

# НАПРЯМ 17. СОЦІАЛЬНО-ПСИХОЛОГІЧНИЙ СУПРОВІД ТА РЕАБІЛІТАЦІЯ ОСОБИСТОСТІ В УМОВАХ СУСПІЛЬНИХ ТРАНСФОРМАЦІЙ

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## VR-ENVIRONMENT FOR POST-TRAUMATIC IDENTITY RECONSTRUCTION

In the contemporary world marked by social and military turbulence, post-traumatic stress disorder has become a global psychosocial challenge. Traditional therapy remains limited in restoring the deep structures of identity disrupted by trauma. Virtual Reality (VR) emerges as an innovative environment for the reconstruction of the Self, integrating cognitive-behavioral, emotional-bodily, and meaning-making mechanisms of subjectivity restoration. Identity reconstruction within VR implies the creation of a new, coherent sense of self through processes of re-interpretation, embodiment, and empathic interaction.

The aim of this study is to provide a theoretical rationale for VR as an environment for post-traumatic identity reconstruction and to develop an original model grounded in the narrative, embodiment, and social-constructivist paradigms.

Reconstruction of identity after trauma represents a multidimensional process that unites cognitive, emotional, bodily, and social aspects of personal functioning. Traumatic experience may serve as a catalyst for the transformation of subjectivity – within the Post-Traumatic Growth Model, trauma is seen as an impetus for reinterpreting one's life story. This is supported by V. Yatsenko and N. Darvishov, who emphasize the role of narrative reconstruction in restoring the coherence of the Self [14, p. 98].

According to the paradigm of narrative identity, trauma produces a «narrative rupture» that can be overcome through the reinterpretation of meaning and the restoration of personal agency. The reconstruction of identity occurs through the interplay of resilience, therapeutic

intervention, and social support [8], while the effectiveness of narrative therapy has been empirically confirmed [12].

An essential mechanism in this process is the Proteus effect – the transformation of self-perception and behavior through changes in one’s virtual avatar [9; 10; 1]. Within the framework of the extended self concept [5], VR is regarded as an external carrier of identity, while T. Gruenewald and C. Chen describe it as a “memory machine” that facilitates the reconstruction of individual and collective experience through immersion and embodiment [6].

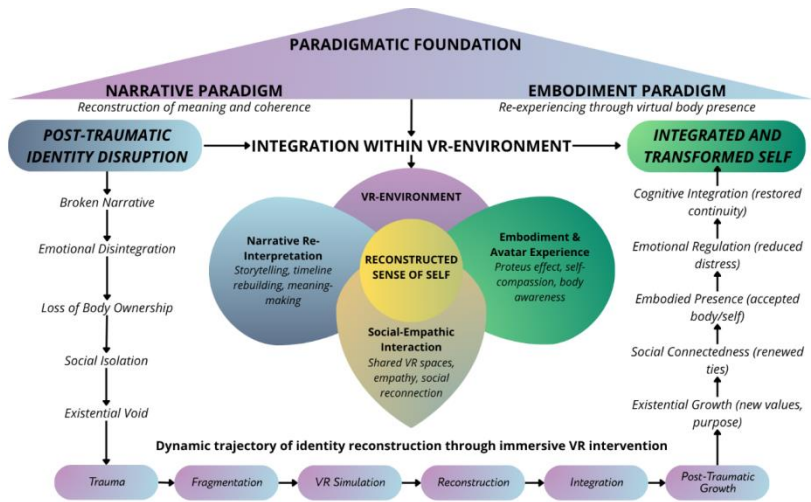
The most advanced domain of VR application is PTSD therapy. The Bravemind system has demonstrated its efficacy in treating both veterans and civilians [3; 13], whereas Psious and Oxford VR programs emphasize the importance of content personalization and the therapeutic alliance. In parallel, VR-storytelling practices have evolved, enabling individuals to reinterpret their biographies through interactive participation in the narrative [6].

