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THERAPEUTICAL STRATEGIES WHEN CORRECTING THE SYSTEM OF PSYCHICAL SELF-REGULATION BY TYPE «BETRAYAL»

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This article discusses correction of psychical and self-regulation system which ensures the implementation of self-actualizing tendencies. We shortly showed the function process of psychical self-regulation in behavior by type «betrayal». It is noted that such a system is put in a child under the influence of traumatic experience «betrayal» by the significant adults and self-betrayal. Ego was formed as a result of the internal conflict, which is unable to ensure the implementation of a constructive search functions, adoption and transfer of support and care for themselves and others. There was represented a step by step strategy for correction of psychic self-regulation of behavior by type «betrayal», which is implemented on the cognitive, emotional and behavioral levels.

Keywords: self-regulation, self-actualization, internal conflict, psychotherapy, psycho-correction.

В статье рассматривается коррекция системы психической саморегуляции, обеспечивающей реализацию самоактуализирующей тенденции. Кратко представлен процесс функционирования системы психической саморегуляции поведения по типу «предательство». Отмечается, что такая система закладывается у ребенка под влиянием травмирующего опыта «предательства» со стороны значимых взрослых и самопредательства. В результате внутреннего конфликта формируется эго, которое неспособно конструктивно обеспечить реализацию функций поиска, принятия и передачи поддержки и заботы о себе и других. Детально представлена пошаговая стратегия коррекции системы психической саморегуляции поведения по типу «предательство», которая осуществляется на когнитивном, эмоциональном и поведенческом уровнях.

Ключевые слова: саморегуляция, самоактуализация, внутренний конфликт, психотерапия, психокоррекция.

У статті розглядається корекція системи психічної саморегуляції, що забезпечує реалізацію тенденції до самоактуалізації. Стило представлений процес функціонування системи психічної саморегуляції поведінки за типом «зрада». Відзначається, що така система закладається у дитини під впливом травмуючого досвіду «зради» з боку значущих дорослих і самозради. В результаті внутрішнього конфлікту формується его, яке нездібне конструктивно забезпечити реалізацію функцій пошуку, прийняття і передачі підтримки і турботи про себе і інших. Детально представлена покрокова стратегія корекції системи психічної саморегуляції поведінки за типом «зрада», яка здійснюється на когнітивному, емоційному і поведінковому рівнях.

Ключові слова: саморегуляція, самоактуалізація, внутрішній конфлікт, психотерапія, психокорекція.

XX century has become not only a symbol of industrialization in scientific and technological revolutions and social change, unfortunately, it brought humanitarian disaster on an unprecedented scale. Millions have been victims of mass terror, subjected to moral and physical violence and destruction. When searching for an explanation of terrible events of the early XX century, Z. Freud proposed the concept of instinctual drive to death, explaining life as a struggle between two opposing tendencies of Eros and Thanatos. While simulating the conditions of restraint and the empowerment of one person over another (Stanford prison experiment), Zimbardo found dramatic changes in human behavior – from law-abiding citizens, depending on their assigned roles, they become quickly the notorious villains or submissive martyrs. F. Zimbardo called such conversion «The Lucifer Effect» [1]. During the trial over a officer from the American military prison at Abu Ghraib (Iraq) in connection with the abuse and torture of prisoners, F. Zimbardo was on the side of protection, justifying the position with his own studies where the situational systemic factors prevail over personal. Am an, getting into a vicious system acquires corresponding behavioral models. Previously, K. Rogers has formulated necessary and sufficient conditions for personal growth of a client. According to K. Rogers the creation of certain conditions in the process of psychotherapy (empathy, unconditional positive regard and congruence) stimulates sanogenic processes in the psyche of a client [2, p. 379]. However, K. Rogers does not diminish the personal contribution of a client in his own psychotherapy. It is not enough to create conditions only by the therapist, it is necessary that the client himself has certain resources for his development: experiences suffering or dissatisfaction; perceives at least to some extent reported by therapist the empathic understanding and unconditional positive acceptance; he must be aware and perceive that he is in psychological contact with the therapist. Thus, a person can be tolerant to external system effects, both positive and negative. Wondering about the possibility in preservation of humanity in terms of bullying, humiliation, physical violence and torture (for example, the concentration camps), E. Levinas suggested ethical principle of asymmetry. This principle can be stated as follows: «I am responsible for the Other, regardless of his relationship to me (his attitude – is his responsibility)» [3, 4]. The main problem of this principle is the complexity of its implementation. In the same message one laid temptation to succumb the temptations and the symmetry in the relationship. For example, «I love you no matter what you do to me» can easily be transformed into «you hurt me, but I do not – I'm better than you. Every time you're hurting me, you're getting

