

**Ihor Pasichnyk., D.Psych.SC, Professor, Rector of The National University
of Ostroh Academy,
Halyna Handzilevska, Ph.D, Docent of Psychology and Pedagogics
Department, The National University of Ostroh Academy,
Uliana Nikitchuk, Ph. D., Docent of Public Health Department, The National
University of Ostroh Academy**

**PSYCHOLOGICAL IMMUNITY OF UKRAINIAN MIGRANTS
DEPENDING ON CHILDHOOD SCENARIO SETS**

Пасічник І. Д., Гандзілевська Г.Б., Нікітчук У. І. Психологічний імунітет українських мігрантів залежно від дитячих сценарних установок. У дослідженні психологічний імунітет індивіда вивчається в умовах адаптації до нового соціокультурного середовища. Увагу зосереджено на емпіричному вивченні сценарних рішень мігрантів – несвідомих, ірраціональних установок на пристосування до життя як механізмів набутого психологічного імунітету. Вимушену міграцію запропоновано розглянути як «зрив» звичного життєвого сценарію, який потребує трансформації. Основні результати кореляційного аналізу наступні: (1) існує статистично значимий зв'язок між сценарними установками внутрішньо переміщених осіб та особистісною готовністю до змін, що визначено критерієм психологічного імунітету; (2) сценарні установки створюють відчуття захищеності, однак є психологічними бар'єрами у пристосуванні до зміненого соціокультурного середовища. У зв'язку з цим спрогнозовано модальність контакту мігрантів з соціокультурним середовищем, що має вплив на формування стратегій акумуляції, та виявлено необхідність у корекції сценарних установок, а отже штучному формуванні активного психологічного імунітету.

Ключові слова: сценарні рішення, психологічний імунітет, стратегії акумуляції, мігранти, вимушено внутрішньо переміщені особи.

Пасечник И.Д., Гандзилевская Г. Б., Никитчук У. И. Психологический иммунитет украинских мигрантов в зависимости от детских сценарных установок. В исследовании психологический иммунитет индивида изучается в условиях адаптации к новой социокультурной среде. Внимание сосредоточено на эмпирическом исследовании сценарных решений мигрантов – бессознательных иррациональных установок на приспособление к жизни как механизмов приобретенного психологического иммунитета. Вынужденную миграцию предложено рассмотреть как «срыв» привычного жизненного сценария, который нуждается в трансформации. Основные результаты корреляционного анализа следующие: (1) существует статистически значимая связь между сценарными установками внутренне перемещенных лиц и личностной готовностью к изменениям, которая определена критерием психологического иммунитета; (2) сценарные установки создают чувство защищенности, однако являются психологическими барьерами в приспособлении к измененной социокультурной среде. В связи с этим спрогнозирована модальность контакта мигрантов с социокультурной средой, которая влияет на формирование стратегий аккумуляции, и обнаружена необходимость в коррекции сценарных установок, а следовательно, в штучном формировании активного психологического иммунитета.

Ключевые слова: сценарные решения, психологический иммунитет, стратегии аккультурации, мигранты, вынужденно перемещенные лица.

Pasichnyk I. D., Handzilevska H. B., Nikitchuk U. I. Psychological immunity of Ukrainian migrants depending on childhood scenario sets. The study of psychological immunity of the individual in conditions of adaptation to new socio-cultural surroundings is proposed. Scenario decisions of migrants – unconscious, irrational mind sets for adapting to life viewed as mechanisms of acquired psychological immunity – are in the focus of empirical research. Forced migration is considered to be a breakdown of normal life scenario which, therefore, requires transformation. The main results of correlation analysis are as follows: (1) there is statistically significant connection between scenario sets of internally displaced persons and personal readiness to changes, which considered as a criterion of psychological immunity; (2) scenario sets create a sense of security, but interfere with adaptation to altered socio-cultural surroundings. In this regard, the modality of migrant's contact with socio-cultural surroundings which impacts the establishment of acculturation strategies has been predicted and featured. The requirement of correction of migrants' childhood scenario sets is revealed.

Key words: scenario decision, psychological immunity, acculturation strategy, migrant, internally displaced person.

