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**PSYCHOLOGICAL SUPPORT AND EMOTIONAL BALANCE RECOVERY FOR
CHILDREN IN THE PROCESS OF EXPERIENCING TRAUMATIC EVENTS**

У статті розглянуто важливість психологічної підтримки у відновленні емоційної рівноваги дітей, які пережили травматичні події. Підкреслено роль своєчасної та кваліфікованої психологічної допомоги в процесі адаптації дітей до складних умов, що виникають після травмуючих переживань, таких як насильство, природні катастрофи або військові конфлікти. Окреслено, що одним із ключових аспектів стабільності дитини є підтримуючі відносини з близькими, зокрема з батьками. Описано, що вік, індивідуальні особливості, рівень емоційної підтримки та соціальна адаптація безпосередньо впливають на реакцію дитини та її здатність справлятися зі стресом. Проаналізовано основні методи психотерапії, які використовуються для опрацювання травматичних переживань, зокрема ігрову терапію, арт-терапію та когнітивно-поведінкову терапію.

Особливу увагу приділено взаємодії психологів і батьків у процесі відновлення дитини. Зазначено, що важливість підтримки з боку сім'ї в поєднанні з професійною допомогою фахівців є ключовим фактором у забезпеченні ефективного відновлення емоційної рівноваги дітей. Психологи забезпечують спеціалізовану терапевтичну підтримку, яка допомагає дитині опрацювати травматичний досвід, розвинути навички саморегуляції та повернути відчуття безпеки. Водночас батьки є головним джерелом емоційної підтримки, і їхнє розуміння та чуйне ставлення відіграють вирішальну роль у процесі одужання.

Ключові слова: психологічна підтримка, емоційна рівновага, травматичні події, діти, відновлення, психотерапія, батьки, сімейна підтримка.

Abstract. The article discusses the importance of psychological support in restoring emotional balance for children who have experienced traumatic events. It highlights the role of timely and qualified psychological assistance in helping children adapt to difficult circumstances that arise after traumatic experiences such as violence, natural disasters, or military conflicts. It is outlined that one of the key aspects of a child's stability is supportive relationships with close family members, particularly parents. The article describes how age, individual traits, the level of emotional support, and social adaptation directly influence the child's response and ability to cope with stress. It also analyzes the main psychotherapeutic methods used to process traumatic experiences, including play therapy, art therapy, and cognitive-behavioral therapy.

Special attention is given to the interaction between psychologists and parents in the process of the child's recovery. It is noted that the importance of family support combined with professional help from specialists is a key factor in ensuring the effective restoration of emotional balance in children. Psychologists provide specialized therapeutic support that helps children process traumatic experiences, develop self-regulation skills, and regain a sense of security. At the same time, parents are the main source of emotional support, and their understanding and compassionate attitude play a decisive role in the healing process.

Keywords: psychological support, emotional balance, traumatic events, children, recovery, psychotherapy, parents, family support.

Problem statement. Modern conditions caused by war and its consequences cause significant psycho-emotional stress on children, in particular on those who have experienced serious psychological trauma and stressful situations. Traumatic events, such as the death of a parent, stressful situations during hostilities, and forced relocation, significantly affect the psycho-emotional state of children, causing them anxiety, depressive states, and difficulties in adapting to a new life. This creates a need to develop effective approaches to psychotherapeutic assistance to children who have experienced such trauma.

Psychological support for children in war and post-war stressful situations requires a comprehensive approach, which includes both individual and group therapy methods. The primary task is not only to alleviate the symptoms of trauma, but also to restore emotional balance and stabilize the child's psychological state. At the same time, it is important to take into account the individual characteristics of each child, their age characteristics, as well as the presence or absence of social support from the family or community.

Despite significant attention to crisis assistance provided to adults, the problem of children's mental recovery remains insufficiently studied in the context of modern military conflicts. It is important to study the specifics of the impact of traumatic events on children, particularly in war conditions, and to determine the most effective methods of support and therapy for such children. In particular, it is necessary to consider how psychological assistance can contribute to the formation of resilience, the development of internal resources and the ability to adapt.

Thus, the relevance of the study lies in the need to develop and implement scientifically based approaches to providing crisis assistance to children who have experienced severe traumatic events. Increasing the effectiveness of psychotherapeutic methods will help not only reduce the effects of stress, but also contribute to the long-term restoration of psychological stability and emotional well-being of children.

