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**SOCIAL AND PSYCHOLOGICAL COUNSELLING IN THE SYSTEM
OF SOCIAL REHABILITATION OF PERSONS AFFECTED BY HOSTILITIES,
ARMED AGGRESSION OR ARMED CONFLICT**

In the provisions of the scientific article, the authors study international and national legal acts regulating the rights of persons affected by hostilities, armed aggression or armed conflict. Social and psychological counselling is defined as a component of social rehabilitation of persons affected by hostilities, armed aggression or armed conflict and as a social service. The authors of the article determine that the provision of mental health services in the context of hostilities, armed conflicts and emergencies (including in the context of single, recurrent or protracted conflicts, violence and disasters) should become a priority for the Ukrainian state at the stage of recovery, after the end of hostilities. The authors propose their own definition of social and psychological counselling for persons affected by hostilities, armed aggression or armed conflict, which should be understood as a confidential dialogue between the client and the provider of assistance, aimed at helping to determine the client's own decision, what type of professional assistance the client should receive to fully or partially solve the problems.

The authors of the article come to the following conclusions: it is advisable to introduce the State Programme "Mental Health Services", with motivational factors to involve stakeholders from all sectors of the State, including NGOs, trade unions and associations, carers and family members of people with mental disorders, for the development and further implementation of policy, adoption of subordinate regulatory acts on the provision of mental health services at the state level. The goal and objectives of the State Programme "Mental Health Services" should be implemented at the community level, using a person-centred approach to recovery, the main purpose of which is to help people with mental disorders, including those resulting from hostilities, armed aggression or armed conflict, as well as people with psychosocial disabilities, to realise their aspirations and achieve their goals.

Key words: social and psychological counselling, conflict, social rehabilitation, social support, social services, persons affected by hostilities, armed aggression or armed conflict.

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СОЦІАЛЬНО-ПСИХОЛОГІЧНЕ КОНСУЛЬТУВАННЯ В СИСТЕМІ СОЦІАЛЬНОЇ РЕАБІЛІТАЦІЇ ОСІБ, ПОСТРАЖДАЛИХ В НАСЛІДОК ВОЄННИХ ДІЙ, ЗБРОЙНОЇ АГРЕСІЇ АБО ЗБРОЙНОГО КОНФЛІКТУ

У статті досліджуються міжнародні та національні нормативно-правові акти, які регламентують права осіб постраждалих в наслідок воєнних дій, збройної агресії або збройного конфлікту. Соціально-психологічне консультування визначається як складова соціальної реабілітації осіб постраждалих в наслідок воєнних дій, збройної агресії або збройного конфлікту та як соціальна послуга. Автори статті визначають, що надання послуг у сфері психічного здоров'я в умовах воєнних дій, збройних конфліктів та надзвичайних ситуацій (у тому числі в умовах одиничних, повторюваних або тривалих конфліктів, насильства й катастроф) повинно стати для Української держави пріоритетним напрямом на етапі відновлення, після завершення активних бойових дій. Автори пропонують власне авторське визначення соціально-психологічним консультування осіб постраждалих в наслідок воєнних дій, збройної агресії або збройного конфлікту, під яким необхідно розуміти конфіденційний діалог між клієнтом і суб'єктом який надає допомогу, що має на меті допомогти визначити власне рішення клієнта, який вид професійної допомоги має отримати клієнт задля повного чи часткового вирішення проблем.

Автори статті приходять до наступних висновків, що доцільно запровадити державну Програму «Послуги у сфері психічного здоров'я», з мотиваційними чинниками, щодо залучення зацікавлених сторін з усіх секторів держави, у тому числі громадські організації, професійні спілки та об'єднань, піклувальників і членів сімей людей із психічними розладами, задля розроблення й подальшої реалізації політики, прийняття підвідомчих нормативних актів щодо надання послуг у сфері психічного здоров'я на державному рівні. Мета та завданнями державної Програми «Послуги у сфері психічного здоров'я» повинні бути реалізовані на рівні громад, з застосуванням орієнтованого підходу на відновлення особи, головна мета якого полягає в допомозі людям із психічними розладами, у тому числі в наслідок воєнних дій, збройної агресії або збройного конфлікту, а також осіб з психосоціальною інвалідністю, задля реалізації власних прагнень і досягненні власних цілей.

