

## Eternal Problems of New Clients of Private Psychological Consultation. Case Analysis

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### Abstract

Since the prophetic figure of the late K. Marx was replaced in the same status by the figure of the late Z. Brzezinski, and the role of the intellectual leader of the revolutionary youth imperceptibly passed from Che Guevara to J. Sharp, the nature of traditional geopolitical wars, without changing its essence (struggle for resources and power), has imperceptibly changed [1,2]. Now the main instrument has become not special “detachments of workers”, but special detachments from ethnic groups, as well as a common task - not the construction of one paradise on earth called “communism”, but an extensive set of goals that includes existentialist values - freedom, dignity, life, political ones - democracy, “fight against corruption”, independence, post-humanist - gender plurality, artificial intelligence, cloning, implantation of microchips under the skin and periodic organ transplantation, and in addition - the “green agenda”, the cluster of which includes: the fight against hydrocarbons, nuclear power plants, the transition from protein foods to organic insects, and the general abandonment of organic food in favor of hydroponics and genetically modified soybeans. It is clear that all this struggle and all these slogans in no way relate to their authors and customers of this entire struggle for a “new wonderful world”, but are intended primarily for the people, and all countries that are not included in the so-called “golden billion”, since the ideology of R. Malthus was not only not canceled, but, on the contrary, is still professed to this day. And all the achievements of psychotherapy of the twentieth century (from psychoanalysis to humanistic) are used only as educational material to support established myths about partnership, the importance of dialogue, getting rid of complexes and overcoming childhood traumas, while the true ways of influencing people are: the destruction of traditional education, narrow functional approach to a person, total advertising and propaganda in the interests of ruling groups that gain power over a person almost from infancy, extreme technologization of the human body and consciousness. If, even putting aside the problem of mass drug addiction, we simply mention the deliberate design of infectious agents capable of causing mass epidemics, we will, unfortunately, have to state: the conviction of the Enlightenment, brilliantly expressed in Voltaire’s famous aphorism “Everything goes for the best in this best of worlds” today has been completely crossed out by the policies of the last century.

And in this total war for dominance over the minds and bodies of earthlings, ordinary people who had the misfortune at one time to read E. Hemingway and A. de Saint- Exupéry, F. Dostoevsky and A. Chekhov, listen to L. Beethoven and P. Tchaikovsky, fell in love with Charles Ives and O. Messiaen, and not secondary products of the electronic musical noise conveyor, problems arise that are absolutely far from the tired “childhood traumas”, “irrational cognitive attitudes”, awareness of the “here and now” and other such notions. Simply because the reality in which humans are replaced by robots, personal sexual relationships are replaced by commercial sex, instead of full-fledged classes - online learning, instead of dialogue, contracts and partnerships - bribery, robbery, fraud and, finally, not cold, but hot wars, i.e. officially sanctioned mass extermination of people in the name of someone’s group interests, this reality

does not give people the opportunity to live their lives with dignity as their own, personal, and not programmed by incentives imposed from outside. This social reality, puts people face to face with the problems of survival and personal salvation, preserving their identity, their "I", their culture despite the dominance of propaganda and advertising, despite mass coercion - not only physical, but also mental - to total submission and obedience, to the abandonment of one's own "I" in favor of a piece of bread and a roof over one's head, no matter what price one has to pay for it.

In this article I would like to present in case form analysis of two typical cases, in a generalized form, representing two strategies of behavior of people in the extreme situation in which they find themselves due to the above reasons.