worse, and I'm better. Keep going! «. Thus, in the form the asymmetric behavior of content is converted into symmetrical – the «suffering» of a victim punishes a tormentor, turning conflict into the plane of the ethical-moral manipulation. There are required some personal resources to a real abidance of principle in ethical asymmetry that can withstand the most destructive influences of external system – particularly mature mechanism in functioning of psychical self-regulation.

This article will be devoted to mental self-correction by the type «Betrayal», which reflects the split in the psyche and prevents the realization of the principle in ethical asymmetry. The symmetry itself in the relationship, such as «an eye for an eye, a tooth for a tooth» or «I will love you if you love me,» is treason against oneself – a man gives his life authorship to Another one.

The functioning process of psychical self-regulation in behavior by the type «betrayal» is as follows [5]:

1.«Betrayal» - a mental functioning form of self-regulation system, in which there is a split and conflict between the ego states of parent and child, which prevents the realization of the basic functions of the ego (to exercise and accept care, support and self-help), and, as a consequence, implementation of a mature choice and realization of self-actualizing tendencies.

2.Ego of «traitor» (human with psychic self-regulation system which operates in the form «betrayal») does not act as a resource (by G.I. Gurdjieff, it is not a third-neutralizing force) for self-actualization. It itself needs a third force, which will be one of the conflicting parties (child or parent) against the other, thus exacerbating the split in the psyche and dysfunctional ego. This splitting trend can be called demonic. It leads to behavior that F. Zimbardo called sin of Lucifer («cupiditas») – the use of Another in order to satisfy ones own desires [1, p. 24]. The other is used as an external resource in suppression of one of the conflicting parties.

3.«Betrayal» as a form of psychic self-regulation is shaped by experiences of the child (usually between the ages of 5 - 7 years), which has two components: the betrayal by the significant adults and self betrayal. Betrayal by the significant adults is the experience when in a situation of aggression against the child the parents take the side of the aggressor, and instead of protecting and supporting they do criticize and condemn. Self betrayal is an experience of identification with a whicker parent, and as a result, self-criticism and self-condemnation.

4.Outer markers of «betrayal» are: authoritarian communication (suppression of dissent, and, therefore, the inability to implement all the requirements that are important to others and oneself), speech with hard self-accusation and judgments, as well as the lack of sincere support and positive messages. In this case, the «betrayal» could be a way of functioning only in some emotionally difficult situations.

We offer the following step strategy for therapeutic work with clients, the system of mental self regulation which operates with the mechanism of self accusation:

Firstly, one need to diagnose the functioning of psychic self-regulation by the mechanism «betrayal» on the client. To solve this problem, the therapist should pay attention to the value judgments of the client. In these judgments «traitors» exhibit rigid negative attitude towards himself, his behavior or to others: «jerk», «loser», «empty space», «idiot», «coward» and so forth. Vast majority of their value judgments lack emotional support in messages.