Background of the problem. Such circumstances as economical crisis, annexation of the Crimea, armed conflict in the East of Ukraine aggravate internal and external migration processes and, consequently, a problem of socio-cultural adaptation of migrants and corresponding coadaptation of host side. According to International Organization for Migration factsheet, 2015 is the year of record growth of the number of international migrants (244 million persons), including forced displacement (a 45% increase compared to three and a half years ago) [1]. Current situation in Ukraine reflects these world processes. 415 citizens of Ukraine acquired the status of refugee, 1150 persons got an additional form of shelter for humanitarian reasons during 2015. The number of labor migrants outreach 700 thousands citizens of Ukraine [2]. A quantity of Ukrainians living in another country constantly increases; for instance, they make up over 6% of foreigners from Third World on the territory of the European Union. According to latest published data of The Ministry of Social Policy there are about 1 million 800 thousands internally displaced persons in Ukraine in 2016 [3], as of July, 2017, 1 273 577 families from Donbas and Crimea have been registered by regional and city administrations [4]. All of them were forced to leave their domiciles due to armed conflict, temporary occupation of territories or in order to escape negative consequences of these issues.

In this context, exploration of ways to solve migrants' problems related to adaptation is a significant scientific goal. We accentuate adaptive resource of personality among other factors of adjustment to altered surroundings; psychological immunity is considered to be an indicator of adaptive resource [5]. The main function of psychological immunity the mechanism of which can be well illustrated in the context of biological immunity is to help an organism to resist the effect of aggressive agents, to wit, destructive impact of surroundings. In this regard, investigation of migrants' scenario sets (decisions) which, according to transaction analysts [6; 7; 8], act as an unconscious reaction to external threat and provide a strategy of survival in the moment of decision-making, acquires its particular importance. Viewing scenario decisions – the main structural component of life scenario (unconscious life plan [6]) – as psychological immunity can direct to new studies aimed to strengthen migrants' vitality and to improve socio-psychological component of their integration to new cultural surrounding.

Analysis of recent studies on this issue. The most significant contribution to our comprehension of outlined problem has been made by studies of S. Vaskivska [5] who draws a parallel between the concepts of immunity in medicine and psychology and defines psychological immunity as a complex of internally personal phenomena of personality. We accept as fundamental the author's thesis regarding the functions of psychological immunity, namely: recognition, prognostication and managing the situation – which provide harmonious realization of own uniqueness and authenticity keeping the integrity of personality in interaction with surroundings. This thesis corresponds the definition of psychological immunity given by A. Ollah who represents it as multidimensional unit of personal resilience resources or adaptive capacities [9]. Following A. Aunaishvilly [10], who has distinguished the concept of psychological immunity from the concept of psychological defense on the basis of realism in perception of information from outer world as the criterion, we come to a conclusion that psychological immunity advances development of appropriate behavior and, accordingly, boosts adequate adaptation to altered circumstances. According to

psychodrama (J. Moreno [11] and others), this process is the form of spontaneity blocking of which causes creativity neuroses and passivity. In this regard, we should mention the study of S. Maksimova [12] who has empirically disclosed significant connections between childhood scenario decisions (psychological barriers) and different forms of creative activity (both adaptive and non-adaptive). However, clarifying the role of childhood scenario sets in the process of psychological immunity development requires further scientific surveys.

Objectives. Despite the fact that importance and relevance of outlined problem is beyond a doubt, the analysis of recent scientific publications shows quite a poor number of studies dedicated to psychological immunity (in particular, in the context of migration) and the role of scenario sets (decisions) in the process of adaptation. The lack of researches on the point and obvious practical need of them guided the *purpose* of this paper to emphasizing the concept of psychological immunity in the context of inquiry about resource and destructive potential of scenario sets in conditions of adaptation to altered surroundings.

Scenario sets are structural components of life scenario which we consider to be a cognitive-emotional pattern of identification of individual which reflects in the behavioral strategies of internal model of own self. Life scenario (script) expresses life position of individual which is a sum of beliefs about self, others and world as a whole. While integrating individual and socio-cultural experience life scenario creates a sense of confidence and safety regarding future, but at the same time it preserves certain behavioral models which can cause problems of adaptation when surroundings change. However, childhood scenario decisions, which are formed unconsciously mainly under parents' impacts, according to transactional analysts, serve as the most effective survival strategy at the moment of its assuming, and therefore we are researching this phenomenon in the context of acquired psychological immunity.

