Conditions of effectiveness of methods of supporting women's psychological well-being in situations of temporary relocation

**Abstract**

**Purpose.** The article presents the research of problems of psychological assistance to women in temporary resettlement. **Methods.** Dialogue-phenomenological method, interviews, art-therapeutic methods: common drawings, "Wreath of Memories". **Results.** The relevance of the research of the problem of individual's psychological well-being in crisis situations is outlined. The urgent problems of psychological assistance to women temporary migrants who have undergone changes in social conditions are highlighted. Theoretical and methodological approaches to the problem of recovering and maintaining the psychological well-being of the individual

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Умови ефективності методів підтримки психологічного благополуччя жінок в ситуаціях тимчасового переселення

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**Abstract**

**Meta.** Вивчення проблем психологічної допомоги жінкам, що опинились в умовах тимчасового переселення. **Методи.** Діалогово-феноменологічний метод, інтерв'ю, арт-терапевтичні методики: спільні малюнки, "Віночок спогадів". **Результати.** Окреслена актуальність дослідження проблеми психологічного благополуччя особистості в кризових ситуаціях. Виділені загальні проблеми психологічної допомоги жінкам тимчасовим переселенцям, які перенесли зміни соціальних умов. Визначаються теоретико-методологічні підходи до проблеми відновлення та підтримки

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are determined. The influence of psychological defense mechanisms of the personality on the social adaptation in the conditions of temporary resettlement is described. The particularities of application of group and individual psychotherapy techniques for activating the development of psychological well-being of personality are described. Conclusions. The effectiveness of techniques for emotional state psycho correction of temporarily resettled persons has been studied. It is determined that mobilization of women to the direct manifestations of their feelings, desires in dialogue with other persons, which intensifies their implementation, is an important condition for the effectiveness of the applied methods. Awareness and realization of these desires, openness in the manifestation of their desires, the manifestation of restrained emotions forms confidence in relationships with others, helps to maintain their own mental and physiological integrity. Possibilities of combination and use of art-therapeutic techniques and dialogue-phenomenological gestalt approach are determined. Recommendations for the organization of psychological assistance to women in recovering their psychological well-being are given. Means of conducting techniques for reducing emotional stress of the personality are selected. The analysis of obstacles in the social adaptation of the personality in crisis situations is carried out. The obtained empirical results of the study will contribute to effective organization of psychological support.

Keywords: adaptation, psychological well-being, gestalt therapy, fairytale therapy, group therapy, psychological defenses.

Introduction

In conditions of temporary resettlement of people arising as a result of the military conflict in Ukraine, the problem of psychological support is exacerbated. People get a traumatic experience. They experience states that cause instability, as well as loss of control over situation, their own lives, loss of autonomy and subjectivity, identity disturbances, confusion, psychosomatic disorders, and social adaptation disorders.

The social adaptation of women remains a special problem. Alienation and distrust in solving problems with employment, living arrangements, children's education (choice of educational institutions, kindergartens) is increasing. There is a need to develop new methods of psychotherapeutic effects to support the psychological well-being of women in situation of temporary resettlement.

The experience of domestic psychologists in psychological support to victims of extreme psychological well-being of women. Determined that mobilization of women to the direct manifestations of their feelings, desires in dialogue with other persons, which intensifies their implementation, is an important condition for the effectiveness of the applied methods. Awareness and realization of these desires, openness in the manifestation of their desires, the manifestation of restrained emotions forms confidence in relationships with others, helps to maintain their own mental and physiological integrity. Possibilities of combination and use of art-therapeutic techniques and dialogue-phenomenological gestalt approach are determined. Recommendations for the organization of psychological assistance to women in recovering their psychological well-being are given. Means of conducting techniques for reducing emotional stress of the personality are selected. The analysis of obstacles in the social adaptation of the personality in crisis situations is carried out. The obtained empirical results of the study will contribute to effective organization of psychological support.

Keywords: adaptation, psychological well-being, gestalt therapy, fairytale therapy, group therapy, psychological defenses.