The aim of the article is to analyze effective approaches to providing crisis psychological assistance to children who have experienced traumatic events, as well as to identify strategies for restoring their psychological balance and emotional well-being.

Presentation of the main material. A traumatic event for a modern child is a certain situation that significantly disrupts his usual way of life, causes severe stress or a feeling of helplessness. Such events may include natural disasters, accidents, violence, war, as well as the loss of loved ones, in particular parents or relatives. Modern children face new challenges due to global and social changes, which, in turn, can become traumatic situations.

War, in particular, is one of the most traumatic events for children. During conflicts, children often witness violence, destruction and the loss of loved ones. They experience feelings of helplessness, anxiety and sometimes physical injuries [1]. The loss of parents or loved ones due to death or disappearance can have long-term psycho-emotional consequences. For children, war is not only a stressful event, but also a disruption of the stability that is necessary for their normal development.

Stability is the foundation of a child's psychological well-being, and traumatic situations can destroy it at all levels. Children who experience traumatic events often lose their sense of security, a basic need for harmonious development. Unexpected and stressful events, such as sudden loss of home, separation from loved ones, forced relocation, or other drastic changes in life, create constant tension and a sense of instability in children. In such conditions, the child's brain is forced to function in survival mode, which can lead to increased anxiety, fears, and sleep disturbances. One of the key aspects of stability is stable relationships with loved ones. War often tears families apart, causing loss or long-term separation from parents, relatives, or friends. Children who find themselves in a new environment without a familiar circle of friends feel isolated, lonely, and emotionally uncomfortable. Even when families remain together, adults may be so preoccupied with survival that they may not always be able to pay enough attention to children's experiences.

A routine, a stable educational environment, and the opportunity to develop through learning and play are critically important for children. However, traumatic events disrupt a child's normal life: predictability disappears, the environment changes, established relationships are destroyed, and a sense of stability disappears, which creates additional stress and emotional tension. This deprives the child not only of the opportunity to gain new knowledge, but also of important social contacts that contribute to emotional development. The lack of structure and predictability in life can cause confusion, irritability, and even behavioral disorders [2].

The combination of factors that disrupt stability has long-term consequences for children's mental health. Prolonged uncertainty, fear for one's life and the lives of one's relatives, and the inability to return to one's usual way of life can lead to chronic stress, emotional exhaustion, and even post-traumatic stress disorder. Lack of stability can negatively affect the formation of trust in the world and people, which will affect the child's further emotional development and interpersonal relationships [3].

An important aspect of experiencing a traumatic event is not only its nature, but also how the child perceives and adapts to the changes caused by it. Age, individual characteristics, level of emotional support, and social adaptation directly affect the child's reaction and ability to cope with stress. Younger children may not be fully aware of what has happened, but on a subconscious level they feel tension and instability, which manifests itself through aggressive or withdrawn behavior, sleep disturbances, loss of appetite, or increased anxiety. In older children, traumatic experiences can cause feelings of helplessness, emotional exhaustion, and difficulties in learning and communication, which complicates their social functioning.

Older children may have a greater awareness of what happened, but their emotional reactions can be no less devastating. They may experience intense fear for their future, grief for lost loved ones, and feelings of loneliness. In addition, adolescents may begin to show aggressive or destructive tendencies that are the result of internal conflict and an inability to cope with the emotions they have experienced.

Traumatic events can significantly change a child's life. The changes concern not only the emotional state, but also social adaptation. Children who have experienced trauma may feel alienated from their peers, avoid schools or social contacts. The loss of a stable environment can lead to learning problems, reduced self-esteem and self-identification. They often experience difficulties in communicating with others, which only increases the feeling of loneliness and isolation.

The psychological consequences of traumatic events can last for many years if the child is not provided with adequate support [4]. Prolonged stress disorders, anxiety, depression, sleep disorders, aggressiveness or, conversely, excessive passivity are just a few examples of consequences that can lead to significant difficulties in the child's later life. Therefore, it is important that an individual approach is applied to children who have experienced traumatic events in providing crisis psychological assistance.

Understanding what constitutes a traumatic event for a child helps not only to correctly assess their condition, but also to create appropriate conditions for restoring emotional health and adaptation to new conditions. It is important to provide support from professionals and the family to reduce the effects of trauma and build resilience to future stressful situations.