**Keywords:** *Eternal Problems; New Clients; Private Psychological Consultation, Existential Experience*

### Introduction to the Original Context of Events

Expansion of hostilities in Ukraine, which began in the Donbass after the coup d'état in Kiev in 2014, the second stage of the "Orange Revolution" of 2004, and sharply intensified after February 22, 2022, both in the same region and with the coverage of missile strikes in other regions of Ukraine and, accordingly, the territories of the Russian Federation, led to a significant increase in the number of people affected in one way or another by the hostilities. These include people with anxiety disorders, who have lost loved ones, jobs, refugees, displaced persons, orphans, and those who have received combat trauma (PTSD, wounded, disabled). All these events, provoked by many years of politics, which were openly declared by Z. Brzezinski, led to the following. According to information published by UNHCR, as of June 6, 2023, the population of Ukraine decreased compared to December 31, 2021 by more than 7 million people [<http://surl.li/lfftv>]. According to the same organization, more than 40 countries of the world accepted refugees from Ukraine, among which the largest number were in Germany (958,590), Poland (1,618,785) and the Czech Republic (528,045). At the same time, the number of internally displaced persons reaches 4,871,807 people, and this only officially registered people [<http://surl.li/lfftv>] not taking into consideration refugees in RF ( 5.5 mln). UNHCR supports and complements the Ukrainian authorities' response in three main areas: (1) provision of social and legal protection services, community-based protection activities and legal work, (2) assistance in providing shelter and housing in emergency situations and facilitating access to decent living conditions in the short and medium term; (3) support in meeting the basic needs of the affected population through the provision of cash assistance and basic necessities (non-food items) [<http://surl.li/gbzbj>]. A lot of work is also being done to provide psychological assistance itself. Naturally, in the current conditions in Ukraine, state, interstate, public and private psychological services and individual psychologists have significantly increased the number of clients who, among other things, need just such help. The literature already contains data regarding the most typical problems of such clients. These are flashbacks, loss of relatives, friends, housing; negative psychological consequences of a long stay in combat conditions - post-traumatic syndrome; nightmares, increased anxiety, inadequate irritability, feelings of fear, etc. [3].

The matter is however, that the information that is published on the basis of the work of psychologists and other specialists in the helping professions in state, interstate, public, in a word, official places (services) providing assistance to victims of war, forms a picture that in its features fully corresponds to the typical description of similar events, wherever they occur. In other words, such a description ignores issues that may not appear at a statistically significant level and which do not relate to the work of official services, but rather characterize the activities of private consultations. The latter are distinguished by their lack of publicity in the broadest sense of the word: journalists do not write about them, they are not covered in the media, and are not commented on by TV presenters. Their clients do not share their experiences and impressions on social networks. After all, people turn to private consultations with questions about which they would not want publicity under any circumstances, since their request is dictated by the innermost movements of the soul and is connected precisely with deeply personal experiences that have existentially important significance for them. The description of these

generalized and typified cases is based on my personal experience and the experience of my close colleagues, reflecting the period of time from March 2022 to September 2023.

### Case 1: Irina

25 or 26 years old, gender female, social status - refugee. Online consultation. In Ukrainian. Beginning of the meeting: (according to the Protocol):

Cl. (Client): In 2015 or 2016, when I was a student, I turned to you for psychological advice. Do you remember me?

Ps. (Psychologist): I'm afraid I don't remember. Sorry, dozens and even hundreds of people pass through us. I'm afraid I don't remember.

Cl. But when I contacted your assistant, I explained that in 2015 or 2016 I had a consultation with you. You also recommended that I go to the student clinic.

Ps. In connection with what?

Cl. I was depressed, I didn't want to do anything, I skipped classes. You also invited me to several meetings, and then said that you would like to talk with my parents.

Ps. So.

Cl. And I they asked my mother to call you. And in the conversation you they said that you would recommend contacting a psychiatrist at the student clinic, because it seems that I have depression, and if it turns out that this is the case, then such a disorder cannot be treated with words and I would have to decide on taking antidepressants and, possibly, other drugs. My mother then said that I was only 18 years old, and she did not want to stuff me with drugs. And she would like me to undergo psychotherapy.

Ps. AND...

Cl. And you said that, in your experience, in such cases combined psychotherapy is indicated, with medication and, possibly, release from classes for a while.

Ps. AND...

Cl. And then I decided to leave the university, because I realized that I had chosen the wrong specialty, and I was expelled of my own free will. I realized that I was depressed, because I was completely disappointed in my studies, in the people who surrounded me, I felt very bad. Don't you remember me? I came to you several times!

Ps. They say that a good teacher remembers all his students by sight, and a doctor remembers all his patients. Perhaps I'm not such a good psychologist if I can't remember you. What worries you now?

Cl. But you keep a journal of records! Your assistant, I remember, was still giving me some questions and tests on the computer back then!

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<sup>1</sup>The clients and events depicted in this case analysis are fictitious generalizations. Any similarity to actual persons, living or dead, is purely coincidental.