Conclusion

The effectiveness of techniques for emotional state psycho correction of temporarily resettled persons has been studied. It is determined that mobilization of women to the direct manifestations of their feelings, desires in dialogue with other persons, which intensifies their implementation, is an important condition for the effectiveness of the applied methods. Awareness and realization of these desires, openness in the manifestation of their desires, the manifestation of restrained emotions forms confidence in relationships with others, helps to maintain their own mental and physiological integrity. Possibilities of combination and use of art-therapeutic techniques and dialogue-phenomenological gestalt approach are determined. Recommendations for the organization of psychological assistance to women in recovering their psychological well-being are given. Means of conducting techniques for reducing emotional stress of the personality are selected. The analysis of obstacles in the social adaptation of the personality in crisis situations is carried out. The obtained empirical results of the study will contribute to effective organization of psychological support.

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events in Ukraine covers aspects of experiencing crisis traumatic situations by different categories of victims: adults and children; experience of the hotline service; problems of psychological support to volunteers; use of mass media as a space for psychological support to the population (Kisarchuk, 2017).

Many studies show the presence of unproductive types of reflection of these persons, which can be considered as a manifestation of psychological defence mechanisms in psycho traumatic situation (Balabanova, 2017). It is concluded that psychological support to internal migrants should be aimed at the development of system-related reflection, as the most productive type of reflection. The impact of the stress of “hybrid” war on human mental and physical health is investigated, and recommendations for adaptation to stress of victims of military conflict have been developed (Kovalenko, 2017). Particular attention is paid to children, and ways to help children affected by the war conflict are identified.

The social identity is studied as a mechanism of adaptation of personality during the social crisis. The characteristics of displaced person (a person who voluntarily left his/her country as a result of hostilities and violence related to a threat to life and health and needs support) are identified.

Following certain features of the emotional state of personality, which was in a crisis situation (specific worldview, depression of mental functions, presence of psychological trauma inherent in individuals who have experienced extreme situations), the principles were selected. According to these principles the techniques for recovery and support to psychological well-being were chosen. Feelings, personal experiences that arise in the process of their application were identified as the basis of the most important tool of methods. Differentiation of these experiences, feelings and emotions creates a field of interaction wherein the process of conceptualization of these relationships takes place. It is based on the phenomenological principle of intentionality. The mind or consciousness of person is understood as an intention and is not separated from the content that is thought or intended. This principle is embedded in the techniques of cross-cultural therapy (Peseshkian, 1999).

One of the principles of techniques selection is based on the phenomenon of resiliency that is...
an ability to maintain a stable level of psychological and physiological activity in adverse life situations, absence of persistent disorders and adaptation to adverse conditions. We relied on 4 aspects of mental resource (according to Gordon Newfeld, 2012): hope (self-belief that life's difficulties can be overcome); optimism (expectation that everything will end positively); resilience (do not give up and move on to peculiar goal); adaptability (ability to adapt to changes in the environment). These aspects are actualized in the process of discussion of experiences in the group of participants after performing exercises and techniques. The discussion method is based on a dialog model of interaction.

In the recovery of the psycho-emotional state of personality, his /her activity is important. This activity should be aimed at awareness of own actions, internal states, feelings, experiences, analysis of these states and formulation of appropriate conclusions. The reflection process includes structural components of individual's self-observation and introspection. Methods of activation of action of these components enable the individual to express himself/herself in a new social environment through reflection (self-awareness) of experiences, comparison of his/her current state with the image of own expectations, goals and experiences.

In the process of discussing experiences, feelings and emotions, members of the group differentiate the psychological defenses of the individual. It is those psychological defenses that the personality uses in crisis situations, in situations of conflict which can lead to neurosis. Sublimation as a psychological protection is also used, along with nine most commonly used means of psychological defense (regression, repression, reactive formations, isolation, denial, self-projection, projection, introjection, reversion). Means of psychological protection become a psychological manifestation of adaptive capabilities not only at present, but also of individual's adaptation to the future, his/her intended prospects (Volodarska, 2019). The cognitive subsystem includes the individual's idea of own existence, while the emotional one includes the dominant emotional background in relation to various aspects of own life. Positive emotional mood may indicate the subjective well-being of a personality (Shamionov, 2012).
Migrants are affected by changes in social environment, new rules, standards of behavior adopted in that environment. Consideration of features of personality adaptation in the social environment, wherein the individual resides, is the basic principle of integrity in the cross-cultural cognitive therapy (McMallin, 2002). Culture determines most of the personality cognitions. This is what he/she believes and denies, how much he/she is willing to share with someone else for his/her family, what values he/she considers important and is the cause of own problems. Particular role in maintaining the integrity of family relations, the family is given to women. The possibilities of recovering and maintaining the psychological well-being of women in conditions of temporary resettlement have been insufficiently studied.