Materials and methods. To study connection between early childhood decisions and compound of abilities providing harmonious social and psychological adaptation, following diagnostic tools were used: (1) Early Childhood Decisions Questionnaire

(S. Maksymova) [12], which allowed to reveal person's mind sets formed under the influence of bans and drivers in childhood; (2) Personal Change-Readiness Survey (PCRS) by Rolnik, Heather, Gold and Hal, adapted by N. Bazhanova and H. Bardier which made it possible to assess reliably passion/drive, creativity/resourcefulness, optimism, courage/adventurousness, adaptability, confidence, tolerance for ambiguity as components of readiness to change [13]; (3) Life Sense Orientation Test (D. Leontiev), which is adapted version of Purpose-In-Life Test by J. Crumbaugh & L. Maholick and allowed to reveal individual experiencing the ontological significance of life [14]; (4) Subjective Well-being Scale (G. Perrudet-Badoux) adapted by M. Sokolova, which let us explore emotional comfort of the individual [15]. Since these tools operate quantitative scales Pearson's coefficient was applied for correlation analysis.

Results and Discussion

The sample of empirical research consisted of 29 internally displaced persons (statistical power for Pearson's correlation is 0,8). The results of empirical study testify statistically significant connection between the level of subjective well-being and particular scenario bans and drivers presented in Table 1, namely: 'Don't present yourself'/ Don't appear' (0,531, $p < 0,05$), 'Don't be a child' (0,390, $p < 0,01$), 'Don't succeed' (0,429, $p < 0,01$), 'Don't be yourself' (0,598, $p < 0,05$), 'Don't be significant' (0,453, $p < 0,01$), 'Don't belong' (0,410, $p < 0,01$), 'Attempt' (0,381, $p < 0,01$), 'Hurry up' (0,384, $p < 0,01$). Such issue may indicate certain orientation of migrants to feel secure, stable in the way they were taught in childhood and this reflects in the life scenario program. On the basis of acquired data we assume with high probability that the injected parent's instructions, orders, drivers similarly like mechanisms of psychological defense maintain emotional comfort in adulthood. In this sense, life scenario can be equated with psychological immunity, yet it provides the function of recognizing the threat, managing the situation, predicting future, reaching the sense of emotional control over the situation.

Table 1

The results of correlation analysis between Scenario Set and Subjective Well-being indicators

No	Scenario bans and drivers	Subjective well-being	
		The value of Pearson's coefficient	The level of significance
1	Don't present yourself / Don't appear	0,531	0,004
2	Don't be a child	0,390	0,040
3	Don't succeed	0,429	0,023
4	Don't be yourself	0,598	0,001
5	Don't be significant	0,453	0,015
6	Don't belong	0,410	0,030
7	Attempt	0,381	0,046
8	Hurry up	0,384	0,044

At the same time, the results of the correlation analysis between the scales of Life Sense Orientation Test and scenario decisions testify inverse connection which means that the stronger is scenario set the lower is feeling of life sense and ontological significance of life. This may indicate some kind of search for another sense in life and, consequently, the transformation of regular scenario with its internal program. In confirmation of this thesis we present following data: there are statistically significant inverse correlations between the 'Goal in life' scale (which demonstrates the presence or absence of aims in future and points out meaningfulness, orientation and time perspective) and scenario bans 'Don't present yourself / Don't appear' (-0,398, $p < 0,01$), 'Don't be yourself' (-0,399, $p < 0,01$); between the 'Process of life' scale (which indicates interest and emotional saturation of life) and mind set 'Don't be yourself' (-0,512, $p < 0,05$), 'Don't succeed' (-0,527, $p < 0,05$), 'Don't create' (-0,471, $p < 0,01$), 'Attempt' (-0,386, $p < 0,01$), 'Hurry up' (-0,438, $p < 0,01$); between the 'Effectiveness of life' scale (which points out satisfaction with self-realization) and bans 'Don't be

