

УДК 141.32-036.82:616-003.93-616-006.88

***ПРОЕКТИВНАЯ ДИАГНОСТИКА ПСИХОФИЗИОЛОГИЧЕСКИХ  
ЗАЖИМОВ У ЖЕНЩИН СРЕДНЕГО ВОЗРАСТА С ДИАГНОЗОМ РАК  
МОЛОЧНОЙ ЖЕЛЕЗЫ НА БАЗЕ ОНКОЛОГИЧЕСКОГО ДИСПАНСЕРА***

***Кузнецова Н.К.***

*Магистр 1 курса факультета психологии,  
Крымский федеральный университет им. В.И. Вернадского,  
Симферополь, Россия*

***Солоха Г.В.***

*Старший преподаватель факультета иностранной филологии,  
Крымский федеральный университет им. В.И. Вернадского,  
Симферополь, Россия*

**Аннотация.** В статье представлены исследования психофизиологических зажимов у женщин с раком молочной железы. Показано, что комплексная реабилитация способствует уменьшению телесного дискомфорта, который возникает в результате болезни, тем самым, устраняя психофизиологические зажимы и снижая вероятность рецидива рака молочной железы.

**Ключевые слова:** рак молочной железы, реабилитация, проективная диагностика, телесно-ориентированная терапия.

***PROJECTIVE TEST OF PSYCHOPHYSIOLOGICAL CLAMPS IN WOMEN OF  
AVERAGE AGE WITH BREAST CANCER ON THE BASIS OF  
ONCOLOGICAL HEALTH CENTER***

***Kuznetsova N.K.***

*Master of Psychology  
V.I. Vernadsky Crimean Federal University,  
Simferopol, Russia*

***Solokha G.V.***

*Assistant of the faculty of foreign philology,  
V.I. Vernadsky Crimean Federal University,  
Simferopol, Russia*

**Abstract.** The article presents studies of psychophysiological clamps in women with breast cancer. It is shown that complex rehabilitation helps to reduce the physical discomfort that occurs as a result of the disease, thereby eliminating psychophysiological clamps and reducing the number of recurrences of breast cancer.

**Key words:** breast cancer, rehabilitation, projective diagnostics, body-oriented therapy.

## **Introduction.**

The increase of oncological diseases, which has been observed in recent decades, is related to the problems of its comprehensive research as the category of acute and socially significant. In recent years there is an ample evidence in the scientific world that oncological diseases are based on psychosomatic causes [1]. According to the latest published data of the International Agency for Research on Cancer (IARC) in 2010, the number of new cancer cases in the world was estimated at more than 12 million people, whereas in 1990 the same estimate was little more than 8 million. Thereby, questions of adaptation to the disease, the problem of the quality of life of former cancer patients is becoming more relevant today [8].

Studying the features of life and a personality of cancer patients shows that they have experienced acute and chronic stressful events since childhood and have an uncured psychotrauma and intrapersonal conflicts. As a result, they form a specific type of personality. In its composition it is the difficulty in understanding their feelings, suppression of negative emotions, excessive responsibility, etc. These traits create problems with health – «a disease of unreacted stress» [3].

According to WHO (2016), 1.5 million women of all age groups suffer from breast cancer worldwide, out of which 400,000 are fatal. In Russia annually 65,000 cases of breast cancer in women are diagnosed. Also, according to epidemiologists, breast cancer ranked first among other malignant neoplasms. Patients may experience anxiety, a feeling of profound psychological discomfort, as a result of which this can lead to significant human suffering, poor functioning at work and home. In the worst cases, it can lead to suicidal outcomes. A human's experience of this sort of life is conditioned by social, individual, psychological and other circumstances [2].

A person encounters a paradox when he believes that his life is important, and at the same time understands that human existence in itself has neither purpose nor meaning. At this moment there is a cognitive dissonance is the state of a person's mental discomfort, caused by a collision in his mind of conflicting ideas: ideas, beliefs, values or emotional reactions. Formation and development of personality is

also associated with the experience and resolution of existence concerns (death, freedom, existential isolation and meaninglessness) [4].

There may be a crisis, which is accompanied by a painful condition, a person falls out of the habitual lifestyle, may exhibit inadequate behavior for himself, commit ill-considered or illogical acts, may devalue the achievements that he is currently having. He experiences emptiness in life, hopelessness and meaninglessness of further existence.

Also some studies have shown that patients with cancer experience anxiety and depression and often it is recorded in those who experience pain [6].

Therefore the aim of this work is to show the effectiveness of using modern rehabilitation tools to overcome and eliminate psychophysiological clamps in women with breast cancer.

### **Trial design and oversight.**

The study was conducted on the basis of the clinical oncological dispensary from February 5 to March 30 2018 in Simferopol. The study involved 60 women aged 32-37 years with the breast cancer diagnosis, who were divided into 2 groups: experimental and basic - for 30 patients each. The total rehabilitation period was 38 days.

In the experimental group we combined art therapy with music therapy with a duration of 45 minutes in the morning and the Character analysis by Wilhelm Reich aimed at relieving muscle tension, as a result of suppressed positive and negative emotions in 7 major segments in areas with increased stress, which are located in the area of eyes, mouth, neck, chest, diaphragm, abdomen and pelvis by means of breathing exercises, tingling and open consideration together with the patient of emotional limitations, which in this case arise [7]. The duration of the sessions was 35-45 minutes. In total, 19 manipulation on art therapy (music therapy) and 19 procedures of the Character analysis by Wilhelm Reich with the diet correction and drug treatment were held.