Hypothesis
It is assumed that the conditions for the effectiveness of methods to support the psychological well-being of women in situations of temporary resettlement are the activation of the process of differentiation and awareness of their own emotions, experiences, needs and forms of their manifestation; application of these conditions will contribute to the effective organization of psychological support.

The purpose and the research issue.
Therefore, considering the relevance of the identified problem, the purpose of the study is to identify features of maintaining and recovering the psychological well-being of personality who is in conditions of temporary resettlement. The object of research is the means of recovering the psycho-emotional state of women temporarily displaced.

The research issue: 1. Analyze theoretical and methodological approaches to the problem of effectiveness of the conditions of the psychological well-being support to women who are temporarily resettled as a result of military conflict.
2. Investigate the effectiveness of selected means of recovering and maintaining psychological well-being.

Methodology and methods
We have considered the methodological aspects in the study of possibilities of maintaining the psychological well-being of personality in a crisis situation (Serdyuk, 2017). Appropriation of
of own experiences, feelings of respondents occurs under conditions of construction of desirable. The image of the situation contains: person's thoughts; an activity in accordance with the purpose specified in this situation; sensory activity in comprehension of features of this situation, their value to the personality. In the process of appropriation by the personality of these components of the situation image, an excitation of the individual activity occurs. It determines its focus on transformation, projection of own psychological well-being.

The dialogue-phenomenological method was a basic method of research, providing for description of the psycho-emotional state of woman, aimed at differentiation of her experiences, feelings, emotions and their further awareness and acceptance of new forms of their manifestation. Further the complex of techniques was selected according to the purpose and subject of research. Determination of the current needs of women in temporary resettlement provided an opportunity to choose techniques for support of their psychological well-being. Discussions, questioning, structured interviews were carried out, as well as group and individual psychotherapeutic techniques were applied. The techniques provided intensification of the process of awareness of women's own desires, feelings, and experiences in the context of group interaction. This logic of urgent needs determination of the personality in crisis situations and activation of experiences manifestation was confirmed in the effectiveness of selected techniques.

Participants
The study involved 120 women aged 25 to 45 who were in temporary resettlement (who received psychological support under the project of the Program of Cooperation and Assistance to Democracy Development initiated by the Embassy of the Republic of Lithuania in Ukraine "Promoting the Social Integration of Victims of Conflict in the East of Ukraine" (No. P2019-VB-UK-18 dated 25.04.2019) during 2019 year.

Procedures and instruments
Meetings with women were held every 3 months for 3 days in Kyiv and for 5 days in the summer recreation camp in Klaipeda (Republic of Lithuania) in 2019. The first stage

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of the study was to determine the current needs for psychological support and recovery of the psychological well-being of women in conditions of temporary resettlement. The second stage included group meetings with application of therapeutic techniques.

The group exercises were: method of acquaintance through own stories, memories, discussion of emotional state of each participant. Art-therapeutic methods were: common drawing of a positive event celebration, creation of "Wreath of Memories", creation of a fairy tale for positive feelings of psychological well-being. The complex of techniques was aimed at recovery and support to the psychological well-being.

Results and discussions
The method of awareness and acceptance of phenomena arising in interaction with the social environment ensures recovery of personal sensitivity to own needs. Technically, in the process of dialogue, this task is intermediated through the phenomenological method. How does this happen? The personality in a crisis situation has problems that are difficult to solve without psychological support and assistance. When seeking for assistance, the personality presents own problem.

In dialogue with other person, the phenomena of interaction (experiences, associations, desires, etc.) are in the focus of attention. The dynamics of these phenomena is subject to the principle of closure (Prägnanz), when the most relevant (regardless of the level of awareness) experience of the personality supports a certain phenomenon to a greater extent than other experiences. This is how the figure and certain context of interaction emerge, where other phenomena of dialogue are their background.