Experiencing trauma as a child is a very complex process that requires special attention from adults, as traumatic events can have a significant impact on the psyche. The role of parents in restoring children's emotional balance after traumatic events is key, as they are the ones who create a space of safety and support for the child. First of all, parents should be attentive to the child's emotional state, notice changes in their behavior, and respond with understanding and patience. It is important to show that any feelings - fear, sadness, anger, or anxiety - are natural and that they can be discussed openly without judgment or devaluation.

The emotional presence and stability of parents are crucial. Children, especially during times of stress, are guided by the reactions of adults. If parents themselves show strong anxiety or cannot cope with their own emotions, this only intensifies the child's experiences. Therefore, it is important for adults to work on their own psychological resilience in order to become a support for the child [5].

Communication and trust are another important aspect. Parents can help the child express their feelings through conversations, drawings, games or fairy tale therapy. It is important not to pressure or force the child to talk if they are not ready, but instead to make it clear that they can turn to their parents at any time.

Routine and predictability also contribute to the restoration of emotional balance. Trauma often deprives a child of a sense of control over their own life, so creating a clear structure of the day, maintaining familiar rituals (for example, having dinner together or reading before bedtime) help restore a sense of stability and security.

If the symptoms of stress remain strong and prolonged, and the child is constantly in a state of anxiety, fear, anger or apathy, avoids communication, has problems with sleep or eating, and these manifestations do not decrease over time, parents should consult a child psychologist or psychotherapist [6]. It is also worth consulting a specialist if the child constantly remembers or relives the trauma in dreams, during games or in real life, which causes him severe stress. Destructive behavior, in particular excessive aggression, a tendency to self-harm or complete emotional closure, also indicates that the child cannot cope

with his experiences on his own. It is especially important to consider the state of the parents themselves: if they do not know how to react correctly, become too emotional (show excessive anxiety, rigidity or avoid talking about the problem) or are themselves experiencing severe stress, this can complicate the process of helping the child. In addition, it is necessary to pay attention to psychosomatic manifestations, such as frequent headaches, abdominal pain, breathing problems or other physical symptoms without an obvious medical cause, as this may be the result of unresolved emotional experiences. In such situations, professional support becomes necessary to help the child stabilize his emotional state, teach him to cope with stress and ensure healthy psychological development [7].

Psychologists help children understand and experience their feelings so that they do not remain suppressed or manifest as psychosomatic symptoms. Using art therapy, play therapy, cognitive-behavioral techniques, or a body-centered approach, the specialist helps them express their emotions in a safe way. This is especially important for children who cannot yet verbalize their experiences.

One of the main tasks of a psychologist is to create a safe space where a child can gradually regain trust in the world. Traumatic experiences often destroy this feeling, forcing the child to live in constant expectation of danger. Through therapeutic sessions, the psychologist teaches the child self-regulation techniques, helps him regain control over emotions and bodily reactions.

Psychologists also work with parents and caregivers, because the family environment greatly influences the recovery process. Parents receive recommendations on how to support the child, how to respond to their emotions, and how to remain emotionally stable in difficult circumstances.

Thus, the role of psychologists in restoring the emotional balance of children is irreplaceable. They not only help the child cope with the consequences of trauma, but also form stress coping skills, which will contribute to their resilience in the future. Psychological support, provided in a timely manner, can prevent the development of severe psychological disorders and promote the harmonious development of the child even after the trials they have experienced [8].

An important aspect of this process is the restoration of emotional balance, since emotions play a key role in the child's ability to adapt to change and recover from traumatic experiences. Emotional stability is the basis for the child's development, social adaptation and mental health.

Children are vulnerable to stress factors, so when they experience traumatic events, their emotional reaction can be excessively strong. These emotional shocks can manifest themselves in various forms, such as anxiety, anger, fear or depression. Restoring emotional balance helps the child regain control over their feelings, which allows them to reduce the negative consequences of trauma.

One of the main mechanisms that helps a child cope with trauma is the ability to restore a sense of security. Children who have experienced trauma often feel that their world has become unpredictable and dangerous. This can lead to constant anxiety and stress. Restoring emotional balance allows you to create a stable and safe environment for the child, which allows them to regain mental balance and feel control over their lives again.