The embodiment effect is actively used to address bodily and cultural trauma: avatar transformation enhances empathy and self-compassion [2], while the EmbodiMap project assists refugees in restoring bodily integrity [4]. Meanwhile, UNVR Films foster empathy and social understanding [7], and collective VR interactions have been shown to reduce intergroup bias [11].

Thus, VR platforms are evolving from therapeutic tools into complex environments for identity reconstruction, integrating narrative, embodied, and social processes into a unified system of psychological restoration. The proposed conceptual model of the VR-environment is based on the synthesis of narrative, embodiment, and social-constructivist paradigms, within which VR functions as an interactive space for restoring the coherence and integrity of subjectivity (see Fig. 1).

The model comprises three interrelated modules:

- Narrative Re-Interpretation Module, which restores the disrupted continuity of one’s life story through meaning reconstruction and the modeling of alternative scenarios [McAdams & Neimeyer; 14].
- Embodiment Module, aimed at reconstructing bodily identity through the Proteus effect, which transforms body perception and enhances self-acceptance [9; 1].
- Socio-Empathic Module, which facilitates social integration through collective VR interaction, empathy development, and the formation of new social bonds [7; 11].



**Fig. 1. Conceptual Model of the VR-Environment for Post-Traumatic Identity Reconstruction**

The dynamics of the model illustrate a progression from fragmentation to integration, represented by the sequence: trauma → disintegration → VR simulation → reconstruction → post-traumatic growth.

VR provides a safe environment for restoring meaning structures, embodied presence, and social interaction, resulting in the emergence of a new coherent identity.

In a systemic perspective, VR functions as a «simulator of subjectivity,» integrating real and virtual experiences and activating the «extended self» [5]. This integration of memory, embodiment, and interaction transforms trauma into a resource for inner growth, self-acceptance, and existential maturity.

Summarizing the results of the analysis, it can be concluded that virtual reality technologies establish a new paradigm of post-traumatic adaptation, in which VR serves not merely as a therapeutic tool but as a space for deep identity reconstruction. The proposed conceptual model of the VR-environment is grounded in the synthesis of narrative, embodiment, and social-constructivist approaches and incorporates three interdependent modules: the Narrative Re-Interpretation Module (restoration of meaning coherence), the Embodiment Module (formation of bodily presence), and the Socio-Empathic Module (reconstruction of interpersonal connections).

The model demonstrates that VR can act as a «simulator of subjectivity,» within which the individual restores the coherence of the Self and transforms trauma into an experience of growth and self-realization.

Future research perspectives involve empirical validation of the model's effectiveness and the development of integrative VR psychotechnologies that combine cognitive meaning-making, bodily acceptance, and social interaction within a unified system of identity restoration.

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### **РОЛЬ СОЦІАЛЬНОГО СЕРЕДОВИЩА У ДИНАМІЦІ САМОРЕАЛІЗАЦІЇ ПІДЛІТКІВ З ДЕЛІНКВЕНТНОЮ ПОВЕДІНКОЮ**

Оскільки підлітковий вік характеризується прискореними процесами консолідації ідентичності, формування цінностей та мотиваційної орієнтації, питання самореалізації на цьому етапі є надзвичайно важливим для психології розвитку особистості. Однак шлях до самореалізації підлітків, які схильні до протиправної поведінки, часто спотворюється міжособистісними та структурними факторами їхнього соціального оточення. Пояснити, як фактори ризику та захисту в контексті однокласників, школи, соціального середовища та сім'ї взаємодіють, впливаючи на потенціал самореалізації, є складним завданням.

Згідно з аналізом емпіричних досліджень, невпевненість у прихильності значно підвищує ймовірність протиправної поведінки. За допомогою метааналізу М. Хов та ін. продемонстрували, що, тоді як впевненість у прихильності слугує захисним фактором, який сприяє адаптивним шляхам формування ідентичності, слабкі або порушені стосунки між батьками та дітьми суттєво корелюють із девіантною поведінкою підлітків [2, с. 776–777]. Це свідчить про те, що мотиваційна основа для самореалізації безпосередньо залежить від