

DOI: <https://doi.org/10.34069/AI/2022.60.12.14>

How to Cite:

Korylchuk, N., Vlasenko, I., Livandovska, I., Bokova, S., & Demikhova, N. (2022). Theoretical and methodological principles of providing medical and psychological assistance in the conditions of armed conflicts: experience for Ukraine. *Amazonia Investiga*, 11(60), 135-144. <https://doi.org/10.34069/AI/2022.60.12.14>

Theoretical and methodological principles of providing medical and psychological assistance in the conditions of armed conflicts: experience for Ukraine

Principios teóricos y metodológicos de la prestación de asistencia médica y psicológica en condiciones de conflicto armado: experiencia de Ucrania

Received: November 26, 2022

Accepted: December 27, 2022

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Abstract

The war in Ukraine opened up the problem of not only physical, but also psychological rehabilitation of its victims. The purpose of the article is to analyze the theoretical and methodological principles of providing medical and psychological assistance in the conditions of armed conflicts. The implementation of this task is based on the use of general scientific (analysis, synthesis, induction and deduction) and special (historical, comparative) research methods. The results analyzed primarily the Israeli strategy of medical and psychological assistance to the victims, since the Israeli army has a long experience of conducting combat operations, so it also has a strategy of helping to overcome psychological and mental disorders. Also, the peculiarities of psychological assistance in the armies of NATO countries crystallized since many new members of the Alliance belonged to the socialist bloc. It has been proven that it is important not only to provide assistance to the servicemen themselves but also to their family

Resumen

La guerra en Ucrania abrió el problema de la rehabilitación no sólo física, sino también psicológica de sus víctimas. El propósito del artículo es analizar los principios teóricos y metodológicos de la prestación de asistencia médica y psicológica en las condiciones de los conflictos armados. La realización de esta tarea se basa en el uso de métodos de investigación científicos generales (análisis, síntesis, inducción y deducción) y especiales (históricos, comparativos). Los resultados analizan principalmente la estrategia israelí de asistencia médica y psicológica a las víctimas, ya que el ejército israelí tiene una larga experiencia en la realización de operaciones de combate, por lo que también tiene una estrategia de ayuda para superar los trastornos psicológicos y mentales. Asimismo, se cristalizaron las peculiaridades de la asistencia psicológica en los ejércitos de los países de la OTAN, ya que muchos de los nuevos miembros de la Alianza pertenecían al bloque socialista. Se ha comprobado que es importante no sólo prestar

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members, including by involving modern pharmacological means. The conclusions also emphasize the American experience, in particular, the fact that much attention is paid in the USA to the prevention of psychological disorders.

Keywords: traumatic experience, civilians military personnel, treatment, psychological assistance, Ukraine.

Introduction

The end of the Yugoslav war of the 1990s temporarily established a period of peaceful coexistence in Europe. This situation changed in 2014: Russian troops arbitrarily occupied Crimea, then announced the annexation of the peninsula; in eastern Ukraine, the Kremlin regime supported separatists, leading to the transition of Donetsk and Luhansk to Russian control. The antiterrorist operation (ATO) was replaced by full-scale military action using heavy military equipment, rocket artillery, and aviation. Russian support allowed the fighters to freeze the conflict, but the start of the Russian-Ukrainian war was a new challenge to the global security system. Along with military action came the issue of medical and psychological assistance.

The Russian-Ukrainian war opened up new problems in the functioning of many processes, including medical and psychological care for military personnel. Traumatic experience and its control were previously underestimated in the structure of the Ukrainian army, so using the experience of foreign countries during open military confrontation will be the key to returning the psychological state of combatants to normal (Stoner, 2022). Therefore, the purpose of this article is to analyze the theoretical and methodological foundations useful for Ukraine on the provision of psychological assistance in armed conflicts. This issue, given the development of Russian aggression, has not yet been adequately addressed in the scientific literature. In the course of its consideration, separate problems were also investigated: the methods of preventing stress disorders used in the armies of NATO countries and Israel. Since the military structures of these countries have the most experience of participation in armed conflicts, and the system of support for servicemen is established at a high level, the study of such a system has additional relevance.

asistencia a los propios militares, sino también a sus familiares, incluso con medios farmacológicos modernos. Las conclusiones también hacen hincapié en la experiencia americana, en particular, en el hecho de que en Estados Unidos se presta mucha atención a la prevención de los trastornos psicológicos.

