

**SOCIAL SCIENCES. Psychology****OVERVIEW****Methods of Psychoanalysis in the Psychological Support of Families of Military Personnel Participating in Peacekeeping Activities****Author's Contribution:****Issimova A. E.**<sup>1</sup> ABDEFG

**A** – Study design;  
**B** – Data collection;  
**C** – Statistical analysis;  
**D** – Data interpretation;  
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**F** – Literature search;  
**G** – Funds collection

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**Background and Aim of Study:****Abstract**

*Psychoanalysis is one of the forms of the psychotherapy, aimed to help clients to understand their unconscious feelings that is directly effect to their current behavior, thought and emotions.*

*The aim of the study: to substantiate ways of using methods of psychoanalysis in the psychological support of families of military personnel participating in peacekeeping activities.*

**Materials and Methods:**

*In the study, the following general scientific methods has been used: analysis, synthesis, comparison, generalization. Participants – mothers/wives of military personnel who is taking part in peacekeeping mission is one of the objects that have necessity to psychologically support to reduce their stress, their perception to stressors, its social-psychological implications and focusing on creating possible mechanisms of decreasing their stress level by making social identification as central through psychoanalytical approach.*

**Results:**

*Although the peacekeeping mission has effected positively to military personnel, studies have found that there are negative effects from the operations to military personnel's family members. Deeply analyzing these influences, the study shows the importance of psychological support for family members in all stages of military deployment, in particular, psychological support is a crucial for individuals who have a feeling of anxiety and sadness due to separation and loss. That means, separation and loss are significant influential variables, which related to their well-being considerably. Accentuating the psychoanalytic approach and using of Fairbairn's psychoanalytic interview about an attachment may not only an opportunity to understand the client's issue, but it is an active social interaction that is related to stress buffering. It was proved, Fairbairn's psychoanalytic model is one of the possibilities to specify which ego structures are overdeveloped and which are underdeveloped, because of the type of family backgrounds.*

**Conclusions:**

*Despite the controversial views about the study of psychoanalysis as a science, psychoanalysis technique based social psychological integrative study could bring new effects on the development of psychology.*

**Keywords:**

*psychoanalysis, psychoanalytic interview, stress, psychological support.*

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## Introduction

It is true that phenomenon of psychoanalysis: knowledge, which is not accessible for all. Psychoanalysis is one of the forms of the psychotherapy, developed by Austrian psychotherapist Freud, and aimed to help clients to understand their unconscious feelings that is directly effect to their current behavior, thought and emotions. It is based on the idea that individuals are unaware their unconscious mind, which is from repressed childhood memories that cause their current unconscious behavior. Understanding this is not accessible for many others, that reasons could be as these: firstly, psychoanalysis orients insight therapy, which is required knowledge to the psychotherapist, not only psychoanalysis theory but also other psychological fundamental backgrounds too. Moreover, being a master of psychoanalysis is not short-term process. Secondly, psychologist's capability of analytical thought is an important variable for an interpretation and correct diagnosis which is linked with their successful treatment.

*The aim of the study.* To substantiate ways of using methods of psychoanalysis in the psychological support of families of military personnel participating in peacekeeping activities.

## Materials and Methods

In the study, the following general scientific methods has been used: analysis, synthesis, comparison, generalization.

## Results and Discussion

Traditionally, psychoanalysis was a therapy for dealing with disorders such as psychosomatics, neurosis ext. problems, which are treated by medical caring. However, it is clear from the previous studies that have shown produce of better results (Celani, 2007) due to psychoanalysis related approach. For example, Bergin estimated that 80% patients benefited from this therapy (Lambert, 2013). Similarly, a study Weitkamp et al. (2018) supports the idea that psychoanalytic therapy substantially reduces anxiety symptoms.

In spite of psychoanalysis is the most well-known treatment modalities, there are part of science community has not aspired to admit psychoanalysis as a science. There could be several reasons of this.