Ключові слова: соціально-психологічне консультування, конфлікт, соціальна реабілітація, соціальне забезпечення, соціальні послуги, особи постраждали в наслідок воєнних дій, збройної агресії або збройного конфлікту.

The relevance of the topic is due to the fact that since 2014, the number of Ukrainian citizens in difficult life circumstances has increased. This is directly related to the outbreak of russia's undeclared

war against Ukraine. The problem has deepened significantly since the start of the full-scale invasion in 2024. The number of citizens in need of social support, protection and assistance has increased

significantly, new problems and challenges have arisen, requiring the state to take actions and make decisions in the areas of hostilities and in the temporarily occupied territories aimed at meeting the basic needs of Ukrainian citizens in accordance with their age, gender, health status, intellectual and physical development, life experience, family, cultural, ethnic and other affiliation, needs and interests of children, persons with disabilities, persons recognised as incapacitated, persons whose civil capacity is limited, elderly persons, as well as members of the security and defence forces who have directly performed the duty of defence of Ukraine.

We believe that the armed conflict in eastern Ukraine has affected the lives of many people, and its consequences were felt particularly acutely in 2014 by people living in the uncontrolled territories of the Autonomous Republic of Crimea, Donetsk and Luhansk regions, on the contact line and internally displaced persons. All of them have suffered severe psychological and physical trauma and need special protection from the state. The provision of this protection is a global practice that Ukraine should take into account in its legislative activities. For this purpose, Ukraine is introducing social guarantees for people affected by hostilities, armed aggression or armed conflict. In the context of war, social rehabilitation becomes a key element in supporting veterans, IDPs and other affected persons aimed at their recovery, integration and adaptation to post-war life, and is of particular importance as it is aimed at restoring social ties, rebuilding trust and cooperation in society, which are fundamental for the recovery and development of society from the consequences of hostilities (Shaposhnikova, 2024).

According to the analysis of applications for social services from citizens affected by hostilities, armed aggression or armed conflict, in addition to meeting basic material and household needs, psychological support and assistance in both personal life and professional activities, namely social counselling services, are in great demand.

Analysis of recent research and publications. The theoretical basis for the study of the problems of social and psychological counselling of persons was dealt with by the following scientists: Trigub I.I., Tsymbalyuk I.M., Yakymchuk B.A., Yakymchuk I.P. However, complex issues of social and psychological counselling of persons affected

by hostilities, armed aggression or armed conflict require development and research.

The purpose of the scientific article is to analyse socio-psychological counselling as a type of psychological assistance provided to civilians and military personnel affected by hostilities, armed aggression or armed conflict and to develop the author's proposals for improving the provisions of the current legislation of Ukraine with a view to implementing them in the practical activities of entities providing social counselling services.

Presentation of the research material and its main results. Considering the issue of social and psychological counselling of persons affected by hostilities, armed aggression or armed conflict, we believe that it is advisable to start with the study of legal documents that define the terminology.

Thus, a number of international legal acts, namely the Convention for the Protection of Human Rights and Fundamental Freedoms, the Convention against Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment, the UN Convention on the Rights of Persons with Disabilities, the European Social Charter (revised), the Declaration on Ageing, the Council of Europe Convention on Action against Human Trafficking, the European Declaration on Mental Health, the Declaration on Ageing, the UN Principles for Older Persons, enshrine the human right to social and medical care, which includes the provision of social and psychological counselling as a type of psychological assistance.

It is worth noting that a number of regulatory legal acts of Ukraine, namely: Civil Code of Ukraine, Article 284. The right to medical care; the Law of Ukraine "On Social Services", the Law of Ukraine "On Psychiatric Care", the Law of Ukraine "On the Fundamentals of the Legislation of Ukraine on Healthcare", the Law of Ukraine "On the Fundamentals of Social Protection of Persons with Disabilities in Ukraine", the Law of Ukraine "On Social and Legal Protection of Military Personnel and Members of Their Families", the Law of Ukraine "On the Status of War Veterans, Guarantees of Their Social Protection", the Law of Ukraine "On the Establishment of State Assistance to Victims of Mass Public Protests and Members of Their Families", regulates the natural inalienable and inviolable right of every person to healthcare, qualified medical and rehabilitation care, annual

medical examination and medical check-up, free or on preferential terms to receive medicines, pharmaceuticals, immunobiological products and medical devices on prescription.

