

The Procedural Logic of the Existential and Systemic Reorganization of the Personality's «Picture of the World»

Процесуальна логіка екзистенціально-системної реорганізації «картини світу» особистості

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ABSTRACT

Purpose. *The article highlights the functional aspect of the existential and systemic reorganizational action, with the definition of microgenetic (formation) and psychological and genetic (development) dynamics of the semantic architectonics of the personality's consciousness.*

Methods. *Genetic and modeling, systemic, structural and integrative and subject and activity methodological approaches are involved in the study.*

The results of the research. *The internal procedural plan of the existential and systemic concept is revealed and the mechanism of dynamics of the personality's «worldview» is substantiated. The formal and logical scheme of reorga-*

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nizational action as a system of constructs of its semantic description and corresponding actions is given. The internal logic of reorganization of the personality's «worldview» is determined. A procedural model of the reorganizational action of the existential and systemic concept is constructed. This model reflects the analysis of the genetic relations of the constructs of the research on the semantic architectonics of the personality's consciousness. It is determined that the focus and, at the same time, the main mechanism of the reorganization process is the structure and quality (consistency-inconsistency; anachronism-novelty; uniformity-variability; standard nature-originality) of connections between the found meanings of the previously formed semantic field and its mnemonic contexts. The operational model of practical action of a counseling psychologist is described. This model reproduces the process of reorganization on the multi-vector plane of the trans-theoretical existential and systemic concept, containing stages, levels, processes of transformation, aim, units of analysis, contact elements, operational techniques, basic skills and factors of influence.

Conclusion. *Explaining the principles of the functional perspective of the existential and systemic model is a consistent step in the methodological conceptualization of the trans-theoretical approach, the capabilities of which allow to cover all cognitive patterns of meaning formation, namely: sensory and perceptual (symptoms, sensations), imaginations (images of self, world, situation), thinking (typical cognitive schemes of interpretation of reality and its representation), affective (usual emotional patterns and states), reflexive (I am, this is me, this is my World). The analysis of genetic relations of constructs of dynamics research on semantic architectonics of the personality's consciousness («worldview», «semantic field», «reorganizational action», «function of experience», «paradoxical connection») provides the development of procedural laws of reorganizational action of the concept. The combination of genetic and modeling and structural and integrative approaches allows us to trace the movement of the personality's «worldview» reorganization, based on functional psychological analysis and to find answers to questions about the probability of set transformations and the limits of functional capabilities of the concept.*

Key words: *reorganization, semantic field, mnemonic contexts, «worldview», procedural logic.*

Introduction

The consistent movement of modern psychological science consists in the transition from explanatory to functional, one

that understands the paradigm and aims to capture real life experiences, to study and explain their dynamics, to construct the ontological field of human life and determine the means of its existence (Leontiev, 2018). A comprehensive methodology for analyzing the patterns, mechanisms and multivariation of the dynamics processes of a complex system, which we know as a person, highlights the need for integrated (Kovalev, 2001; Tsapkin, 2004), multi-theoretical and eclectic and integrative (Zeig & Munion, 2000) or trans-theoretical (Prochaska & Norcross, 2007) convergence of existing psychological systems.

The existential and systemic concept is a trans-theoretical psychological system for ensuring the process of semantic dynamics of personality's consciousness through accepting and living the challenges of life in order to achieve authentic attitudes, freedom and responsibility for one's own existence and peace (Kalishchuk, 2020a). The existential and systemic model is the result of the application of a «polyphonic» approach to the reorganization of the subjective «worldview» of the personality in the conditions of «polyphony» of psychological systems of assistance to clients in psychological practice. The foundation for the complex methodology of the existential and systemic concept envisages the solution of a triune problem:

- 1) the construction of a trans-theoretical plane with definition of integrative bases for the united model, interrelation and synergetic coherence of primary paradigmatic bases, with outlining of a methodological field of reproduction of semantic elements, rules of their interaction, degree of participation and demand at the processing of levels, stages and procedural action of reorganization of semantic architectonics of personality's consciousness (Kalishchuk, 2020a);

- 2) conceptualization of ontological dominants of trans-theoretical existential and systemic model as theoretically organized and practically directed approach, with designing of ontological background of semantic model of personality world, definition of key concepts, composition of model of interre-

lation of client representations and classification of diagnostic and correction methods;

3) substantiation of the functional aspect of existential and systemic reorganizational action, with determination of microgenetic (formation) and psychological and genetic (development) dynamics of semantic architectonics of personality consciousness and with forecasting of tendencies of given changes.