yourself' (-0,471, $p < 0,01$), 'Don't succeed' (-0,464, $p < 0,01$); between 'The locus of control-Me' scale (which is representation of oneself as a strong person with sufficient freedom of choice for building of own life in accordance with personal goals and ideas) and scenario sets 'Don't be yourself' (-0,390, $p < 0,05$), 'Don't do' (-0,452, $p < 0,01$), 'Hurry up' (-0,463, $p < 0,01$), 'Gratify' (-0,375, $p < 0,01$); between 'Locus of control-Life' scale (belief in ability to control own life, to make decisions freely and to put them into practice) and scenario bans 'Don't be yourself' (-0,541, $p < 0,05$), 'Don't succeed' (-0,448, $p < 0,01$), 'Don't create' (-0,675, $p < 0,05$), 'Don't grow up' (-0,391, $p < 0,01$), 'Don't be the first one' (-0,516, $p < 0,05$), 'Don't be significant' (-0,428, $p < 0,01$) as well as drivers 'Attempt' (-0,480, $p < 0,05$), 'Hurry up' (-0,500, $p < 0,05$), 'Gratify' (-0,422, $p < 0,01$), 'Be strong' (-0,477, $p < 0,01$). Thus, among the 14 scenario bans we can distinguish three, namely: 'Don't be yourself', 'Don't succeed', 'Don't create', which appear to be principal for providing meaningfulness of life – the mechanism of the resourcefulness of the individual (O. Shtepa [16]). The guideline for the scenario that triggers 'Attempt' and 'Gratify' drivers according to T. Kahler's classification [3] is a choice of life with unfulfilled needs as well as life in a constant fear of punishment. This fully corresponds the results of our research and reinforces the data we have received. Moreover, the function of immunity as we have already noted above is to keep integrity, individuality, authenticity of an individual for successful self-realization. The results confirm that determination of life management by scenario bans is accompanied by interception of spontaneity which is related to adequate adaptation to altered surroundings.

The discussion is exacerbated by the result of correlation analysis between the indicators of personal change-readiness and scenario sets. Thus, Table 2 shows the most pronounced inverse connection between the scales of PCRS and the scales of Early Childhood Decisions Questionnaire: Confidence and scenario bans 'Don't succeed' (-0,524, $p < 0,05$), 'Don't do' (-0,429, $p < 0,01$), 'Don't be a child' (-0,413, $p < 0,01$); Creativity and 'Don't grow up' ban (-0,449, $p < 0,01$), 'Don't succeed' ban (-0,475, $p < 0,01$), 'Don't do' ban (-0,418, $p < 0,01$); Optimism and scenario prohibitions 'Don't succeed' (-0,486, $p < 0,01$); Courage and bans 'Don't belong' (-0,380, $p < 0,01$);

Tolerance for ambiguity and ‘Don’t belong’ ban (-0,412, $p < 0,01$). It should also be noted that the direct connection between the Adaptability and Tolerance scale has been revealed (0,497, $p < 0,01$), and this link is mediated by scenario mind set ‘Don’t belong’. Obviously, such scenario bans as ‘Don’t succeed’, ‘Don’t do’, ‘Don’t belong’ are principal prohibitions that block personal readiness to change and, consequently, this may raise up psychological barriers in adaptation.

Table 2

The results of correlation analysis between indicators of personal change-readiness and scenario mind sets

Scenario ban PCRS scales	Don't grow up	Don't succeed	Don't do	Don't be a child	Don't belong	General number of bans
Creativity <i>r</i>	-0,449	-0,475*	-0,418*	-0,303	0,094	-0,372
Optimism <i>r</i>	-0,196	-0,486*	-0,175	-0,368	-0,118	-0,219
Courage <i>r</i>	0,189	0,244	0,265	0,122	-0,380*	0,162
Confidence <i>r</i>	-0,325	-0,524**	-0,429*	-0,413*	-0,021	-0,383*
Tolerance for ambiguity <i>r</i>	0,277	0,015	0,189	-0,076	-0,412*	0,023

Note: *r* – the value of Pearson’s correlation coefficient; * – the empirical value for Pearson’s coefficient is significant at $p < 0,01$; ** – is significant at $p < 0,05$.