However, we believe that the current legislation of Ukraine should clearly regulate the types, methods and forms of social and psychological counselling as a type of psychological assistance that should be provided to civilians and military personnel affected by hostilities, armed aggression or armed conflict on a mandatory basis. Given that the World Health Organisation (WHO) estimates that one in five people (22%) living in conflict-affected areas at any time in the last 10 years has some form of mental disorder. Applying these estimates to the population of Ukraine means that approximately 10 million people could be affected by mental disorders. This leads to the conclusion that the need for mental health and psychosocial support services in Ukraine is high (Representatives, 2023).

We believe that the provision of mental health services in the context of hostilities, armed conflicts and emergencies (including in the context of single, recurrent or protracted conflicts, violence and disasters) should be a priority for the Ukrainian state during the recovery phase, after the end of hostilities.

As defined in paragraph 58 of the Comprehensive Mental Health Action Plan 2013–2030: "Collaborate with national emergency committees and mental health service providers to address the need for mental health and psychosocial support services in the context of emergency preparedness and ensuring access to safe support services, including services that help to cope with severe trauma and facilitate recovery and forming outcomes, for people with mental disorders (pre-existing or were caused by it) and psychosocial problems, as well as services for health and humanitarian workers, during and after emergencies, with due regard to the long-term financing required to establish or re-establish community-based mental health services after an emergency" (World Organization, 2023).

It is important to note that the current legislation in Ukraine clearly defined the concept of psychosocial counselling as counselling (a type of psychological assistance), which involves the determination by a counselling psychologist together with the recipient of his/her personal psychological problems with further correction of behaviour in personal life, professional activity,

education and other life spheres to overcome a difficult life situation (State Standard, 2015).

The draft Law of Ukraine "On Social Protection of Persons Affected by Hostilities, Armed Aggression or Armed Conflict" also provides a clear definition of a person affected by hostilities, armed aggression or armed conflict – a person regardless of citizenship, who during the hostilities, armed aggression or armed conflict lived/lives on the uncontrolled territories of Donetsk and Luhansk regions, on the contact line in the settlements listed by the Cabinet of Ministers of Ukraine (Draft, 2024). According to the Law of Ukraine "On Social Services", this category of citizens is entitled to receive all basic social services as a category of persons in difficult life circumstances resulting from hostilities, terrorist acts, armed conflicts, and temporary occupation.

Psychological counselling is also defined as one of the forms of recovery (rehabilitation) and support for the functioning of a person in the physical, emotional, intellectual, social and spiritual spheres (Law, 2020).

Counselling is a confidential dialogue between the client and the person providing assistance, which aims to help the client cope with the problem and make their own decision about the problem.

The objectives of counselling are (Features, 1999):

Improving the client's psychological state (e.g., reducing anxiety, tension, increasing emotional and stress resistance, etc.)

emotional support and attention to the client's feelings;

assistance in solving the client's problem, making an informed decision about their life and health;

optimisation of the client's vitality and attitudes, change of attitude to the problem (from "deadlock" to "choice of solution");

teaching the client skills to overcome difficult life situations, maintain health and safe behaviour.

Basic principles underlying effective counselling:

Every person is important, valuable and deserves respect.

Everyone is able to be responsible for their actions.

Every person has the right to make their own decisions.

Every person has the right to choose values and goals.

The advisor is responsible for the quality of the information provided, assistance in making the best decision, the client is responsible for his or her own life and health.

The counsellor assists the client in making a decision, but does not make decisions for the client.

The client and the counsellor are jointly responsible for the processes that take place during the meetings; the counsellor is not responsible for what happens to the client between meetings.