The first two steps unfolded the space of the existential and systemic concept, where (Kalishchuk, 2020a):

– a multifaceted plane was outlined on the basis of integrative unity, synergetic and dynamic approaches. It combined ontological, systemic, genetic, contextual and functional aspects of reorganization of semantic architectonics of personality consciousness;

– a heuristic model of trans-theoretical approach was built. It consisted of existential analysis, theory of dynamic systems, individual and transpersonal psychology, psychodrama, modeling system and some practical branches – decoding experience (re-imprinting), neurological levels, holotropic breathing;

– the general characteristics of the concept were defined, namely: multifacetedness, convergence, unification of particles, creation of a new union, focus on meaning formation;

– key concepts of theoretical layout of the concept were formulated: «world», «consciousness», «worldview», «meaning», «system», «semantic architectonics of consciousness», «imagination-experience-thoughts», «reorganization», «self-relation»;

– the conceptual scheme of interrelations and interaction of ontological representations of eight perspectives of «relation with the world» as an action of finding a meaning was offered;

– a model of the theoretical construct of the existential and systemic approach was created. This model reflected the client's representations;

– key projections of the research of human existential reality were revealed, namely: ways of realizing one's own existence in the world; driving forces of personal transformations; ontological dominants and their relationships; diagnostic approaches.

The purpose of the article is to highlight the functional perspective of the trans-theoretical existential and systemic concept.

The tasks of the article

1) To reveal the internal procedural plan of the existential and systemic concept and to present an argument for the mechanism of dynamics of the «worldview» of the personality.

2) To build a procedural model of reorganization of the existential and systemic concept.

3) To determine the factors of probability of tendencies of the set changes and to outline the limits of functional possibilities of the concept.

4) To describe the operational model of the practical action of a consulting psychologist. This model should reproduce the process of reorganization of the trans-theoretical existential and systemic concept on the multi-vector plane.

Research methods and techniques

The procedure of theoretical and methodological research ensures the achievement of semantic analysis of the functional plan of the existential and systemic model and consists of the following methodological approaches:

– genetic and modeling – the unity of «self-projection» of the personality and the system of conditions for its functioning and development (Maksymenko, 2006);

– systemic – «autopoiesis» process of continuous subjective creation of the world – the spiral nature of multiplicity of interactions with the environment through their repetition,

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each of which triggers structural changes in the system (Varela, 1995);

- structural and integrative – analysis of integrative processes of evolutionary movement of personality (Kholodnaia, 2002);

- subject and activity in the form of existential and systemic analysis of the reorganization of the «worldview» of the client with panic disorder.

Methodical support of reorganizational action of existential and systemic analysis is represented by diagnostic and corrective approaches: projective (Adler, 1932); psychosemantic (Serkin, 2008); existential (Lengle, 2005); system modeling and psychodrama (Kalishchuk, 2018); bodydynamic (Kalishchuk, 2020c); transpersonal (Grof, 2008).

Results and their discussion

The trans-theoretical nature of the existential and systemic concept is considered by us in the aspect of convergence of multidirectional paradigmatic approaches in order to create an effective construct of reorganization of the semantic architectonics of the personality consciousness. Semantic architectonics is a multicomponent construction of the psychic, which is determined by the development of its own values as a «text» by inducing a variable interpretation of previously found meanings. The definition of «semantic architectonics of consciousness» gives rise to a consistent list of functional issues, in particular, about:

- the emergence of connections between the meanings that organize the semiotics and semantics of the «text» and form a «worldview» – a systemic personal model of subjective images of the real world and semantic connections between them;

- the action of cognitive patterns as forms of meaning formation and partial types of understanding;

– interaction or change of mnemonic contexts as actualization of the zones of meanings of the unconscious, which form the semantic outline of «recurrence»;

– reorganization of the semantic field as the genesis of personality self-organization, which provides the action of «coping» and reformatting of connections and relations between the elements of the system through the expansion of living space.