Ps. There is a log and we use diagnostic programs, but, you see, the building was undergoing renovations and we had to relocate. Our computer is also different, and we periodically get rid of materials that are of scientific interest and which are then summarized in scientific publications. After all, they have already been published. We do not keep archives like hospital or outpatient records. I'm very sorry that I forgot you. What worries you?

Cl. I ask you to remember me and confirm that I really came to you for consultation and I was depressed, which is why I was forced to leave my studies at the university.

Ps. If you need a document that you studied at the university, you can go to the archives, they will raise your case and you will have all the documents in your hands: what faculty, in what years and for how long did you study, what was your academic performance and in what reason you were expelled.

Cl. You did not understand me! I don't need to go to the archives! You see, I now find myself in (names one of the countries of Western Europe). Here I am trying to continue my studies at a local university. They treated me very well here! The university administration told me that I could apply as a Ukrainian refugee for an exemption from tuition fees if I had confirmation that I was unable to study due to my poor emotional state. You understand, I didn't find myself in a foreign country, far from home, on of my own free will!

Ps. I'm sorry, let me ask you again: did you see a doctor then? Do you have documentary evidence that you were unwell and, due to your illness, were you recommended to take an academic leave, i.e. official exemption for a semester or a year from studying?

Cl. I'm telling you! We didn't turn to anyone then but you. You also gave me your book! I can return it to you! Will you help me?

Ps. If you contacted me as a psychologist, we could discuss the characteristics of your behavior. But you are addressing me not as a psychologist, but as a witness to an event from your life that has not even registered in my memory. Your decision not to continue your studies...

Cl. OK! Thank you! All the best to you!

## Case 2: Oleg

45 years old, gender male, social status - self-employed. Face to face consultation. In Russian. Cl. Excuse me, may I speak Russian? Ps. Yes.

Cl. Thank you. Don't you have cameras here? Ps. No.

Cl. Can I be assured of absolute confidentiality?

Ps. If you haven't killed or robbed anyone, then absolutely.

Cl. Thank you. You know, I have never been to a psychologist, I have never been to a psychiatrist, and in general I only went to a dentist, if that's important. I'm married. Happily. I have a daughter, 6 years old. By education, I am a hereditary technician and, if I may say so, a completely independent person. In a financial sense, of course, and partly in a personal one. Was. Before all these events. By the way, I read in books what they usually ask first at such meetings. So: there were no crazy people in the family of my parents and my wife's parents,

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<sup>2</sup>The Russian language is prohibited in official communication in Ukraine. You may be fined and/or fired from your job for this.

No one drank or hanged themselves. I don't abuse alcohol. I sleep at night without waking up if there is no shelling. I sent my wife and daughter to Spain back in March. My parents are not in Ukraine. My wife's parents are here, I support them. They me. My mother-in-law is a great cook. Now, as I understand it, you usually ask what happened to you, right?

Ps. Often, although people sometimes tell it themselves.

Cl. This is my case. I don't have panic attacks, I don't have a triangle situation, I don't have a seriously ill relative on my hands, I don't have a conflict with my boss, I'm not a gambling addict and I don't use alcohol or drugs. I don't have all the problems that people come to you about.

(P A U Z E)

Cl. Maybe I'll leave... I'm not a patient for a psychiatrist.Ps. I'm not a psychiatrist.

Cl. If an alarm is sounded, should we leave the premises?

Ps. Formally, yes. But you and I will look on the phone. If the plane just took off, we'll stay here. If they write that Kiev is under threat, we'll think, OK?

Cl. OK.

Ps. So, what brings you here?

Cl. I don't know how to live further. I can't go to my wife and my daughter. Men are not allowed out. I can't get a fake certificate that I've been disabled since childhood or that I have problems with my head. No reason. I can't listen to and watch all that blizzard, all the trash that fills the media, gadgets and social networks.