Palabras clave: experiencia traumática, población civil, personal militar, tratamiento, asistencia psicológica, Ucrania.

Literature Review

A thorough study of the peculiarities of medical and psychological aid to servicemen began in the second half of the 20th century. In particular, Bell (1964) characterized social, psychological, and medical assistance to soldiers in independent African countries. Pattison (2008) drew attention to the legitimate aspects of warfare and the problem of helping soldiers on the battlefield. Baker & Pattison (2011) examined the principles of military campaigning based on the American experience.

Since the beginning of the Russian-Ukrainian war (2014), there have been many scholarly studies on the specifics of supporting the affected population. Fatyga et al., (2022) analyzed the specifics of organizing medical care for Ukrainians in Poland. Khaustov (2019) characterized the theoretical aspects of medical-psychological assistance, defined its main components. Rajab (2018) investigated the manifestations of social life in the military zones of Saudi Arabia.

Ukrainian scholars have also actively researched the peculiarities of support for military personnel. For example, Kharchenko (2019) analyzed basic cognitive representations of traumatic emotional experiences in combat participants. He conducted an empirical survey-based study and noted that traumatic experiences were found in the majority of military personnel. However, Klochko (2020) outlined the importance of social support in Ukraine against the backdrop of military events. Shushkevich (2022) investigated the domestic life of the Ukrainian population living in the war zone. Stebliuk et al., (2019) characterized key aspects of the organization of medical and psychological support for the military in Ukraine.

For this article, the work of those authors who have studied the peculiarities of the Russian-Ukrainian war is also important. Martz (2022)

studied changes in the national identity position of Ukrainians against the background of the spread of the Russian-Ukrainian confrontation. Almäng (2019) identified the stages and attributes of hybrid warfare based on. Bînä & Dragomir (2020) characterized the peculiarities of the development of the Russian-Ukrainian confrontation, identified the main mechanisms of information warfare.

Dijkstra et al., (2022) identified political, economic, and social transformations against the background of the development of a large-scale war in Ukraine. Tsekhmister et al., (2021) investigated the specifics of medical treatment as a result of the spread of the Covid-19 pandemic.

Most authors analyzed the peculiarities of the organization of psychological counseling and medical support in regions where armed confrontations took place. On the other hand, Ukrainian researchers analyzed the peculiarities of providing care based on the Ukrainian experience. At the same time, the problem of introducing international experience into the system of providing medical and psychological aid to the affected population of Ukraine remains unexplored and topical.

Methodology

General scientific methods of research were used in the work. Of particular importance was the historical method, which traced the evolution of medical-psychological aid in Israeli-Arab wars and NATO operations. Based on comparativist such practices are compared and weighty achievements, which should be borrowed by the Ukrainian side in the large-scale Russian-Ukrainian war, are highlighted. As a result of the use of concretization the problem of psychological support for veterans in the United

States is reflected. Based on the prognostic method the important achievements of Ukraine, the prospects of their implementation and realization are determined.

The main empirical materials of the research are the programs of medico-psychological assistance of military structures of the NATO countries, the special attention is given to the American experience. The peculiarities of medical and psychological aid in Israel are reflected based on mass media materials. In addition, the study is built on a thorough analysis of the scientific literature, on the principles of scholarship and objectivity.