Emotional balance is also important for the development of healthy interpersonal relationships. Children who have experienced trauma may have difficulty trusting others, which can make it difficult for them to socialize. If a child's emotional health is not restored, it will be difficult for them to establish healthy contacts with other people, which can lead to social isolation and the development of psychosocial problems in the future.

During traumatic experiences, a child may experience decreased self-esteem, doubts about their ability to cope with difficulties. Restoring emotional balance helps the child to regain inner strength, which is the basis for developing self-esteem and self-confidence. If the child cannot cope with emotions, this may hinder their development in the future, because resilience and self-esteem are important for overcoming life's difficulties.

An individual approach to each child in the process of restoring emotional balance is extremely important, since each child's body reacts to trauma in its own way. The child's age, temperament, social environment and previous experience affect his reaction. Given these factors, specialists should apply individual support methods that will contribute to the child's emotional recovery and help him return to a normal state.

Another important component of restoring emotional balance is providing the child with the opportunity to express his feelings. Psychological help should include methods that give the child space for open expression of his emotions. These can be art therapy methods, games or conversations that allow the

child not only to be aware of his feelings, but also to learn to control them. This approach promotes the development of emotional literacy and the ability to cope with future difficulties.

Finally, restoring emotional balance is the basis for further psychotherapeutic work with the child. Once emotions stabilize, the child becomes more open to recognizing and working with traumatic experiences. Without emotional balance, psychotherapy may not produce the desired results, since the child will not be ready to work with deep traumas. Therefore, the main focus on emotional recovery is a critically important step in achieving positive results in therapy.

The main goal of such work is to help the child safely express and process his experiences, regain a sense of control and stability, and teach self-regulation skills. For this, various methods are used, each of which has its own specifics.

The main method of working with young children (from 3 to 10 years old) is play therapy, since play is a natural way for children to communicate. Through play, the child can safely express fears, experiences, and conflicts. The psychotherapist creates an environment in which the child can recreate a traumatic event, but with the opportunity to change its course, gain a sense of control and security. Story-role-playing games, puppet theater, and special therapeutic toys are used. The method of “non-directive play therapy” is especially effective, when the therapist intervenes minimally, allowing the child to independently manage the game process.

The method of art therapy helps to express one’s emotions nonverbally, which is especially important in cases where it is too difficult for the child to talk about what they have experienced. Drawing, modeling, and applique help a child transfer internal experiences to the outside world and process them in a safe way. For example, the “Drawing of Fear” technique allows a child to visualize their fears and then change or “overcome” them, which helps reduce anxiety. Art therapy is also used in group classes, which helps children realize that they are not alone in their experiences.

CBT is effective in working with older children who can be aware of their thoughts and behavioral patterns. The main focus of CBT is to help the child change destructive beliefs associated with the trauma (for example, “I am to blame for what happened” or “The world is dangerous”) and teach them new ways to respond to stress. Methods for identifying and correcting negative automatic thoughts, relaxation techniques, and desensitization are used (for example, gradual familiarization with memories of the trauma in a safe context).

Trauma is often imprinted on the physical level in the form of muscle tension, breathing disorders or coordination problems. Body-oriented methods help children relieve tension through breathing exercises, movement games, dance therapy or working with body awareness. For example, the “Grounding” technique (exercises on feeling one’s own body) helps the child regain control over bodily reactions and reduce anxiety.

Fairytale therapy is effective for younger and middle-aged children, as stories help to indirectly talk about difficult experiences. The therapist creates or adapts a fairy tale in which the character faces similar difficulties, but gradually finds a way out. This gives the child the opportunity to identify with the hero, see possible ways to overcome the problem and gain hope for a positive solution to the situation.

Eye movement desensitization and processing of traumatic experiences (EMDR) is suitable for working with children who have experienced severe traumatic events, such as violence or combat. Using rhythmic eye movements or tactile stimulation (tapping), the therapist helps the child process memories of the trauma so that they no longer cause strong emotional arousal. The method is based on the natural mechanisms of information processing by the brain and helps reduce the level of fear and anxiety.

Group classes help children realize that they are not alone in their experiences, and also contribute to the development of communication skills and emotional support. Various methods are used in such groups: art therapy, role-playing games, psychodrama, body techniques. The shared experience of experiencing and supporting contributes to the faster integration of traumatic experiences.