The first reason would be the lack of evidence to operationalize/generalize its hypotheses. In spite of psychoanalysis is an effective treatment way for dealing with disorders, it is based on Freud's personality theory, which have gained little empirical support. Therefore, Freud's theory ignored individual differences, which are contradicted main psychological principle.

Second reason could be an association psychoanalysis theory with an attachment theory. Attachment theory has become a primary model for many psychoanalysts. However, some scientists for instance, Rutter claims that attachment model has limitations. As psychoanalysis, it is also not takes into account individual's temperamental and behavioural features that make issue more likely to develop.

However, there is no doubt that therapies by using methods of this nature have shown positive results, which has need to research the question widely. Generally, psychoanalysis based therapy accentuates mainly in an interview with clients or patients to their relationship with their group (e. g. family, friend, colleague ext.). This can gain them insight into their past and influence of unconscious behavior. Psychoanalytical "insight therapy" helps them deal with their behavioural and emotional problems that affected their not only decrease stress level, but also family relationship, which is a basic variable for individual's well-being. Furthermore, Rector and Roger (1997); Rosse, Boss, and Johnson (1991) concluded that the stress buffering effects to individual's self-esteem. In this case, psychoanalysis' advantage may justify by social-psychological perspective. That means, psychoanalysis's approach influences individual to deal with their unconscious behavior and emotions, and consequently may leads them changing their attitude to themselves and their environment. In fact, individual's positive relationship with their group has influence their moods, thoughts and coping behaviours.

Today finding effective ways coping with stress is one of the subjects that interested in social psychologists. If the solving the issue of stress is looked at by accentuating the psychoanalysis way it would positively effect to clients to decrease their stress and it could looks as follow: the aim of the study may exploring mother/wife of military personnel who is taking part in peacekeeping mission is one of the objects that have necessity to psychologically support to reduce their stress, their perception to stressors, its social-psychological implications and focusing on creating possible mechanisms of decreasing their stress level by making social identification as central through psychoanalytical approach. The hypotheses would formulate as following: military personnel's deployment may influence to mother/wife's stress perception; mother/wife's social identification may decrease their stress level.

Theoretical and methodological foundations of medical and psychological support, including preventive measures and overcome post-traumatic stress disorder in military personnel, have been considered in the works (Melnyk, 2018; Melnyk, 2012).

In spite of peacekeeping mission has effected positively to military personnel, studies have found that there are negative effects from the operations to military personnel's family members (John & Newby, 2005). For example, Gewirts, Erbes, Polusny, Forgatch, and DeGarmo (2011) suggest that periods of deployment associated negatively with family stress perception. In fact, in the pre-deployment period, family stressors associated with preparation for deployment or impending separation that involves anticipatory worry and tension. The deployment period families have faced the stress of prolonged separation and single parenting while the deployed parent is absent. The last post-deployment period may bring additional challenges for two-parent families in re-

establishing a parenting 'equilibrium' upon the service member's return. Pincus, Youse, Christenson, and Adler's study (2001) finding about pre and post deployment stages disruptive due to both the increased stress inherent to these periods and the unique challenges associated with these stages. Moreover, Mansfield et al. (2010) investigating research with samples 250000 army wives and found that military deployment has increase with elevated rates of treatment for, depression, sleep problems, anxiety disorders, acute stress reactions and adjustment disorders.

If these impacts are analyzed deeply, it is important to show psychological support for family members in all stages of military deployment, in particular, psychological support is a crucial for individuals who have a feeling of anxiety and sadness due to separation and loss. That means, separation and loss are significant influential variables, which related to their well-being considerably.

Accentuating the psychoanalytic approach and using of Fairbairn's psychoanalytic interview (Celani, 2007) about an attachment may not only an opportunity to understand the client's issue, but it is an active social interaction that is related to stress buffering. In addition, Fairbairn's psychoanalytic model is one of the possibilities to specify which ego structures are overdeveloped and which are underdeveloped, because of the type of family backgrounds. This is a significant part and task in working with individuals who have emotions as separation or loss. According to an attachment theory developed by Bowlby (1960); Bowlby (1980) and he suggested that about the implications of attachment for individual's emotion regulation explored and suggested that anxiety and anger are mainly as a result of separation, a feeling of sadness and despair due to loss.