Results and Discussion

Theoretical aspects of medical-psychological assistance

An important challenge for Ukrainian society in conditions of full-scale war is the preservation of the psychological and physical health of participants of military operations, affected civilians. This, in turn, requires the immediate implementation and use of effective rehabilitation measures (Stebliuk et al., 2019). At the same time, such rehabilitation assistance should be integrative in nature and include the following aspects: psychotherapeutic, psychodiagnostic, psychocorrective, preventive, career guidance, using both individual and group forms of psychosocial rehabilitation (Khaustov, 2019). In general, Medico-psychological assistance is understood as a set of therapeutic, preventive, recreational, and rehabilitative measures of a medical and psychological direction aimed at maintaining health, reducing the consequences of physical and psychological trauma suffered (See Table 1).

Table 1.
Types of medical-psychological assistance

Main types of medical-psychological assistance
1. Preventive
2. Functional
3. Clinically
4. Socio-psychological

Concluded by authors

Medical-psychological aid should be systematic. In general, the tasks of rehabilitation and its ways vary depending on the period of its passage. In particular, preventive measures are carried out at each period of rehabilitation (Khaustov, 2019).

Preventive care is carried out with the participation of medical and psychological services and is used to restore health reserves. However, clinical rehabilitation is understood as a system of therapeutic, diagnostic measures,

which are aimed at the restoration and physiological health of the person (Klochko, 2020). At the same time, functional rehabilitation constitutes a component of clinical care and is applied at all periods of its organization. Social-psychological rehabilitation is aimed at the restoration of impaired psychological health. For Ukraine, the experience of countries around the world that have encountered the problem of rehabilitation of war victims remains important. For this reason, the experience of Israel and the USA is important and points to the fact that assistance to the victims is a complex problem for which the state is responsible.

Medical and Psychological Support for Civilians in War: The Experience of Croatia and Israel

Psychological and medical protection of the population and psychological and social support of civil protection services are among the main directions of assistance in military conditions (Klochko, 2020). This assistance implies that at the critical moment of an emergency situation, the civilian population, relatives of the dead and injured, and witnesses of the events will be provided with appropriate assistance through emotional protection, and reduction of the manifestation of negative psychological and emotional states.

Medical-psychological assistance to civilians, according to the Israeli experience of special work bodies, is provided in the following cases:

1. if a person with a traumatic experience has expressed a wish to receive such assistance
2. when there are severe traumas
3. when pathological manifestations of inadequate response to the traumatic event have formed (pronounced psychosomatic symptoms, or acute agitation)
4. in the presence of both symptoms at once.

Arab researchers prove that medical-psychological assistance to the civilian population should be provided comprehensively, systematically, and in compliance with several important principles: timeliness, comprehensiveness, flexibility, taking into account any external and internal factors (Rajab, 2018).

The military experience of the Republic of Croatia (1991-1995) shows that the civilian population in particular suffers from many psychological problems. Initially, Croatia's psychological services focused on the military,

but subsequently, the development of many psychological traumas in civilians became noticeable. Since January 1995, social and psychological-psychiatric support centers for civilians began to operate. Such departments first appeared in psychiatric hospitals, where (at that time innovative) programs for medical and psychological aid to victims were developed and implemented. During 1999-2022, several programs to support participants and victims of war were adopted. The 2005 National Program for Medical and Psychological Assistance placed great emphasis on the rehabilitation and psychological recovery of family members of defenders.

Croatia now has a 3rd National Program, adopted in 2014. It focuses significantly on supporting the civilian population, improving the quality of life of war victims, the social and psychological reintegration of residents of the occupied territories, etc. In this document, the category "victims of war" officially includes the civilian population, and family members of those killed, captured, or missing. Separately, the program includes support for those who were physically injured, sexually abused during the war, or simply witnessed war crimes. The key objectives of the Croatian civilian support model are:

1. full reintegration of victims into normal life,
2. timely provision of psychological and medical assistance,
3. post-traumatic support in medical institutions.

Croatia now has a comprehensive system of social, psychological, and medical support for civilians affected by war (Klochko, 2020). There is an extensive network of regional centers providing such assistance. They are entrusted with such tasks as treatment and diagnosis of mental trauma, medical care, psychological counseling, and support. Separately, research work now also takes place in such institutions, which is important for subsequent research into the social and psychological reactions of the individual to war.