In the basic group, the Character analysis by Wilhelm Reich was performed (19 procedures for 35 minutes) during the first half of the day, which was combined

with therapeutic gymnastics (19 procedures with the duration of 20-30 minutes). Daily procedures of art therapy and music therapy were scheduled in the second half of the day or in the middle of the day, including a composition with the different rhythms (38 manipulations of 45 minutes). Psychological counseling was conducted in the afternoon twice a week, which was aimed at helping the patient solve his problems (14 sessions for 55 minutes). Moreover, diet correction and drug treatment were also performed [7].

Using pattern tests, projective diagnostics of patients' condition was also carried out before and after the course of rehabilitation. The latter was used to diagnose the unconscious emotional components of a personality (self-esteem, current state, neurotic reactions of anxiety, fear, aggressiveness, etc.). While projective methods were used with Machover's Draw-A-Person Test (1949), in which portraying himself a person recreates the main features of his own bodily needs and internal conflicts. As for «House-Tree-Man» test (J. Book, 1948, it is necessary to depict a tree, a house and a man in one figure, where they are taking place in one scene. It is found that the interaction between the house, the tree and the man is a visual metaphor. If we bring the entire figure into action, it is possible to notice what really happens in our life. A special way of interpreting may be the order in which the drawing of the house, the tree and the man is performed [5].

### **Results and discussion.**

Analyzing the materials obtained at the end of the rehabilitation in the basic group compared to the experimental group, we can draw the following conclusion that the Machover's Draw-A-Person Test test has improved and showed more favorable emotional background and inner harmony. The depression level has decreased and a sense of reliability appeared. Self-esteem has increased. Self-confidence has arisen. Social and role conflicts have also been overcome. Favorable conditions have been created for the development of arbitrariness and self-regulation, as well as overcoming internal conflicts. Relationships with surrounding people have improved. And also it has developed the awareness of their feelings, experiences and

sensations. The tendency for a speedy recovery and return to social and professional activities has been achieved.

Analyzing the drawings of the test «the House-tree-man» the condition of patients has also been improved. The emotional background of the researched patients and their contact with each other became more balanced, plastic and tactful. Internal anxiety and conflicts decreased. There was an increased desire to overcome pessimistic views on the future and the level of satisfaction with reality. Relationships were established in the family and with others, in particular, with medical staff, which allowed to overcome the communicative barrier and to socialize in society.

Consequently, the timely and dosed application of modern medical, physical and psychological rehabilitation contribute to the increase in reserve, compensatory, protective and adaptive capabilities of the female body in the dynamics. It creates the conditions for overcoming internal conflicts, eliminating psychophysiological clamps, returning to home and professional qualities, and socializing personality in society.

### **Conclusion.**

Qualitative changes were achieved through the optimal level of exposure to drug treatment, character analysis by Wilhelm Reich, psychological counseling, therapeutic gymnastics, diet correction and a combination of art therapy and music therapy. In that there are the main components in the formation of adaptive-compensatory, reserve and protective capabilities of the organism and psycho-emotional stability. As a result, tolerance to physical and mental stresses increases. In the future stressful situations will be overcome and psychophysiological clamps will be eliminated.

Thus this complex of rehabilitation can be recommended to women of middle age with breast cancer diagnosis.

### **Библиографический список:**

1. Бодров В.А. Психологический стресс: развитие и преодоление / В.А. Бодров.- М.: ПЕРСЭ, 2006. - 56 с.

2. Куприянова И.Е. Нервно-психические расстройства у женщин, страдающих раком молочной железы / И.Е. Куприянова // Психические расстройства в медицине.- 2009.-№4.- С. 25-30.
3. Малкина-Пых И. Г. Справочник практического психолога / И.Г. Малкина-Пых.- М.: Эксмо, 2004.- 156 с.
4. Мищук Ю.Е. Особенности психологического состояния больных раком молочной железы / Ю.Е. Мищук // Материалы Российской конференции «Современные тенденции организации психиатрической помощи: клинические и социальные аспекты».- 2004.-№5.- С.154.
5. Райгородский Д.Я. Практическая психодиагностика / Д.Я. Райгородский.- Самара:БАХРАХ-М, 2002.- 672 с.
6. Саймонтон К. Психотерапия рака / К. Саймонтон.-СПБ: Питер, 2001. - 288 с.
7. Сандомирский М.Е. Психосоматика и телесная психотерапия / М.Е. Сандомирский.-М.: Класс, 2005.- 592 с.
8. Тарабрина Н.В. Онкопсихология / Н.В. Табарина.- М.: РАН, 2010.- 175 с.

#### **References:**

1. Bodrov V.A. Psychological stress: development and coping / V.A. Bodrov.- Moscow: PERSE, 2006. - 56 p.
2. Kupriyanova I.E. Neuropsychic disorders in women with breast cancer / I.E. Kupriyanova // Psychic disorders in medicine .- 2009.-№4.- С. 25-30.
3. Malkina-Pykh I.G. Handbook of the practical psychologist / I.G. Malkina-Pykh .- М .: Eksmo, 2004.- 156 p.
4. Mischuk Yu.E. Features of the psychological state of patients with breast cancer / Yu.E. Mishchuk // Materials of the Russian Conference "Modern Trends in the Organization of Psychiatric Care: Clinical and Social Aspects" .- 2004.-No. 5.- P.154.
5. Raygorodsky D.Ya. Practical psychodiagnosis / D.Ya. Raigorodsky .- Samara: ВАHРАH-М, 2002.- 672 p.
6. Simonton K. Cancer Psychotherapy / K. Simonton.-SPB: Peter, 2001. - 288 p.
7. Sandomirsky M.E. Psychosomatics and corporal psychotherapy / M.E. Sandomirsky.-М .: Class, 2005.- 592 p.
8. Tarabrina N.V. Oncopsychology / N.V. Tabarina .- М .: RAS, 2010.- 175 p.