As we’ve mentioned before childhood scenario decision serves as the survival strategy at the moment of its assuming and, therefore, can be considered certain adaptation strategy. However, this strategy is based not on creative adjustment, but on

usage of cognitive and behavioral patterns that give a child a sense of coherence, balance, emotional control, propriety (compliance of actions with educational guidelines). As it can be seen from the results of the empirical study, an automatic following these drivers and bans in adulthood leads to concern, lack of trust in own creativity, feeling of threat where there's no danger or exaggeration of threat caliber when it really occurs which, in terms of psychological immunity, could be defined as its hyper function.

At the same time, psychological defense, in accordance with the paper of S. Vaskivska [5], indirectly creates the basis and has a significant impact on the development of psychological immunity functions causing some decrease/increase in sensitivity to these or that "destroyers". It is obvious from our study that scenario decisions made in accordance with bans and directives of parents as well as certain mechanisms of psychological defense, probably initially create a sense of security, but further they provoke hyper function of psychological immunity, which in turn complicate the process of adaptation and affect negatively life orientations, goal setting and implementation of intentions.

Correspondingly with scenario decision, prognostic characteristics of person's behavior and scenario type provoking bans and drivers (according to transaction analysis) we have developed the classification of assumptive contact modality of person within the gestalt approach [18], which can credibly impact the development of psychological immunity functions. Therewith, assenting with R. W. White [19] who considers the mechanisms of defense as a precondition for general processes of adaptation which can be unconscious, we propose to distinguish probable strategy of acculturation (the mind set of an individual reflecting his or her attitude towards own identity and changed cultural environment) within the framework of the concept of acculturation by J. W. Berry [20]. All parents' precepts are typical examples of introjections and they can determine different behavioral patterns. However, based on our own practical experience and proper description of the behavior type accordingly to certain scenario bans by transactional analysts, we can draw such parallels (Table 3). In

accordance to the results of our empirical study, among 14 scenario bans the following five are identified and characterized as mechanisms of psychological defense: ‘Don’t succeed’, ‘Don’t do’, ‘Don’t belong’, ‘Don’t be yourself’, ‘Don’t create’. All of them play an important role in the development of psychological immunity providing recognition, prediction and management of the situation.

Table 3

The most common contact modality of a person according to scenario bans through the prism of development of psychological immunity

Scenario ban (transaction approach: M. Gulding [21], S. Maksimova [12])	Scenario decision (transaction approach: M. Gulding [21], S. Maksimova [12])	The most common contact modality (gestalt approach)	Prognosticated strategy of acculturation (J. Berry [20])
Don't be yourself	No matter how much I try I'll never gratify	Deflection	Marginalization
Don't do	I will never do anything right	Deflection	Marginalization
Don't succeed	I won't win (succeed) because they won't love me	Merger (confluence)	Assimilation
Don't create	I'm not able to create	Merger (confluence)	Assimilation
Don't belong	Nobody will ever love me	Egotism	Separation

It is obvious from the Table 3 that concordantly to listed bans passive adaptation of migrant is projected. This includes self-identification with other's expectations through frustration of own needs and restrictions of certain activities. Prognosticated strategies are separation (minimizing contact), marginalization (unwillingness to accept

new demands and refusal of own requirements) and assimilation (full acceptance of the conditions of a new society through the rejection of own values and culture). The absence of *integration* strategy should be especially emphasized since this strategy is considered to be optimal (cultural identity is preserved in conditions of partial adoption of new society).

Conclusions

Thus, this empirical research provides reliable ground to posit parents' bans as factors of forming of psychological immunity, which is considered as an indicator of the resource potential of the life scenario (accumulative system of external and internal individual's abilities for adaptation in society and his or her complete self-realization), and childhood scenario decisions - as mechanisms of psychological defense which direct strategies of adaptation to new surroundings. Actually, the constructive side of the life scenario containing rational decisions made as response to parents' instructions is that component of psychological immunity which promotes individual's life stability and therefore we did not sharpen our attention to this issue. The prospect of further studies is discerned in revealing the principles of optimization of psychological immune system by correction of the destructive influence of irrational scenario sets.