Social and psychological assistance for families of military personnel is important. Current scientific research suggests that effective psychological support for such families should take into account the following principles:

1. respect for personal aspects of family life
2. informing the family about possible psychological results of the war

3. combining psychological support and social counseling of the family
4. solving psychotherapeutic family problems (Stebliuk et al., 2019).

Taking into account the term of rendering support and the tasks to be solved in the scientific literature, several types of aid are distinguished - emergency, short-term, and prolonged psychological aid. The first type is necessary right after a traumatic event - in the first days. It is also realized at displays of acute symptoms occurring as a consequence of additional stresses. At the same time, short-term support is implemented during the first weeks or months after a certain psychological trauma. If the person has not received such support in time, specialists have to provide it on a delayed basis. It is less effective and takes more time (Shushkevich, 2022).

The latter type of aid is implemented within several years after psychological trauma. Nevertheless, we believe that such division is only provisional. In fact, the aforementioned types of aid quite often are implemented concurrently. Consequently, emergency aid should be started right after psychotraumas, or during the crisis period. Nevertheless, it can also proceed during the stabilization period. We shall pay attention to the fact that short-term aid starts during the stabilization period and continues until recovery. During the recovery stage, prolonged support continues during the integration period. On average, it can last more than two years.

Providing psychological and social assistance to children affected by war

The experience of the "Israeli Trauma Coalition" proves that children are the most vulnerable category of the population, especially those severely affected by war events. This entails instability in their psychological relations with their parents. Even in situations where children are still not involved in military conflict, they are under considerable stress because they are disturbed by their surroundings. Children who relocated with their families from a war zone still suffer from many traumatic factors (Stoner, 2022). At the same time, a child who has been relocated from a war zone without a family, or who has lost part of his or her family, experiences such events particularly severely. Such children experience severe traumatization, so they cannot do without psychological support. Sometimes because of the lack of habits to discuss personal experiences or fears because of various

individual events, children may not express their anxious states openly (Klochko, 2020). However, direct observation of children's behavior by professionals can detect worrisome adjustments.

Children's stress is seen in many factors, particularly emotions, and behavior (as well as body behavior). The use of various therapies - art therapy, story therapy, music therapy, puppet therapy, dance therapy, fantasy therapy, etc. - can help to survive crisis events. In addition, the use of various games, communication with peers, and frequent trips with adults will help to overcome a difficult emotional state.

Support of children from displaced families should be aimed at overcoming the results of the traumatic influence of stressful circumstances and the prevention of relapse to psychological disorders. Professionals should understand that such aid should be implemented on the principles of comprehensiveness, systematization, and targeting. Accordingly, researchers allocate several basic manifestations of psychological work with children who have been victims of war:

1. Systematic work with the environment in which the child is
2. Support and work with relatives
3. Psychological and social work with the child.

In this complex, the main thing is psychological work with the child, which should be aimed at renewing feelings of safety, restoring the child's psychological resources, and adapting to new conditions.

In Israel, psychological support at all levels is provided in schools and universities. This is done not only by psychologists and nurses but also by ordinary teachers, who have to take special courses in psychological support and adaptation of children who have been victims of war to the typical educational environment. Consequently, one of the main goals of educational institutions in Israel is the psychological support of all participants in the educational process. The first (emergency) psychological aid is provided by all employees of an educational institution. Separately, schools hold special consultations with parents, who are also involved in the process of supporting the psychological condition of the child. It is worth noting that Ukraine has begun to use the Israeli experience and implement the innovations noted above. Ukrainian teachers also

engage in psychological aid and social counseling of students and parents.

Note that, unlike Ukraine, in Israel teaching at all levels takes place in person. Additional conditions are created for the mental adaptation of pupils and students, specialists train all participants in the educational process to respond appropriately to military events and teach how to behave in shelters. Children in grades 10-11 take part in special training in first aid. The above experience may be useful for Ukrainian realities since Russian aggression causes considerable damage to the mental and psychological health of the population.

