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Life Decision Verbalization During Shock Trauma Process.

Narrative psychology operates the concept "personal life myth" using "narrative interview" method. This method is one of important components of psychotherapist’s work for overcoming of PTSD. The narrative process allows people to identify what values are important to them and how they might use their own skills and knowledge to live these values. However, the main process result is tracing and verbalization of a person’s life decision accepted by a person during stress moment. It is important to find such speech constructions that would be appropriate to accepted decision and that have been observed during all client’s life from the moment of stress to the therapy moment. Overseeing psychotherapy group process (Kharkiv), we fixed certain features of life decision verbalization: 1) expressions must be short and well-targeted; 2) it is desirable, that these were the-first-person verbal forms, singular number and present continuous tense. For example, "I’m taking away", "I’m forgetting", "I’m running through", "I’m hugging", "I’m consenting", "I’m submiting" etc.

The continuous form of a verb corresponds a continuous process that takes place in client’s life. As we think, verbal forms are the most resourceful in a view of person’s activity in society, connections with those around the person, realization of his/her potential through the action. Speaking up this decision, pronouncing its among others, a person has an opportunity to trace the actions through the prism of this decision and thus - to become aware of usual behavior pattern. The next step is a new decision verbalization. The decision is chosen by a person for further integration in life. There also must be verbs that will define the client’s state already after the therapy and they should be his/her own choice.

However, there are decisions, that are formulated as nouns, they express certain nominations, state description, feeling, associating ("I am a body", "I am a woman", "I am a mistress", "I am an unlucky person" and others like that). In this case, as we think, there is a person’s self-definition. The focus of attention is displaced from external state of life to the problems of internal state. Probably, this information is a prompt for a therapist. An expert will help such clients find resources for becoming aware of place and role in his/her life, and only then to realize their life decision as some actions in society.