Moreover, psychoanalytic interview may an appropriate way for a case study. It allows for multiple observations and interpretations of the client's statements. There is given interview questions developed by Fairbairn (Mansfield et al., 2010):

1. Can you start by helping me navigate your early family situation: where did you live, with whom do you live, and so on? Where did you give birth? Did you move a lot from place to place? What did your family do at different times in order to have livelihoods? Have you often seen your first parents (grandparents) when were you little?
2. I would like you to try to describe your relationship with your parents when you were a child... if you could start from the earliest time you can remember.
3. Now I want to ask you to choose five adjectives that reflect your childhood relationship with your mother. I know it will take a little time, so think a minute ... then I will ask you why you chose them.
4. Now I would like you to choose five adjectives that reflect your childhood relationship with your father. I'm going to ask you again, why did you choose them?
5. Which parent was closer to you and why? Why not has this feeling with another parent?

6. When you were out of balance, being a child, what were you doing at that moment?

7. When, as you remember, you had your first separation from your parents, how did you react to this, did you have any other separations in your memory?

8. Have you ever been a small child that you were rejected? Of course, these memories now, as you understand, were not really rejection, but I need to know, do you remember that you once had a feeling of rejection in childhood?

9. Did your parents ever threaten you in any form - for example, with punishment or, maybe, in a joking manner?

10. So, do you think this experience with your parents influenced your adult fox? Are there any aspects of your early experience that you think have hindered your development?

11. Why do you think why your parents behaved this way and not otherwise when you were a child?

12. Were there other adults with whom you were close, as with your parents, in your childhood? Or any other adults who would play a particularly important role for you, even if not the parent?

13a. Have you lost any other important people during your childhood?

13b. Have you lost other loved ones in your adult life?

14. Have there been many changes in your relationship with your parents since your childhood? I mean the whole period, from childhood to today?

15. How do you now, as an adult, assess your relationship with your parents?

16. What are your feelings and experiences now when you are parting with your child?

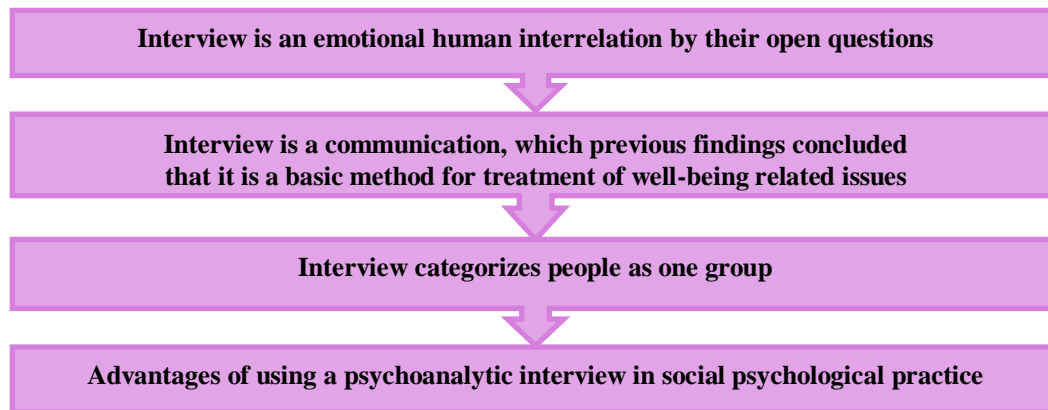
17. If you could wish your child three things in twenty years, what would you like? I think in part about the future that you would like for your child. Think a minute about the answer to this question.