To make a rapid diagnosis of self accusation you can use one well-known method, a modification which we call «Juggler.» Diagnosable was asked to imagine that he is juggling dangerous objects such as torches. For a more complete immersion into fantasy diagnosable may have his eyes closed, repeat the motion of a juggler. When diagnosable tries on this image, one asks him the question: «how many torches do you juggle?». This question is posed to the diagnosable as if he is juggler, allows you to focus on the details and deeper dive into the fantasy. After that phase transformation proceeds in phase of diagnostics – diagnosable was asked to imagine that a small child came up to him (for men the word «child» is replaced by «boy», and women on the «girl»), and, he is slightly pulling for the blouse, says: «hello! «. Then Diagnosable was offered somehow to respond to the words of the image of the child. This exercise stimulates the projective mechanisms – the image of the child is projected attitude to yourself. As a result, we can clearly observe the outward manifestation of the inner dialogue of images parent and child. For example, the response «do not bother me, boy, it's dangerous!». If you overdo it, we can get the message: «blast off, boy, it is not up to you!». We do not need to doubt, inner child will perceive the message in this way – in the negative sense. This response means that the parents are «adult» things (there is no place for the child); a child feels unnecessary, trying to call the parents, but encounters a failure. Thereby Parent is betraying Child. But the most constructive reaction that we saw, was: «Hey, you want to learn how to juggle?!.» This response indicates that the parent attends to the child and attaches to joint activities, educates and cares for him, and, therefore, each ego state fulfills its function. At the same time, it should be noted that the «traitor» can be very insidious – then he declares concern, but the hidden message (intonation, facial expressions, previous experience, etc.) pushes Child formally making him guilty of another conflict. You can call it «aerobatics» of self accusation, a celebration of the demonic in a man: «hey, you want me to teach you?!» – in the sense of «It is not enough for you of what happened to you last time (heavily burned), come on, come once again, you will not ask attention next time! «.

Secondly, it is advisable to tell the client about the consequences of self betrayal for his life and well-being to get a more effective system of self-correction. At this stage, the therapist motivates the client and supplies necessary information for the conscious control of his behavior.

Thirdly, the client is trained to track in his communication messages of self-blame and self-flagellation, as well as accusations and criticism of others («treacherous» statements). The therapist focuses the client on

such judgments in the process of psychotherapeutic conversation.

For example, during one of the psychotherapeutic demonstration sessions the client Natalia H. cried at first, and then she suddenly changed in her face – became detached and cold and said that she wanted to terminate the session. Then she stood up from her chair and went into the hall.

Therapist (T) (observing the process and waiting when the client will sit on his seat in the audience): «Natalia, I fully support your right to stop, but I am obliged to warn you about hasty decisions. You have started an important topic and, once you expressed the feelings you stopped. This may be a usual reaction, which only reinforces those thoughts and feelings that in such cases take place, and it can make the problem worse. You have the opportunity to try and look further with me. Once again, I ask: Are you sure you want to stop now? If yes, then the session is terminated. So, are you sure you want to stop here? «(Said with a smile therapist). Here it should be noted that this is a psychotherapeutic intervention provocation. Client's behavior indicated on splitting into two parts: 1) the part that wants to stop the session, as if wearing a mask of pride and confidence; 2) vulnerable part that asks for help, but for some reason (and that should be clarified) can not do it and gives himself to the first part. This provocative therapeutic intervention allows contact with different messages to both parts. In the first part of the dominant it sows doubts about the correctness of such behavior and tests the willingness to take responsibility for it. The firm position of the client in the form of refusal to continue would mean either that he is really sure of the decision, or moved to do before ambivalent response when all of the submissive ego only reinforce dominant and can not perform their functions. In any case, the two positions are not suitable for further therapy. That ambivalence is expressed in the form of doubts and indicating the presence of a dialogue between the parts of the ego, indicates the presence of a resource and the need for psychotherapy. [6] The second, submissive vulnerable ego, this therapeutic intervention sends a message of support, the therapist as if gives her a helping hand: «I understand the doubts and throwing and I am ready to be next to you.»