I threw out the TV ten years ago. Difficulties arose in communicating with friends. As long as we were united by work and fishing, everything was fine. But when I discovered that they did not distinguish between the regime and the country, the interests of the puppeteers and paid puppets, when I heard how my colleague, who had communicated in Russian all his life, suddenly began, like Bulgakov's hero, to distort words just so as not to speak Russian and I realized that he was afraid, I felt sick. Then he was caught on the street while leaving the house. Such teams travel. He was handed a summons, and I don't know where he is now. By the way, I don't live at home, and I don't leave the house. Not everyone has gone crazy. My wife and I are most worried about what to do with our daughter. She starts school in a year. With my specialty, financial problems have so far been and are being avoided. I'm not talking about the house or property... Our house is not a family nest. If they don't kill me, I'll build it again...How to live, professor? I recently re-read Hemingway's A Farewell to Arms! There, his hero concluded a separate peace, disowned both the pigs who profit from wars and the wonderful people on the front line who are thrown like chips into a fire... Do you know if Hemingway did not suffer from depression?

Ps. As far as I remember, he shot himself, like his father...

Cl. There is no salvation... That's what's scary about Hemingway... You can change one enclosure for another, you can be as healthy as a bull, and your beloved or your child will suddenly die, and not even because some idiot forces his subordinate to press button... Remember Bulgakov: "Don't you think that you have hung her up, hegemon?" You know what I recently remembered. Once, in better times, we went to see one of our friends. She had just bought a small boa and invited him to see it. He lay calmly in the enclosure,warming himself under the

lamp. And nearby three mice were doing their own thing: combing their hair, sniffing each other. Suddenly there was an instant, elusive movement and everything remained the same. Silence. Light. Stillness... But there were already two mice. It shocked me so much then... Isn't it the same now? The lands of Ukraine have long been sold to foreign owners. Depopulation processes are in full swing. Isn't it clear that the world is being re divided, and the population of this territory is of no interest to anyone? By the way, have you read Klaus Schwab's The Great Reset?

Ps. I heard, but did not read...

Cl. I recommend. Aldous Huxley and his Brave New World can rest easy. This is for schoolchildren. For serious uncles and aunts (I apologize if I didn't mention other genders, in the old fashioned way) this is the new Communist Manifesto...

Ps. What is your current condition? Cl. Condition...And yours?

Ps. Yes, I am like a sail in the whirlwind of your multi-vector thoughts and feelings. And indignation, and despair, and doubt and mistrust... A child, the fate of people, politics, fears... It seems that your soul is at its limit, although you are trying to control yourself.

Cl. Thank you! I see that you understand me.

Ps. Do I understand correctly that in the depths of your suffering, there, inside, you are tormented by a feeling of helplessness in this situation?

(HAND TOUCHES EYELID)

Cl. Sorry! Unexpectedly... I'm driving a yacht. There is such a phenomenon there - it's called broaching. This is when it gets thrown to the windward side, or when the wind is so strong on the backstay that you can lose control and in general...

(WIPS TEARS)

Ps. It's hard to be alone... It all takes too much energy...

Cl. Yes... It's hard... The main thing is that you can't tell anyone. I can't complain to my wife... It's already hard for her. The heat there is still incredible. My daughter misses me, I miss her... The child is six years old...

Ps. They were lucky.

Cl. To whom?

Ps. To your wife, your daughter... Cl. I don't understand.

Ps. You're just struggling with this, what the hell is it, broaching? Cl. Broaching to hell!

Ps. They are lucky: they have a protector, a husband, a father who fights for them, does not give up... Doesn't show how hard it is for him... Gives them a feeling of hope... They have support in life. They have you. You and them are sailing on one tack. This is your credit. Your feat. And you know that your principal command, an order to yourself: keep it up! Keep it up. All. Dot.

(LONG PAUSE)

Cl. I can go?

Ps. You are the captain. You give commands.