Each of the psychotherapy methods has its own specifics and is selected individually depending on the age, characteristics of the traumatic experience and the level of emotional readiness of the child to work with a psychologist. A comprehensive approach that combines various techniques allows you to support the child as effectively as possible, help him restore emotional balance and learn to cope with the experience in a healthy way.

Timely professional support combined with a caring attitude of parents significantly increases the child's chances of successful emotional recovery and further harmonious development. Psychologists provide specialized therapeutic support that helps the child process traumatic experiences, develop self-

regulation skills and regain a sense of security. At the same time, parents are the main source of emotional support, and their understanding and sensitive attitude play a crucial role in the recovery process. Interaction between specialists and the family allows you to create a holistic system of care, which significantly increases the effectiveness of the child's recovery.

Psychologists help parents better understand their child's emotional reactions and teach them how to support them during a crisis. Often, parents do not know how to respond to their child's fears, aggression, or isolation, and may either overprotect them or, conversely, ignore the problem, which only makes the situation worse. Specialists teach parents to recognize signals of emotional distress and give the right responses – in particular, how to create a sense of stability, how to talk about trauma in an age-appropriate way for the child, and how to help them express their feelings in a safe way. On the other hand, without parental support, even the most effective psychotherapy may have limited results. The child spends most of his time in the family environment, and it is there that he should receive stability, care, and understanding. Psychologists can use various methods of work – play therapy, art therapy, cognitive-behavioral or body-oriented techniques – but if the child encounters misunderstanding or emotional coldness at home, his condition may remain unstable. Therefore, it is important that parents not only cooperate with a specialist, but also be ready to change their approaches to upbringing and communication with the child.

Another important aspect is working with the emotional state of the parents themselves. If they have also experienced a traumatic event (for example, during military operations or a natural disaster), they may be psychologically exhausted and unable to fully support the child. In such cases, psychologists also work with adults, helping them overcome their own stress so that they can provide the child with the necessary emotional support. This can include both individual therapy for parents and family counseling, where the entire family learns effective ways of interacting.

Thus, a child's harmonious recovery after traumatic events is possible only if psychologists and parents work closely together. Psychologists provide professional support, helping the child cope with the consequences of the trauma, and parents provide a safe environment and daily emotional support. The interaction of these two components creates favorable conditions for the child to not only overcome difficulties, but also acquire stress-resistance skills that will help them in the future.

Conclusions. Psychological support is an indispensable component of the process of restoring emotional balance in children who have experienced traumatic events. Timely and qualified help from a psychologist allows not only to process the stress experienced, but also to create conditions for the development of healthy coping mechanisms in the future. Various methods of psychotherapy, such as play therapy, art therapy, cognitive-behavioral and body-oriented techniques, contribute to the deep processing of traumatic experiences, allowing children to restore emotional stability and return to normal development.

However, the effectiveness of psychological help increases significantly when it is combined with the caring attitude of parents, who are the child's main caregivers and emotional supporters. Parents, working in close cooperation with a psychologist, receive the necessary knowledge and tools to create a stable and safe environment for their child. They help the child survive the trauma, maintaining harmonious relationships in the family and providing them with the emotional support necessary for recovery.

Thus, successful restoration of a child's emotional balance after traumatic events is possible only with a comprehensive approach that includes professional psychological support and active participation of parents. The interaction of these factors contributes not only to overcoming the consequences of trauma, but also to the formation of resilience skills and the ability to cope with life's difficulties in the child, which is an important part of his healthy psychological development.

Prospects for further research. In the future, it is necessary to conduct a detailed study of the effectiveness of different psychotherapy methods in the context of specific traumas, such as violence, military actions or natural disasters. More attention should be paid to comparing techniques such as play therapy, art therapy and cognitive-behavioral therapy to identify their specific advantages and limitations in different age groups of children and under different conditions.

Another important direction is to study the role of the family environment in the child's recovery process. Studying how different parenting styles, emotional availability and support from the family affect the effectiveness of the psychotherapy process can help to create more precise recommendations for parents and professionals who work with children who have experienced trauma. This will allow the development of training programs for parents and specialists to improve cooperation in the recovery process.

Equally important is the study of the long-term effects of psychological support for children. Research into how early intervention in traumatic events impacts children's emotional and social development in adulthood will help us better understand which strategies are most effective in building resilience and the ability to adapt to difficult life situations. This research opens up possibilities for creating evidence-based recommendations and psychological support programs for children in crisis situations.

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