Client Natalia H. (C): «I can not continue. I even do not know how I will enter tomorrow this room, I'll just die because of shame, I can not look in the people's eye. This has already happened more than once»(hides her eyes).

Client first submits that he can not, and then begins the discussion and justifies. This is evidence of doubt or sign of presence of internal dialogue, and, hence, a resource for psychotherapy.

T: «If it happened more than once, either you will get a familiar experience once again, or try to break this pattern. If there is a sense of shame, then to whom is it? And what do the people in the room feel, which you will enter tomorrow with the emotions of yours? “

Turning on the playful tone, with a smile, - «You look like a Don Quixote who imagined that the mill is a giant, and he certainly needs to win it. He believed in it so that no one could change his mind. At the same time somebody's mill got damaged. “

T (taking a brief pause continued with serious tone): «Maybe people who are here do not look like the giant, they can tell you about their feelings ?!»

C: «I think I'll ask!» (Said with interest and went back to the place of the client). Housed in a chair, Natalia H. looked around the audience and bowed her head. The silence came.

T: “Do you feel ashamed?”

C: «Yes, I want to cry, tears literally want to go out; but I do not want to feel sorry for me! «

T: «Maybe you ask someone in the audience what they feel towards you ?!»

Natalia H., communicated with the audience and she was surprised to find out that nobody condemns and rebukes, but on the contrary, everyone expressed their support, and someone came up and warmly hugged. In this sense, her image of the Other had a reality check and it was not confirmed by calling the next doubts in the functional efficiency of her usual perception system and evaluation of what is happening. One can also use provocative strategies to focus attention on the mismatch of the image with the reality of the Other:

T: «Who will be the first to get some words from you? Here ... take a look at this view (the therapist pointing at a woman glancing in the direction of which, the client, when looking at the audience stopped). I am exactly sure that she condemns you! (says in an ironic tone). “

Girl, which was chosen, started to deny the last approval of the therapist: «I do not condemn, I'm also the same as she is (looking at the therapist), I just see myself in you (looking at the client).»

T: «Well, you're not going to believe this hypocritical, false words» (again with ironical smile). Therapist as if anticipates the inner voice of the client, devaluing the opinions of others, and translates it to the outside, taking on him the function of depreciation. According to F. Farrelly, if the therapist takes on the negative side of the messages of the client, the client is easier to express positive [7]. In a vicious circle of betrayal there is a little difference – when the therapist takes on an inner voice of impairment, the client just starts to depreciate the depreciation (so-called a double betrayal). Then the therapist continues: «In this world, one can not trust anyone! (says dramatically and with pathos) ... (pause) ... I can! (therapist exhales sharply and comic). “

Client is laughing, her eyes are getting filled with interest about something thoughtful.

By exaggeration, leading to absurdum of their own messages and their depreciation, the therapist acts as a distorting mirror that reflects the client's attitude to himself. At the same time, such provocation is an event, an experience which encourages the client to believe that the process of self depreciation is not so traumatic as it may seem. In addition, the therapist as if baffles the client – it is difficult to depreciate the depreciative depreciation (betray betrayed betrayal). This therapeutic intervention helps to see not the

template to depreciate but a true positive voice of the customer. Emotional stress decreases, and the support of other finds fertile ground. The vicious circle of betrayal is interrupted, which is a condition for further resource of psychotherapeutic work. Otherwise search of treacherous messages is perceived as a «witch hunt» and a cause for self-reproach and self betrayal.

T: «It seems that you somehow calmed down?!»

C: «Yes, I'm thinking that I am ready in advance to perceive others to be critical to me.»

T: «It's like an inner voice telling you,» You must be strong, there is nothing to be sad. Here again, crying, weakling! «

C: «My mother always said so,» (said with interest and bitterness).

Therapist voiced words which wanted to be said. These words belong to the parent who does not support, but reproached the devotees. Here I would like to get away from accusations towards real mother. This image of the mother, which reflects the distorted form of ego functioning.