Participants' support for their sensitivity to this process becomes important in dialogue. It is assumed that the therapeutic interaction increases the awareness level of own feelings and desire of participants in the dialogue. Working to reduce the anxiety of the personality in relationships with other persons, it takes place the learning related to rest, relax, clarification of own needs and attitude to them.

Methods of psychological presence, openness of the participants of the dialogue are the basis of technologies for accompaniment

в 2019 році. Першим етапом дослідження було визначення актуальних потреб в психологічній підтримці та відновленні психологічного благополуччя жінок в умовах тимчасового переселення. Другим етапом були групові зустрічі з застосуванням терапевтичних методик. Групові вправи: метод знайомств через власні історії, спогади, обговорення емоційного стану кожного учасника. Арт-терапевтичні методи: спільний малюнок святкування позитивної події, створення "Віночки спогадів", створення казки на позитивні відчуття психологічного благополуччя. Комплекс методів спрямовувався на відновлення та підтримку психологічного благополуччя.

Результати та дискусії
Метод усвідомлення та прийняття феноменів, що виникають у взаємодії з соціальним оточенням, забезпечує відновлення чуттєвості особистості до своїх потреб. Технічно в процесі діалогу ця задача опосередковується феноменологічним методом. Яким чином це відбувається? У особистості в кризовій ситуації виникають проблеми, які важко вирішити без психологічної підтримки, допомоги. Звертаючись за допомогою, особистість представляє свою проблему. В діалогі з іншими, у фокусі уваги виникають феномени взаємодії (переживання, асоціації, бажання т. інше). Динаміка цих феноменів підпорядковується принципу прегнантності, коли найбільш актуальні (незалежно від рівня усвідомленості) переживання особистості підтримує певний феномен більшою мірою, ніж інші переживання. Так виникає фігура, певний контекст взаємодії, фоном якої виступають інші феномени діалогу. Важливим в діалозі стає підтримка учасниками своєї чуттєвості до цього процесу. Передбачається, що в терапевтичній взаємодії збільшується рівень усвідомлення своїх переживань і бажань учасниками діалогу. Працюючи над зниженням тривоги особистості в стосунках з іншими, відбувається відпочивання, розслаблення, проникнення своїх потреб, ставлення до них. В основі техніології супроводу феноменів діалогу закладений метод психологічної присутності, відкритості учасників діалогу. Ці феномени, як факти свідомості, належать контексту контактування, а не лише самій особистості. Ті переживання,
of the dialogue phenomena. These phenomena, as facts of consciousness, belong to the context of contact and not just to a personality. Those experiences, feelings, desires, thoughts, emotions, fantasies that arise in the dialogue belong to the process of contact. Presence of personality in the dialogue is realized in support and accompaniment of emerging phenomena of interaction, enabling their existence and support to their transformations in everyday life.

Based on the theory of Gestalt approach, the methods of the dialogue model are aimed at activating the individual’s interest to new thoughts, behavioral strategies, life prospects that arise in the interaction (Lebedeva, 2002). Then, it becomes important the growing ability to wander about new things and changes, that replaces control over conventional behavioral strategies.

Harmonization of all components of mental and physiological state of person contributes to his/her integrity. The experience psychotherapy does not focus on substance in a dialogue. Not words spoken in the dialogue are important, but the possibility of experiencing these words and meanings. The dialogue partners restore the psycho-emotional state in the dialogue process not due to the dynamics of topics and discoveries that occur in this process, but due to the experience of being sensual, conscious, with a free choice of life.

This confirmed the ranking of answers of women in the interview. The first task was to write positive and negative factors of the effect of resettlement to a new place of residence. Based on specified factors, the most significant problems of temporary relocation were generalized and formulated, and the task was set to rank specified difficulties of relocation conditions and conditions of assistance determined by significance. When asked “What did, in your opinion, help you, when moving to a new place?”, the answer “I was supported by communication with people like us” was in the first place.