Israel's Experience in Supporting Soldiers

Experts note that since the declaration of independence of the state of Israel, every citizen has had more or less to do with the system of improving the country's defense capabilities (Baker & Pattison, 2011). In less than 70 years, Jews have been through four wars, many acts of terrorism, and two intifadas. Note that both men and women have reached the age of majority in Israel's military service. Those who have served in the armed forces do not forget their duties: collecting money or groceries is commonplace for Israelis. Often the necessary items are

collected at businesses. There are thousands of aid centers around the country, so the self-organization of transfers of food and necessary items to the military is at a high level.

It should be noted that, unlike in Ukraine, in Israel civilians do not buy helmets or bulletproof vests, as the government is responsible for this. The funds raised can be used to purchase food and certain household items. While the Israeli government is responsible for front-line training and supplying weapons to soldiers, charitable organizations, in particular, the Fiends of the Israel Defense Forces (FIDF), aim to "help the military with care in relieving the burden they carry..."

However, the problem of rehabilitation of soldiers in Israel comes down to a system of measures to provide medical and psychological support (Kharchenko, 2019). At the same time, psychological assistance plays a key role in the successful adaptation process. Consequently, the experience of Israeli specialists indicates that throughout the medical rehabilitation (inpatient, outpatient part of treatment, and prosthetics) patients should be provided with strong psychological support. Israeli therapy includes several periods (See Table 2).

Table 2.

The main stages of Israeli therapy

Stages of Israeli therapy for war victims
Medical treatment
Psychological help
Medical Treatment
Family therapy
Solutions and treatment for a variety of physical problems

Concluded by authors

Consequently, in Israel, therapy for war victims takes place gradually and systematically.

However, it should be noted that here the assistance and rehabilitation of soldiers is free of charge and is carried out under various government programs.

Peculiarities of organization of medical and psychological care of Israeli servicemen

The work of Israeli psychologists is based on a verbal review of all soldiers, followed by corrections and recommendations for various types of recreation, individual or group sessions. The structure of psychological support for Israeli soldiers was formed immediately with the

country's armed forces. In particular, at first, military psychologists (officers for the protection of the soul) dealt with the rehabilitation and adaptation of soldiers after injuries. With the development of military operations, however, the concept of introducing the medical corps into psychological care emerged. At present, Israeli psychologists are not only tasked with identifying symptoms that indicate the importance of helping soldiers during combat operations, monitoring and correcting the soldier's condition in everyday conditions also remain important. In recent years, psychologist positions have been significantly reduced: the number of social workers with psychological and pedagogical training has been increased several times over (Stebliuk et al., 2019). The main

purpose of these changes was to adapt the system to the needs of military personnel and to increase referrals for psychological support in the face of the reluctance to see psychiatrists/psychologists typical of Israeli society (Pattison, 2008). As a result of these transformations, there has been a marked increase in the number of social psychologists in the Israeli army system.

A certain role is played by a volunteer advocate who, in parallel, locates those people who need specialized psychological help. Predominantly such work is directed at military personnel who have not been wounded. Notwithstanding this, it should be emphasized that in Israel all soldiers, even those who have not been wounded, are required to undergo psychological rehabilitation.

Social adaptation structures and conflict commissions are of notable importance in the psychological care of Israeli army soldiers. The social adaptation profile should include the soldier's social background, his skills, learning abilities, the presence of certain deviations, etc. However, conflict commissions examine psychiatric pathologies and solve problems that emerged during the period when the soldier's profile was changed.

A mandatory component of any military operation is so-called post-crisis testing, which is organized by both social counselors and psychologists (Stebluk et al., 2019).

In Israel, psychological assistance consists of two main aspects - the behavior of the soldier for combat and during the military operation. Therefore, it can be partially implemented by commanders training soldiers in visual diagnosis. Israeli commanders should also help regulate combat shock in incoming soldiers. In addition, any soldier should be able to provide psychological assistance to another soldier in a timely and thorough manner. Note that there are no special military hospitals in the country because any medical facility in its structure and is a military hospital.