T: «Oh, why are you behaving as a weakling one?!» (therapist suddenly recovered with exaggeration and in reprovingly angry way).

C (a little taken aback, but quickly collected herself and smiled): «Come on, sneering one.» Having said this, Natalia H. lightly pricked therapist with her pointer finger nail, still smiling.

The latest intervention of therapist – is again a provocation in which the psychotherapist took on the role of the betraying Parent and voiced his blaming message. In this case, the therapist was supporting in the content, invalidating the form. Thus, the client is faced with an event which indicates that behind the upbraid messages may be other – messages of support and acceptance. It is needed to listen and understand the correctness of their usual treatment. The reaction of the client indicates acceptance not only form but also the content of the message of therapist; overcoming the usual conflict and establishing contact with the image of Parent. This image did not call the desire to justify, the client began to interact with him, accepting care.

Now it is necessary for the client to learn recognize consciously a treacherous messages and convert them to supportive and beckoning.

The client may be asked for homework to try and keep track of internal dialogue that occurs in any emotionally difficult situation, and fix it in the diary.

Fourth, at the stage of cognitive reconstruction of communicative messages psychotherapist works with cognitive and emotional functioning of self-regulation system in behavior “traitor.” The therapist suggests to replace the “treacherous” statements on support: for example, instead of “I'm a loser!” You can say to yourself, “I could not get the goal this time. What can I change in my behavior to make it happen next? “. Instead of shouting, try to formulate a question, which seemed to pave a “bridge” to the future.

T: “So, are you a jellyfish ?!”

C: “Yes, it can be very hard, but I'm trying to cope.”

T: “You are trying to justify yourself?”

C: “It seems that yes,» (said after some thinking process).

T: “Your inner dialogue seems to me like this:

Natalia 1: “You're a jellyfish!”.

Natalia 2: «But I'm trying!».

Natalia 1: «You try not that hard, you need to be strong, and you In general, say this word. «

Natalia 2: «... a jellyfish?! ...».

Natalia 1: «Well, you also know it. Is it so? «

C: «Yes, it is very similar. You got the idea. “

T: «Let's try not to make excuses, but to clarify ?!»

C: “How is it?”.

T: «For example,» Yes, it can be very hard but tell me, how do I handle it? «Or» help me to cope? «. Want to try? «.

C: «That's interesting, I'll try.»

T: «You are a jellyfish!» (Reproach).

C: «Yes, I find it hard. How do I handle it? «

T: «Well, you are not only that a jellyfish, but you also can not cope by yourself!» (Therapist pumps and amplifies the onslaught of reproach).

C: «Sometimes I can and sometimes it is difficult. Please help! «(Said with a call and got silent).

T: “What have you experienced?”

C: «I think that this voice can not help, he just does not know what to do. I even felt sorry for it, I want to support. «

Interesting story – that voice of criticizing Parent, suddenly transformed into a helpless image, about which I want to take care of – a child. Apparently, there was a strong transformation – a helpless child stopped to ask for support and told that he was a Parents, hiding behind the mask of an omniscient criticism. Child sheltered from betraying Parent, drove in the sense of guilt, making excuses. «Now, however, the true parent slipped through the «wall» of guilt and begins to develop its function.

Cognitive self-regulation will now be able to help in solving the problem, rather than exacerbating it. There was worked out the parallel experience of betrayal and self betrayal, traumatic experiences which should be got down subjectively to the client. The appearance or increased frequency in the judgments of the client messages of support and self-help can be evaluated as successful completion of this correction phase.

Recapitulation of emotional experience in betrayal and carried through the therapeutic relationship, the most disclosed in client-centered psychotherapy in which the therapist through empathy, unconditional relationship and congruence helps the client to get experience of acceptance and support.

Here is another piece of work on the therapy session in the integration of the ego and the restoration of the fullness of its functioning.