Similarly, when asked “What was the worst thing related to your migration?” women put in the first place the following answer: “Change in usual circle of contacts”.

So, communication and interaction with other persons was the main factor influencing the change in the place of residence of women. Just in the group communication the socio-situational anxiety and women’s fears decrease;

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and the psycho-emotional state is recovered. In the process of discussion by women of factors that affect support to their psychological well-being, the disclosure of own resources and manifestation of own desires and needs occur. In the conditions of resettlement, the presence of the personality in crisis life situations, the construction of its dialogue with the social environment becomes a form of solving its problems. Considering the specified factors of psychological support, the psychotherapeutic techniques were selected.

Through projective techniques (common drawing of happy events’ celebration “Festive Table”, “Dinner”, “Birthday”, etc.) some attitudes to the situation were manifested. It could be ambivalent feelings of both joy and sadness (joyful feelings related to celebration and regret for lost opportunities to celebrate with all family members, relatives, former neighbors). In the course of common drawing, the quality of communication was important: contacts to each other, request to share pencils, paints, place on paper (common sheet of paper of large size). In order to activate communication, boxes with paints and brushes were given one set less than the number of participants. This encouraged participants sharing them. Manifestations of participants’ requests, their irritation, anger, feelings, etc. were monitored. Objectification of these manifestations during discussion made it possible to restore participants’ sensitivity to their own needs. Those things that were not previously realized and were ignored, suddenly took on a different value.

Participants discovered for themselves the renewal of feeling of tenderness in the memories of how they celebrated their

<table>
<thead>
<tr>
<th>Table 1. Relevant support factors in a resettlement crisis (n=120)</th>
<th>Table 2. Distribution of relevant factors in migration crisis situation (n=120)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>I was supported by communication with people like me</strong></td>
<td><strong>Change in usual circle of contacts</strong></td>
</tr>
<tr>
<td>Мене підтримало спілкування з такими, як ми</td>
<td>Зміна звичного кола спілкування</td>
</tr>
<tr>
<td>New job</td>
<td>55,0%</td>
</tr>
<tr>
<td>Нова робота</td>
<td></td>
</tr>
<tr>
<td>New place of residence</td>
<td>25,0%</td>
</tr>
<tr>
<td>Нове місце проживання</td>
<td>Страх невизначеності у сьогоденні</td>
</tr>
<tr>
<td>New perspectives for me and my family</td>
<td>5,0%</td>
</tr>
<tr>
<td>Нові перспективи для мене і моєї сім’ї</td>
<td>Страх втрати звичної роботи</td>
</tr>
<tr>
<td></td>
<td>15,0%</td>
</tr>
<tr>
<td></td>
<td>Страх змін звичного життя</td>
</tr>
</tbody>
</table>

| Conditions of effectiveness of methods of supporting women’s psychological well-being in situations of temporary relocation |

<table>
<thead>
<tr>
<th>Conditions</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Change in usual circle of contacts</td>
<td>52,0%</td>
</tr>
<tr>
<td>Fear of uncertainty in the present</td>
<td>25,0%</td>
</tr>
<tr>
<td>Fear of losing usual job</td>
<td>15,0%</td>
</tr>
<tr>
<td>Fear of changes in normal life</td>
<td>8,0%</td>
</tr>
</tbody>
</table>
birthdays, arrival of spring, New Year, pleasant feelings of “the first snow”, “summer warm rain”, “spring thaw”. The participants were amazed that they were so “thawed” during the drawing process. According to the participants, “hard memories fill their souls”, in such conditions it is difficult to enjoy simple things that happen every day. Memories from childhood about “gentle touch of flower”, “warm air on the face” restored the sense of calm and sense of psychological well-being. Even the drawing process itself brought back to pleasant memories: “cloudless childhood” for some persons; “teenage discoveries”, “romantic youth”, “first kisses” for other persons. Communication in the course of drawing provoked a variety of emotions, including negative ones. The participants were angry that “even here it is necessary to fight for a place on paper”. When drawing a festive table, some participants tried to fill the whole place on paper, cover with sketches every corner. Their comments indicated high socio-situational anxiety (“when will it be possible to draw again?”). During the discussion it turned out that it was possible to find both time and opportunity to draw (“with their own children or nephews”, “to buy paint and colouring for adults”). The manifestations of anger had both direct and indirect forms (ironic, sarcastic sayings). The action and expression of experiences are indirect and hidden in the passive form of aggression manifestation but at the same time aimed at meeting personal needs.

