yourself and in other persons?

Findings

In order to activate self-determination of the person's development process, it is necessary to form an internal reference. By collecting information from outside, an individual must make own choices and make decisions independently in life situation.

The self-determination occurs in various living environment: professional, social functions (family, friendly contacts, social work, etc.), rest. Changes that occur in various living environment, determine behavior of an individual, cause activation or obstacles in the process of self-determination of personality development.

The adaptation of a person to modification of conditions in various areas of life activity (which were difficult or injurious), fixes behavioral stereotypes, perceptions that become optimal, making possible adaptation, survival. Sometimes the person is in crises that change these stereotypes, a "breakthrough" occurs in new contacts with the environment, creating new interpretations of the field and forming a new integral self-organizing model of relationships (new self – in the Gestalt approach). It boosts the person to formation of new life prospects and strategies for their achievement.

The methods used in groups are aimed at a phased change in living standards, system of value orientations, awareness of own desires and opportunities for their achievement.

These short-term and long-term programs of therapeutic groups activate self-determination means: reflexion (self-awareness) of experiences, comparison of own current state with own expectations, achievement of goals, and self-organization of own experience that restores personal resources.

The methods account general factors of the own image (internal) and public image (social image) formation creating self-perception and self-image, which occurs in communion with other people, with nature, with other manifestations of reality.

The planning and management of group should be with clear understanding of the final result. The exercises are chosen in order to enhance the self-development of personality, restore sensitivity and integrity of individual. The dynamics is noted of damaged individual abilities (communication, cooperation, empathy, etc.) recovery, and different tasks are selected. It accounts at what stage a specific problem is at the moment, and where the end result is aimed.

The adaptation of a person to changing conditions in various areas of life (which were difficult or injurious), fixes stereotypes of behavior, perceptions that become optimal, which makes it possible adaptation, survival. Sometimes the person is experiencing crises that change these stereotypes, there is a "breakthrough" in new contacts with the environment, creating new interpretations of the field and forming a new holistic self-organizing model of relationships (the new self-in Gestalt approach). It gives a new impetus to the formation of new life prospects and strategies for their achievement in the individual. The main objective of any group – to provide psychological assistance to its members. For this purpose, simultaneously use situations that arise in the group and always work so that the group helps positively (and not in a neutral or traumatic environment). These additional tasks are determined at certain stages of the group development (implementation, contact, convergence, constructive cooperation).

It is assumed that their use in conditions of rehabilitation centers is supposed in studying the programs of psychological assistance with gestalt methods.

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