From psychotherapy with Irina M .:

C: «It is hard, it does not work to change anything – in a relationship I have nothing, father constantly presses and imposes his delusions, at work I'm not doing anything and I'm afraid that I'll get fired I try and nothing works! «(Ended up with tears in her eyes).

T: «You are making excuses once again?! I have the feeling someone says, «So, you do not have a man, the father is an idiot, you are lazy again and soon you will be fired!». And you are trying to get justified in front of him ... «.

C: “Yes, I guess.”

T: «Do you know what the problem is?!» (said with a smile, a bit maliciously).

C: “What?” (With interest).

T: «The fact is that person is not here. Where is he? Hey! Do respond! “(therapist looks around).

C: «Do you want to say that I talk to myself again?!»

T: «At least I have a feeling that you invite me to the role of this critical side. Do you do this not only to me, but also at work, and with father, and other?!. «

C: «What can we do?».

T: «It may be that you are an «idiot! «(therapist voiced inner voice of criticism).

C: «... Then I do not know, if I'm an idiot, we have nothing to talk about» (says in confusion, after a pause, pointing at the floor).

T: «Try your reflexes in a constructive question.»

C: “For example?”

T: «Tell me,» You are idiot. «

C: “You are idiot!”.

T: «Yes, sometimes I feel that way when i do not know what to do. I need your help, what do you advise? «.

C: «I realized that I do not know. I can not recommend «(said with sadness in her voice). This response indicates that the client was trying to assume the role of the voice, which did not consider her own (egosyntonic).

T: «Then we're both helpless, so we are both idiots.»

C: «Idiots'd better stick together!» (Said with enthusiasm).

Experience of relief and joy that can be easily recognized in the client at the time, testified to the implementation of its self-actualizing tendencies through the unity of the conflicting parts of the psyche.

Fifth, the client himself, and without the therapist learns to track the «treacherous» communicative messages in their lives and stop them with effort, replacing a more constructive and supportive. New, more constructive patterns of behavior regulation are fixed by training, and corrected by discussion with the therapist.

As a summary we focus on the main provisions of the article:

1. Psychocorrection of psychic self-regulation by the type «betrayal» is carried out in five stages: 1) diagnosis of «betrayal»; 2) information about the consequences of «betrayal» in client's life; 3) customer training track of «treacherous» message; 4) cognitive reconstruction and recapitulation of emotional experience «traitor»; 5) tracking and replacement by client of «treacherous» messages on genuinely positive and supportive towards themselves and others.

2. To educate the client to keep track of «treacherous» messages, as well as cognitive reconstruction and recapitulation of emotional experience of «traitor» the following techniques and strategies are used: 1) focusing of the customer's attention, on «treacherous» messages; 2) therapeutic provocation; 3) monitoring of internal dialogue; 4) replacement of approval to issue of invitation to co-operate; 5) considering the traumatic experience through the resource of the therapeutic relationship (creating the necessary and sufficient conditions for personal growth, described by K. Rogers).

3. Therapeutic provocation in work with «betrayal» has the following variations: 1) support for the oppressed ego part and sowing doubt in the correctness and validity of judgments of the dominant; 2) to prevent the depreciation of the dominant part of the client's ego in psychotherapeutic interventions, therapist assumes the function of depreciation, exaggerating and bringing this process to the point of absurdity; 3) voicing self-critical messages of client in the form of criticism, the therapist takes a dialogue outside and then shows ways to overcome it. Therapeutic provocation ceases when the client begins to express sincere feelings of holistic ego (it loses therapeutic and becomes harmful to the client).

4. In the course of therapy with a «traitor» we observed the phenomenon of transformation in betraying Parent to a helpless calling out child and criticized part of the ego becomes a caring parent. Apparently, in the process of «betrayal» helpless child is disguised as omniscient criticizing Parent and fears to be exposed, and his ego begins to function distorted. Functionality of the ego, which becomes a resource of true self-realization is restored as a result of a reverse transformation in the process of psychotherapy.

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