The main types of counselling and their focus:

Crisis counselling: support for the client's sense of control over a difficult life situation;

supportive counselling: emotional support for the client (empathy, understanding, support for the client's feelings). A person experiencing grief or loss can and should expect to feel a little better after counselling, and the counsellor aims to support a healthy process of living with the loss, which leads to relief;

motivational counselling: assistance in making a decision, making the client feel own responsibility, which comes with understanding what is happening;

information counselling: providing the necessary information, referrals (redirection), organisational assistance in solving the problem.

Entities that can provide counselling include psychologists, social workers, medical workers, and volunteers who have undergone special training (Особливі, 1999).

In our opinion, social and psychological counselling of persons affected by hostilities, armed aggression or armed conflict should be understood as a confidential dialogue between the client and the provider, which aims to help determine the client's own decision, what type of professional assistance the client should receive to fully or partially solve the problem.

The main types of professional assistance to persons affected by hostilities, armed aggression or armed conflict include:

- social assistance
- psychological assistance (rehabilitation);
- medical care;
- psychiatric care;
- legal assistance.

It should be noted that according to paragraph 5 of part 1 of Article 11 of the Law of Ukraine "On Social and Legal Protection of Military Personnel and Members of Their Families", the state provides free psychological assistance to persons and military personnel who took direct part in the anti-terrorist operation, in the implementation of measures to ensure national security and defence, repulse and deter the armed aggression of the Russian Federation in Donetsk and Luhansk regions, in the implementation of measures necessary to ensure the defence of Ukraine, protection of the population's security and the interests of the state in the context of the armed aggression of the Russian Federation against Ukraine, whether they performed combat missions in extreme (combat) conditions. Psychological assistance is provided by the forces and means of the structural units of military units' psychological services (military formations and law enforcement agencies), and, if necessary, on the basis of institutions with which contracts have been concluded (for payment for food, accommodation, rehabilitation, etc.), in accordance with the procedures approved by the central executive authorities that have military formations and law enforcement agencies established in accordance with the laws of Ukraine under their jurisdiction (Law, 1991).

Conclusions. Having conducted a study of psychosocial counselling for victims of hostilities, armed aggression or armed conflict, the following should be stated:

firstly, to supplement the current legislation of Ukraine, namely: to supplement the Law of Ukraine in part of Article 3 "Types of State Assistance to Victims and Members of Their Families" with the following provision: psychological assistance in connection with damage to health that led to further trauma resulting from the impact on the human psyche of personally significant information, intense or long-term acute emotional and stressful influences;

secondly, the organisation of psychological assistance to these persons is carried out by the central executive body that ensures the formation and implementation of state policy in the field of social protection of war veterans, persons with special services to the homeland, affected participants of the Revolution of Dignity, family members of such persons and family members of deceased war veterans,

family members of deceased defenders of Ukraine.

thirdly, mental health legislation in Ukraine should be regulated in the form of separate laws and integrated into other laws related to health and capacity building – it should systematise the key principles, values and objectives set out in the mental health policy, for example, by implementing legal and supervisory mechanisms to promote human rights and developing accessible health and social services in communities;

fourthly, we consider it expedient to introduce a state programme, "Mental Health Services", with motivational factors to involve stakeholders from all sectors of the state, including NGOs, trade unions and associations, carers and family members of people with mental disorders, to develop and further implement policies, the adoption of subordinate regulations on the provision of mental health services at the state level;

fifthly, we believe that the goal and objectives of the State Programme "Mental Health Services" should be implemented at the community level, using a person-centred approach to recovery, the main purpose of which is to help people with mental disorders, including those resulting from

hostilities, armed aggression or armed conflict, as well as people with psychosocial disabilities, to realise their aspirations and achieve their goals;

sixthly, the key requirements to be met in the development and implementation of the State Programme "Mental Health Services" are:

introducing the provision of services through an individual person-centred approach by listening and taking into account how a person understands their disorder and what they think can help them in their recovery;

treating each person as an equal partner in their care and allowing them to choose their treatment and therapy and care providers;

using peer support workers to provide support on a peer-to-peer basis, who will encourage each other and help build a sense of belonging in each other, in addition to sharing their experiences.

adopt a multi-sectoral approach, whereby services support people at different stages of their lives and, where appropriate, contribute to their enjoyment of human rights, such as access to employment (including re-entry programmes), education and housing opportunities, and participation in activities and programmes in the community where they live.

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