Preventing Stress Disorder and Overcoming Psychological Trauma: The Experience of NATO Military Peacekeeping Missions

The basics of psychological safety of civilian and military personnel serving in international peacekeeping missions depend primarily on the accumulated experience of the leading armies of the North Atlantic Alliance (Bell, 1964). The developed techniques are extremely important since they are also applied in the military

environments of Romania, Bulgaria, Poland, and other states of the former socialist camp, to which Ukraine belonged for a long time as well. Among the characteristic features of psychological support, it is possible to point out the presence of the corresponding specialists in almost every subdivision of the organizational structures of the armed forces, the ramified and logical subordination of employees of different service organizations, the psychological support team and the necessary material resources available for a quick response, the presence in the psychological support services of specialists of sufficient qualification, quick response to challenges and the comprehensive approach to the tasks demanding a solution, the acute Negative influence on the mental condition of servicemen is manifested in general disorganization and changes in behavior, in retardation of automatic work of many previously achieved skills, inadequate reaction to certain stimuli, difficulties with a concentration of attention, narrowing of attention and memory, extremely impulsive behavior, etc. If the specified symptoms affect the person for a long time, shifts in compensatory mechanisms and biological adaptation will acquire irreversible changes. This will adversely affect the character and eventually cause neuropsychiatric disorders and disorders (Adler et al., 2013). Specialists believe that military personnel acquire a state of additional anxiety during combat (Kharchenko, 2019). Compulsive anxiety becomes one of many mental states in those individuals who are under constant stress exposure. Anxiety becomes apparent due to disturbed mental equilibrium, the emergence of unpremeditated fears, reactions to non-existent threats, and persistent anxiety.

Anxiety is experienced at several stages: first of all at the level of anxiety, which has the form of a feeling of subconscious danger, uncertainty, and threateningness; secondly, fear develops, which is the result of finding out specific anxieties and factors that form a dangerous situation (Kharchenko, 2019). An indicator of conspicuous manifestations of behavior of servicemen is their emotional-volitional sphere - according to the level of its development, there is a demonstrative degree of heterogeneous adverse states, formed as a reaction to the influence of stress and other stimuli from the environment (Khaustov, 2019). For the Ukrainian military, this state is threatening because they have been involved in the war in eastern Ukraine since 2014, and since 2022 the Russian Federation has been openly added to this conflict. A prolonged stay on the line of contact leads to the formation

of persistent psychological health problems, which requires a response (Kharchenko, 2019).

The system of psychological support among military personnel in international peacekeeping missions of NATO countries is primarily designed to build mental stability and psychological readiness to act during combat, work in difficult conditions, and in a changing environment, after prolonged physical and emotional exhaustion (Baker & Pattison, 2011). It has been proven that most combat stress reactions are experienced by servicemembers in the first weeks of combat (Kharchenko, 2019). The responsible persons, the representatives of the medical service for countering mental disorders, conduct activities to prevent combat stress. For example, in Bulgaria since 2007 there is a model of psychological training for representatives of the peacekeeping mission, which is the version that the performance of units as a whole is dependent on the knowledge, skills, and experience of the command staff, healthy relationships within military units, the promptness of the orders of senior leadership (Adler et al., 2013). As part of the overall model for training effective leaders, it has been suggested that military leadership and psychological training for officers and professional military personnel should be developed.

Within the Canadian armed forces, psychological support is in the hands of psychologists, who are equivalent to civil servants working in army units and units. The main focus is on psychiatric problems, and in Canada, psychologists are not members of the military, whereas psychiatrists are. At the same time, many Canadian cities (Petawawa, Ottawa, Edmonton, and Valcartiere) have opened multidisciplinary centers to provide and manage the mental and psychological health of members of the Canadian armed forces, which include a psychiatrist, psychologist, social worker, chaplain, and nurse. In addition, a progressive Canadian experience is the creation of a network of special organizations working with the families of servicemen. In the Baltics, psychological support is provided by specialists in psychological services, who have been hired relatively recently. To prepare the military for peacekeeping missions special psychological exercises are carried out aimed at stimulating a number of qualities: mental abilities, confidence, attention management, self-regulation, creative directed imagination.