References:

[1] Global Migration Data Analysis Centre of International Organization for Migration. Global Migration Trends (2015) Factsheet, available at <http://gmdac.iom.int/global-migration-trends-factsheet>

[2] International Organization for Migration, UN Migration Agency. Migration in Ukraine: numbers, facts (2016), available at http://iom.org.ua/sites/default/files/ff_ukr_21_10_press.pdf

[3] Web-portal of Ukrainian Government. News of Ministries and Departments (2016), available at http://www.kmu.gov.ua/control/publish/article?art_id=249225479

[4] Ministry of Social Policy. Internally displaced persons (2017), available at <http://www.msp.gov.ua/news/13598.html>

[5] Васьківська С. Психологічний імунітет як показник адаптаційних ресурсів особистості / С. Васьківська // Гуманітарний вісник Державного вищого навчального закладу "Переяслав-Хмельницький державний педагогічний університет імені Григорія Сковороди". Педагогіка. Психологія. Філософія : Збірник наукових праць / М-во освіти і науки, молоді та спорту України, Переяслав-Хмельн. держ. пед. ун-т ім. Г. Сковороди. - Переяслав-Хмельницький, 2012. – Вип. 25. – С. 241-246.

Vaskivska, S. Psykholohichniy imunitet yak pokaznyk adaptatsiinykh resursiv osobystosti [Psychological immunity as an indicator of adaptation resources of person] / S. Vaskivska // Humanitarnyi visnyk Derzhavnoho vyshchoho navchalnoho zakladu "Pereiaslav-Khmelnyskyi derzhavnyi pedahohichniy universytet imeni Hryhoriia Skovorody". Pedahohika. Psykholohiia. Filosofiia : Zbirnyk naukovykh prats / Ministry of Education and Science, Youth and Sports of Ukraine, Pereiaslav-Khmelnysky State Pedagogical University named after. G. Skovoroda. - Pereiaslav-Khmelnysky, 2012. – Vol. 25. – P. 241-246.

[6] Берн Э. Игры, в которые играют люди. Психология человеческих взаимоотношений. Люди, которые играют в игры. Психология человеческой судьбы / Э. Берн ; [пер. с англ.]. – Екатеринбург : Литур, 2001. – 576 с.

Berne, E. Igryyi, v kotoryie igrayut lyudi. Psihologiya chelovecheskih vzaimootnosheniy. Lyudi, kotoryie igrayut v igryyi. Psihologiya chelovecheskoy sudby [Games people play. Psychology of human relationships. People who play games. Psychology of human destiny] / E. Berne ; [translation from eng.]. – Ekaterinburg : Litur, 2001 – 576 p.

[7] Штайнер К. Сценарии жизни людей. Школа Эрика Берна / К. Штайнер. – СПб. : Питер, 2003. – 416 с.

Shtayner, K. Stsenarii zhizni lyudey. Shkola Erika Berna [Scenarios of people's lives. Eric Berne School] / K. Shtainer. - St. Petersburg : Piter, 2003. – 416 p.

[8] Стюарт Й. Основы ТА: Транзакційний аналіз / Й. Стюарт, В. Джойнс. – К. : ФАДА, ЛТД, 2002. – 393 с.

Stewart, I. Osnovy TA: Tranzaktsiinyi analiz [Basics of TA: Transactional analysis] / I. Stewart, V. Joines. – Kyiv : FADA, LTD, 2002. – 393 p.

[9] Ollah, A. Psychological immunity: A new concept of coping and resilience [record] // Coping & Resilience International Conference / The Brisbane Institute of Strengths Based Practice. – Dubrovnik. – Cavtat, Croatia, October 2009, available at: https://www.psychevisual.com/Video_by_Attila_Olah_on_Psychological_immunity_A_new_concept_of_coping_and_resilience.html

[10] Ануашвили А.Н. Объективная психология на основе волновой модели мозга. – М.: Экон.-Информ, 2008. – 292 с.

Anuashvili, A. Ob'ektivnaya psihologiya na osnove volnovoy modeli mozga [Objective psychology based on the wave model of brain] – Moscow : Econ.-Inform, 2008. – 292 p.