Using such a technique in social psychological practice increases psychoanalysis's significance in science. Possible key points as following: firstly, interview is an emotional human interrelation by their open questions. The emotional transference is employed by the therapist as a means to overcome the resistance offered to the therapist when attempting to make the client's unconscious conscious to him. Secondly, interview is a communication, which previous findings concluded that it is a basic method for treatment of well-being related issues. Thirdly, psychoanalytic interview categorizes people as one group. According to social-identity theory, individual's categorization with others increases group member's a sense of social support that associated positively with stress decrease (Haslam, Jetten, Postmes, & Haslam, 2009). For example, Cruwys et al.'s study (2014) examining the correlation between increased social identification and reduction of depression symptoms suggested that increased social identification has positive effect on patients in group – based interventions both in community and clinical settings. This suggestion differs from social group-based intervention in existing psychotherapy treatment approach through term length, cost effectiveness and relapse-prevention possibilities. They highlight the fact

that members who joined a social group have significant benefit for reducing depression symptoms due to the increased social identification rather than other types of well-being outcomes. A psychoanalysis therapy involves an intense emotional social interaction can be regarded an appropriate way to reduce their levels of stress.

Advantages of using a psychoanalytic interview in social psychological practice are illustrated in Figure 1. In addition, dialog by writing (e. g. essay; question-

answer) could be one of effective techniques of the psychoanalysis in modern reality of digitalization society. It gives for individuals an opportunity to express their feelings freely and speak their mind. It is designed to reveal repressed memories and gives insight into feelings and attitudes ("free association"). Specifically, it is appropriate for the clients/patients who have e. g. depression, which are close to contact with psychoanalyst.



**Figure 1.** Advantages of using a psychoanalytic interview in social psychological practice.

### Conclusions

To sum up, despite the controversial views about the study of psychoanalysis as a science, psychoanalysis technique based social psychological integrative study could bring new effects on the development of psychology.

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- Deployment and the use of mental health services
- Методи психоаналізу в психологічному супроводі сімей військовослужбовців, які беруть участь у миротворчій діяльності**  
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- Анотація**  
**Вступ:** Психоаналіз є однією з форм психотерапії; спрямований на те, щоб допомогти індивідам зрозуміти свої несвідомі почуття, які безпосередньо впливають на їхню поточну поведінку, думку та емоції.  
**Мета дослідження:** Обґрунтувати шляхи використання методів психоаналізу в психологічному супроводі сімей військовослужбовців, які беруть участь у миротворчій діяльності.  
**Матеріали і методи:** У дослідженні було використано такі загальнонаукові методи: аналізу, синтезу, порівняння, узагальнення. Учасники – матері/дружини військовослужбовців, які беруть

участь у миротворчій діяльності; це один з об'єктів, які потребують психологічної підтримки для зменшення стресу, їх сприйняття до стресів, їх соціально-психологічних наслідків і зосередження на створенні можливих механізмів зниження рівня стресу, роблячи соціальну ідентифікацію центральним через психоаналітичний підхід.

**Результати:** Хоча миротворча місія позитивно вплинула на військовий персонал, дослідження показали, що існують негативні наслідки від операцій до членів сім'ї військовослужбовців. Глибоко проаналізувавши ці впливи, у дослідженні показана важливість психологічного супроводу членів сім'ї на всіх етапах військового розгортання, зокрема, психологічний супровід є вирішальною для осіб, які відчують занепокоєння і смуток через розлучення і втрату. Це означає, що поділ і втрата є значними впливовими змінними, які значною мірою пов'язані з їхнім добробутом.

Акцент на психоаналітичному підході та використання психоаналітичного інтерв'ю Ферберна щодо прихильності дає можливість зрозуміти не тільки проблему особи, але і її активну соціальну взаємодію, пов'язану з буферизацією стресу. Доведено, психоаналітична модель Ферберна є однією з можливостей уточнити, які Его-структури надмірно розвинені і які недостатньо розвинені через тип сімейного походження.

**Висновки:** Незважаючи на суперечливі погляди на вивчення психоаналізу як науки, методи психоаналізу, засновані на соціально-психологічному інтегративному дослідженні, можуть принести нові ефекти у розвитку психології.

**Ключові слова:** психоаналіз, психоаналітичне інтерв'ю, стрес, психологічний супровід.

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