In the U.S. Army, appropriate attention is paid to the prevention of psychological trauma and

appropriate training of fighters, in particular, training in conditions as close to combat as possible (Adler et al., 2013). Soldiers without the necessary level of training are not allowed to serve in dangerous places and do not participate in special operations (Pattison, 2008). Soldiers are trained ahead of time to participate in direct military operations. If an injury cannot be avoided, specialists provide thorough surgical care, the main task of which is to find out the depth of the injury and its possible impact on the future. Usually, the human body is able to withstand stress, so after a few days, normal behavior can be restored (Klochko, 2020). Subsequently, therapy using psychological help from psychologists is applied; if there is no progress, thorough psychiatric treatment takes place in appropriate institutions using not only therapy but also pharmacological drugs. Medication is provided for public funds, according to the decision of the commission they can be provided for a long time, in extremely difficult medical cases, the appropriate medication can be provided permanently (Adler et al., 2013). Assistance is also used when certain relapses of psychological trauma occur. Support for military personnel and their families in the United States is socially oriented.

The work of psychological and psychiatric support for military structures in NATO countries is of a high level and has a person-centered structure. Let us note the importance of the Canadian experience with an extensive system of support (including psychiatric support) of both the military themselves and their families, including the social package. The experience of all the countries analyzed points to the urgency of introducing psychological help to overcome the consequences of participation in military actions.

Conclusions

Consequently, as a result of Russian military aggression, attitudes toward psychological and medical care in the Ukrainian army have changed significantly. At the same time, for effective treatment and overcoming of psychological traumas, it is important to use the experience of foreign countries, first of all, Israel and NATO member states. Regarding the adaptation of civilians to normal life, the experience of Croatia is important, where several programs were adopted to support areas affected by the 1993-1995 war and improve the quality of life of war victims in general. In Croatia, medico-psychological assistance is also aimed at those who were physically or sexually abused during

the war. It is implemented in stages and requires the active participation of both experienced psychologists and the willingness of victims to receive the necessary assistance.

As it has been established, children are the most vulnerable category of victims of war. Thanks to the modern development of psychological aid, methods associated with art therapy, music therapy, play therapy, etc. are recognized as effective. At the same time, these techniques are effective under the conditions of the complex approach - when consultations are provided after appropriate work with parents, the environment, and the child. In particular, in the Israeli army, the rehabilitation of servicemen is carried out with the help of medical and psychological support. Throughout medical rehabilitation (takes place at the inpatient and outpatient levels) patients receive effective psychological support. In Israel, care and rehabilitation of soldiers is free of charge - it is funded through various government programs. The basis of the work of Israeli psychologists is a verbal review of all servicemen, followed by corrections and recommendations for various types of recreation, individual or group sessions.

The developed methods of army rehabilitation in NATO countries are very important because they are also applied in the countries of the former socialist camp, which are today members of this bloc. The experience of Canada, where military psychologists are equated with civil servants, is quite illustrative. Also important is the combination of psychology and psychiatry, which is extremely important for Ukrainian reality. It is also worth taking over the experience of organizing multidisciplinary centers to ensure and regulate the mental and psychological health of the Armed Forces. In the U.S. Army, special attention is paid to the prevention of psychological traumas and the appropriate training of fighters. For medical care, therapy using psychological approaches is used, if necessary - psychiatric treatment in appropriate institutions using not only therapy but also pharmacological drugs. It is important to note that the medication is provided at public expense, which in Ukrainian conditions is problematic because the budget expenditures are too high. At the same time, the model itself can be applied, because its basis is rational and time-tested.

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