[11] Морено Якоб Леви. Психодрама / Я. Морено ; пер. с англ. Г. Пимочкиной, Е. Рачковой. – 2-ое изд., испр. – М. : Психотерапия, 2008. – 496 с.

Moreno, J. Psihodrama [Psychodrama] / J. Moreno; translation from eng. by G. Pimochkina, E. Rachkova. – The 2-nd edition, corrected. – Moscow : Psihoterapiya, 2008. – 496 p.

[12] Максимова С. В. Творчество: созидание или деструкция : монография / С. В. Максимова. – М. : Академический проект, 2006. – 222 с.

Maksimova, S. Tvorchestvo: sozidanie ili destruktsiya : monografiya [Creativity: Creation or Destruction : Monograph] / S. Maksimova. – Moscow : Akademicheskii projekt, 2006. – 222 p.

[13] Бажанова Н.А. Личностная готовность к переменам в контексте исследования феномена «ожидания» / Перевод и апробация опросника «Personal change-readiness survey» // Actaeruditorum. Научные доклады и сообщения (Приложение к журналу «Вестник РХГА», Т.2). – СПб.: Изд-во РХГА, 2005. – С. 169–178.

Bazhanova, N. Lichnostnaya gotovnost k peremenam v kontekste issledovaniya fenomena «ozhidaniya» [Personality readiness for change in the context of study of the

phenomenon of "waiting"] / Perevod i aprobatsiya oprosnika «Personal change-readiness survey» [Translation and approbation of PCRS] // Actaeruditorum. Scientific papers and reports (Appendix to the Journal 'Vestnik RHGA», V.2). – St. Petersburg : Publishing House RHGA, 2005. – P. 169–178.

[14] Леонтьев Д.А. Тест смысложизненных ориентаций (СЖО). 2-е изд. — М. : Смысл, 2000. — 18 с.

Leontev, D. Test smyislozhiznennyih orientatsi i(SZhO) [Life Sense Orientation Test] / D. Leontev. The 2-nd edition. — Moscow : Smyisl, 2000. — 18 p.

[15] Соколова М.В. Шкала субъективного благополучия / М.В. Соколова. - Ярославль: НПЦ «Психодиагностика», 1996. - 17 с.

Sokolova, M. Shkala sub'ektivnogo blagopoluchiya [Subjective Well-being Scale] / M. Sokolova. - Yaroslavl: NPTs «Psihodiagnostika», 1996. - 17 p.

[16] Штепа О. С. Психологічна ресурсність у структурі суб'єктності особистості / О. С. Штепа // Проблеми сучасної психології. –2015. –Вип. 27. –С. 661-675.

Shtepa, O. Psykholohichna resursnist u strukturi subiektnosti osobystosti [Psychological resource in the structures of sub'equality of personality] / O. Shtepa // Problems of modern psychology. –2015. – Vol. 27. –P. 661-675.

[17] Kahler T., Capers H. The Miniscript / T. Kahler, H.Capers // TAJ. 1974. Vol. 4, 1. P. 26-42.

[18] Джойс Ф. Гештальт-терапия шаг за шагом: Навыки в гештальт-терапии /Ф.Джойс, Ш.Силлс //– М., Институт Общегуманитарный. – 2010 — 352с.

Joyce, F. Geshtalt-terapiya shag za shagom: Navyiki v geshtalt-terapii [Gestalt Therapy Step by Step: Skills in Gestalt Therapy] / F.Joise, Sh. Sills // - Moscow, Institute for Humanities. – 2010 — 352 p.

[19] White R. W. Strategies of adaptation: An attempt at systematic description / R.W. White // Coping and adaptation / G. V. Coelho, D. A. Hamburg, J. E. Adams. - New York: Basic Books, 1974. - P. 47 - 68.

[20] Berry J. W. 1997. Immigration, Acculturation and Adaptation / J. W. Berry // Applied Psychology: An International Review. - 46 (1). - P. 5-68.

[21] Goulding, R L., Goulding, M M. Changing Lives through Redecision Therapy. - New York: Grove Press Inc. 1979.