This does not mean that it is necessary to get rid of passive forms of anger and aggression. This way of expressing emotions and feelings was formed in personal life experience as the most effective in certain life circumstances. This method allowed the individual to “survive”, save own mental and physiological integrity. In certain situations, the personality by using this method, received shelter, escape from a threat (physical, moral, mental and other). It is important for the personality to be aware of circumstances under which he/she uses hidden, passive forms of manifestation of own feelings. It is important to activate individual awareness of own behavioral reactions and find other options of behavior, interaction with other persons.


Це не означає, що треба позбутись пасивних форм прояву злості, агресії. Цей спосіб прояву емоцій, почуттів був сформований у особистості в її життєвому досвіді як найефективніший в певних життєвих обставинах. Цей спосіб надав особистості можливість “вигнати”, зберегти власну психічну та фізіологічну цілісність. В певних ситуаціях особистість, можливо, завдяки цьому способу отримувала прихисток, спасіння від загрози (фізичної, моральної, психічної та іншої). Важливо для особистості усвідомлювати, за яких обставин вона використовує приховані, пасивні форми прояву своїх почуттів. Важливо активізувати усвідомлення особистістю власних поведінкових реакцій і знаходження інших варіантів поведінки, взаємодії з іншими.

Цікавим було проведення нашої методики “Віночок спогадів”. Виконуючи її, учасниці
ropes, threads were making a wreath of positive and negative impressions and experiences. The group discussed woven wreaths, colours used, associations that emerged when choosing ribbons. Women liked this task: “it’s like embroidery, you pick the colour”, “it’s nice to take different silk and paper tapes in hands”, “when being a schoolgirl, I made appliqués, collages; it was interesting”, “the needlework, such as embroidery and knitting, is nice”. Pleasant memories arose during and after the exercise. Women came to class the next day, remembering new life stories, new impressions of present life events. Comparing their impressions and impressions of other persons, the women’s balance of positive and negative emotions was restored. This is what creates the basis for psychological well-being of personality.

Experiencing well-being is possible under conditions of positive emotional background and positive assessment of reality. When women understand that various life obstacles arise due to our apprehension, it provokes admission of responsibility for overcoming them and building new life prospects. Personality balances between the satisfactions of own needs and needs of others; it is important to maintain a balance between the internal mechanisms of functioning and requirements of the social environment, socio-psychological space. Just depending on the balance creation between desires and possibility of their realization, the personality feels prosperous or not. Overcoming confusion, emotional tension is possible under conditions of actualization of own needs, desires of personality in the process of interaction with other persons.

Conclusions
Carrying out selected and created techniques confirmed their effectiveness in recovering and maintaining the psychological well-being of women in situation of temporary resettlement.

It is determined that mobilization of women to the direct manifestations of their feelings, desires in dialogue with other persons, which intensifies their implementation, is an important condition for the effectiveness of the applied methods. Awareness and realization of these desires, openness in manifestation of own desires, manifestation of restrained emotions form confidence in relationships with other persons,
help to save their own mental and physiological integrity.

It is important for recovery and support to the psycho-emotional state of women in temporary resettlement, inclusion in the norms, rules of life of the society, on the one side; and orientation to own needs and values, on the other side. Efforts directed to balance adaptation to norms, requirements of the social environment and satisfaction of own needs to form the psychological well-being of personality. Direct manifestation of emotions, clear and clearly directed action, expression of emotions, wherein desire or unwillingness is laid down (I want, I do not want, I love, I am angry, etc.) becomes important. The obtained empirical results of the research will contribute to effective organization of psychological support. The results of the research may be of interest to managers of rehabilitation programs and psychological assistance centers for women temporary resettlement, as well as to researchers in the field of psychotherapy and psychological counseling.

The study prospect will be application of family group therapy techniques, since the issue of identifying and differentiating the leading factors that determine the state of subjective psychological well-being in the family is not fully explored.

References