### Discussion and Conclusion

In the first of the situations described (the conversation took place online in Ukrainian), the petitioner, as is clear from the above recording, demonstrated respect for the professionalism of the psychologist, appealing to his compassionate position shown 7 or 8 years ago, focusing on her condition the same time period when she applied for psychological consultation, firstly, she shows displeasure due to the fact that she is not remembered. Secondly, she makes a complaint about the lack of archival records, which, in her opinion, should be in any institution (an egocentric position, an exaggerated ego, competition for attention are expressed). Thirdly, after explaining the circumstances due to which there are no possible records of a passing consultative situation from 2015 or 2016, she increases the pressure in communication and bluntly makes his main request, essentially a demand: "I ask you to remember me and confirm that "I actually turned to you for a consultation and I was depressed, which is why I was forced to leave my studies at the university". After an answer in which she was advised to contact the archives of the university where she studied to obtain official documents about her stay at the university, the petitioner with holy simplicity reveals the reasons for her own behavior: "... I can claim, as a Ukrainian refugee, an exemption from tuition fees, if I have confirmation that I was unable to study due to my poor emotional state". The absence of any criticism and boundaries, pretentiousness, due to which her main motive "Everyone owes me" is reinforced by the categorical "You understand, I didn't find myself in a foreign country, far from home, on my own will", does not create space for dialogue. The psychologist's attempt, appealing to her criticality, to clarify whether she went to the student clinic when she was recommended to clarify the diagnosis and clarify the grounds for deciding the issue of treatment and/or a break in education, the petitioner uses the latter, strong, from her perspective hypertrophied ego, argument: "I'm telling you! We didn't turn to anyone then but you. You also gave me your book. I can return it to you". And finally, without mincing words: "Will you help me"?

The mixture of aggressiveness, projective flattery, and resentment clearly demonstrates the psychological basis of this, in terminology. E. Bern, transaction racketeering are rental installations, or, more precisely, the rental position of the individual. It is for this reason that the petitioner did not even understand the words of the psychologist "...we could discuss the peculiarities of your behavior" and ended the consultation, remaining with her consumerist attitude to life and rental attitudes, which in this case were neither reinforced nor satisfied. Another thing (and this is beyond the scope of this article) is that such pathological traits (a combination of a hypertrophied ego, a victimized position and rental attitudes) are specially cultivated en masse, but this is beyond the scope of this article and, perhaps, someday will find its researchers.

The second case is a fairly typical situation from those that fall into the classical paradigm of existential counseling (L. Binswanger, R. May, J. Bugental, K. Rogers, F. Vasilyuk, etc).

It is quite obvious that a mentally healthy person, a personalized personality, turned to a psychologist in a situation where the previous life became impossible due to independent external circumstances, the causes and development trends of which the client quite soberly analyzes and understands. In my opinion, in this case we are dealing with a type of critical situation, which, according to F. Vasilyuk's classification, is called a "crisis". Within the framework of the concept of F. Vasilyuk, a "crisis" is a situation in which "life comes to a semantic impasse" (4., p. 118), the leading type of experience is value-based. The task of value experience is "to preserve a person's value position despite the "obvious" absurdity and hopelessness of resistance to reality (ibid, p. 119).

As can be seen from the session protocol, from the very beginning the psychologist tried to create every opportunity to ensure the client's sense of security and did everything to establish contact (separated the formal and personal, took a resonant position in the

conversation, did not adapt to the client either from above or from below, openly through spoke metaphorically about his feelings, at the same time trying to reflect his state as accurately as possible. And this deactivated possible defenses, providing the necessary trust. Finally, the psychologist took the risk of helping the client formulate his main experience, which usually strong people cannot admit to themselves. They simply lack the appropriate semantics. He used a reflective statement directed at himself, not at the client: "Do I understand correctly that in the depths of your suffering there, inside, you are tormented by a feeling of helplessness in this situation?"

Further, by joining the semantics of the client, i.e. to the deep structure of his personal consciousness, he, appealing to his masculinity, elevated his ethical status, placing at the forefront the value experience related to the figures of his daughter and wife, and clearly identified the main mission in his life now: "They are lucky: they have their protector, a husband, a father who fights for them, does not give up... Doesn't show how hard it is for him... Gives them a feeling of hope... They have support in life. They have you. You and them are sailing on one tack. This is your credit. Your feat. And you know that your principal command, an order to yourself: keep it up! Keep it up. All. Dot" [5]. In this climax, the significance of the circumstances in which this person found himself was also devalued. The psychologist's final remark puts an end to this advisory situation: "You are the captain. You give commands!"

In our opinion, the materials presented here, based on the example of private consultations, give a certain idea of what is happening "inside the world of clients" from today's Ukraine and, to a first approximation, can serve as an illustration of psychosocial processes, as well as their influence on the ways of adaptation or overcoming life difficulties imposed on people in depending on mental, ethical, intellectual and other personal factors.

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