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## **POSTTRAUMATIC STRESS DISORDER**

*"The army that fights, passes through a large number of people,  
who after demobilization are plunged into civilian life,  
bringing to it the peculiarities of militarized consciousness and  
significantly impacting on the further development of society."*

*"Every war ends with peace"*

*The article deals with the notion of the battlefield medicine and its importance for the medical specialists in the conditions of modern war.*

Our modern world is not quiet and calm, it is cold and disturbing. We all know and understand that the east of our country is suffering from the warfare. War. Pain. Despair. Tears. Death. These factors are harbingers of various diseases related to psychosomatic disorders.

***History of the posttraumatic stress disorder.*** According to its symptomatic signs "Afghan" and "Chechen" symptoms are very similar to the "Vietnam" syndrome, which was first officially established by the American soldiers who returned home after the war in 60-70-ies of the 20<sup>th</sup> century. Due to the researches of american scientists, most soldiers returning from Vietnam, could not find their place in life. The reasons were not primarily of the material matters, but of socio-psychological terms: society, consciously or unconsciously has reft soldiers, who returned home being different people, with behavior different from other citizens [5].

***"Donetsk" and "Lugansk" syndromes.*** ATO's experience showed that military psychologists on the front lines are not only necessary - their presence is required by commanders themselves. Military psychologist should be able to quickly "assemble" a fighter and orient for the battle. From the fighting spirit of the soldiers on the battlefield depends largely the success of operations against terrorism. Some soldiers are demoralized after shelling or injuries and deaths of their brothers and refuse to perform combat tasks and go back to the posts. With time former fighters of the ATO will necessarily want to displace the experienced in a very hard way, or to display the picture. One of the options - is the creation of criminal groups. Our main task is to prevent such a variant. The work is conducted in complex. Psychological help given to soldiers is divided into three stages. First is held in the recruitment of volunteers and mobilized. Here we need to determine: how effective the soldier will be in battle. The next stage is working with combat psychological injuries at the forefront. For example, a person has witnessed the death of his friend or fell into the condition when a soldier is non-contact and can "faint away" in the process of combat. The third stage is the necessary measures in rehabilitation centers or directly at the military units. Due to the international standards soldiers cannot go straight home after the collisions. They must undergo at least a two-week rehabilitation, during which they may be visited by relatives and friends. But the soldier needs to change of scenery. Here the most

important task for psychologists is to return person to society again, so that he could lead a normal life [3, p.276].

***Psychologists on the battlefield.*** By the standards, proven in armies of many countries, the personnel should always be supervised by a psychologist and get the opportunity to undergo rehabilitation before returning to family. But not only soldiers but also psychologists suffer from the war. Of great importance is the first fight. It is the most dangerous. It depends on how the fighter will conduct it. It often happens that the first battle is not a direct confrontation, when you see the enemy, and the enemy sees you. For them it is important to survive and revenge, if there were dead, hit the enemy with fire - the basic things for war. Important for us is to support this military mind during the conflict and withdraw soldiers from this state after the ATO to introduce them back into the social life without any harm. Psychologists should prepare soldiers to that what they can see. What are the reactions to stress and what a combat injury can be. Psychologists must explain that the entire spectrum of reactions - is a normal feature of our psyche, with only some of the individual differences. Thus, the soldier can help his friend, who is unable to overcome panic, and to give the first psychological support. Now the psychologist profession has become necessary [1]. It is believed that "war syndrome" of the anti-terrorism operation will be much heavier than the "Afghan". The famous military psychologist Leonid Kitaev-Smyk called post-traumatic stress disorder the syndrome of revenge. The so-called "war syndrome" has much of shame and failure to achieve the desired result. The effects depend on what we get out of this conflict. The "Afghan" and "Vietnamese" symptoms were so severe, because they ended with depreciation and discrimination of those who participated in it. We have a war of liberation, we defend our independence. The degree of trauma will depend on the success of the campaign and justification of all victims, relation of state to the defenders, serious reforms in our country. To avoid this syndrome it is important how a society will meet those who returned from the front, and how will they help. People who returned from the front are hurt that they are psychologically not coincide with the life from which they came [4].

According to the director of the Military Medical Department of the Ministry of Defense of Ukraine Colonel of medical service Vitaly Andronatyi there will be created two rehabilitation centers in Ukraine for wounded. Already signed directives and established rehabilitation department at Lviv and Irpin hospitals. Volunteers are involved into creation of rehabilitation centers. "Ukrainian Association of overcoming the consequences of traumatic events" is provided with some space by the sponsors. This is mostly private houses in Kiev and Zhytomyr regions. But ATO involves tens of thousands of people. Volunteers have enough forces for the rehabilitation of 5-7 thousands of members, primarily the most injured [2, p.333].

### ***Summary***

Basic concepts of medical specialist training course for saving lives on the battlefield are reflected in medical rules such as actions aimed at the rehabilitation and correct psychologists' help on the battlefield. Due to all the above we propose to strengthen or introduce military training in psychology at the main bodies of infantry groups.

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