By considering the «reorganization» of the semantic field as a reflection of the functional aspect of the existential and systemic concept, we define it as a natural process of human interaction with the environment through repetitive patterns of «relation with the world» and self-relation, each of which triggers structural changes in the involved system (Varela, 1995). It is known that «reorganization» is stipulated by the generative property of man as a complex system in regards to self-movement and self-transformation, which is characterized by the quality of self-relation (Kalishchuk, 2020b; Leontiev, 2018). E. Moren points out that a complex system is «not just an organization of efficiency and automatic accuracy of functioning. It is the creation of a retroactive integrity, which is endowed with its own organizational properties» (Moren, 2013: 238). Therefore, the organization (reorganization) acts as a vector of the dynamics of «the quality of existence, which continuously produces itself and which destroys itself as soon as there is an unexpected failure in the production of oneself or regeneration» (Moren, 2013: 260).

The classic and most general explanation of the reorganizational action is offered by «the theories of developmental education of D.B. Elkonin, V. V. Davydov, S. D. Maksymenko, H. S. Kostiuk, L. S. Vyhotskyi,... when studying the formation of man, we deal with the phenomenon of projecting – self-projecting of higher mental functions in the unique space of the social situation of development. The genesis that follows its own laws, the peculiar activity of the personality and the sys-

tem of social and pedagogical conditions of its functioning and development are connected into a single whole» (Maksymenko, 2006: 23). A separate discovery, which brings us closer to understanding the internal procedural plan of reorganization of the personality «worldview», is «an important scientific fact that the means can include life experience, language expression, co-divided activities, innovative technologies, educational experimentation, etc.» (Maksymenko, 2006: 23). It should be emphasized that these means of personality dynamics process have a common basis. The form of representation of these means is a «text», as a structured semantic content, which has certain duration, is based on the relevant states and differs by a stable dynamic nature and potential for transformation. A. Yu. Agafonov states that «the preservation of the existence of the text of consciousness is possible only in the process of its transformation» (Agafonov, 2003: 114). That is, the content of consciousness as a plural text and each individual act of understanding are supplemented or changed. «The area of meaning is an open plurality, because the dynamics of transformation occurring in the mental sphere is nothing more than a restructuring of semantic space, which requires the formation of new areas of meaning, and hence changes in the former areas» (Agafonov, 2000: 81).

Meaning is a continuum of states and it creates a semantic field that is organized by the connections of the corresponding context. In addition, the construction of the meanings of a particular event is carried out through the attitude toward it, so the meaning is a reflection of life relationships, and experiences (emotions and states) are its dynamic components (Bassin, 1973). Meanings organize the semiotics and semantics of the «text» and form a «worldview» – a multi-layered construction of subjective images of the real world and semantic connections between them. The «worldview» as a subjectively organized integrity is determined by the stable and dynamic characteristics of the paraphernal generalized pole of expe-

riences, which creates a semantic model of oneself and the world.

The focus and, at the same time, the main mechanism of the reorganization process is the structure and quality (consistency-inconsistency; anachronism-novelty; uniformity-variability; standard nature-originality) of connections between the found meanings of the previously formed semantic field and its mnemonic contexts. These connections have an emotional expression, and constitute a system of «imagination (mnemonic context) → experiences (emotions, states) → thoughts». The semiotics (the one that means and the one that is defined) of this system determines the conventional correlates of meaning formation due to the fact that «we become the stories we tell» (Kibed & Sparrer, 2014: 12). Contradictory (inconsistent, new, variable, original) connections between meanings cause the experience of paradox and paradoxical confrontation with oneself, with one's own identity and the world that man has created for himself or herself. The experience of paradox, therefore, serves as a mechanism for expanding the context, finding of a bifurcation crossroads, which necessarily include a path to increasing the level of organizational order of man.

Formal and logical scheme of reorganization as a system of constructs of its description and corresponding actions is presented in fig. 1.

The internal logic of the personality's «worldview» reorganization is given by two postulates of the theory of semantic projection of reality of A. Yu. Agafonov. The first one is the following: «the psyche has a semantic structure»; the second one is that the «consciousness is organized as a multiple text consisting of cognitive patterns» (Agafonov, 2003: 110). The term «text» means a meaning or set of meanings that reflects the content of consciousness at the actual time. Change of the text involves change of the nature of the connection between the original semantic groups, as well as change of the mnemonic contexts that define the semantic aspect of inter-

pretations of events (for example: the meaning of parental attitudes: «Parents found no time for me, treated me without understanding my needs» → change of mnemonic context: «My parents worked a lot of time and that's how they showed their love and care for me»).

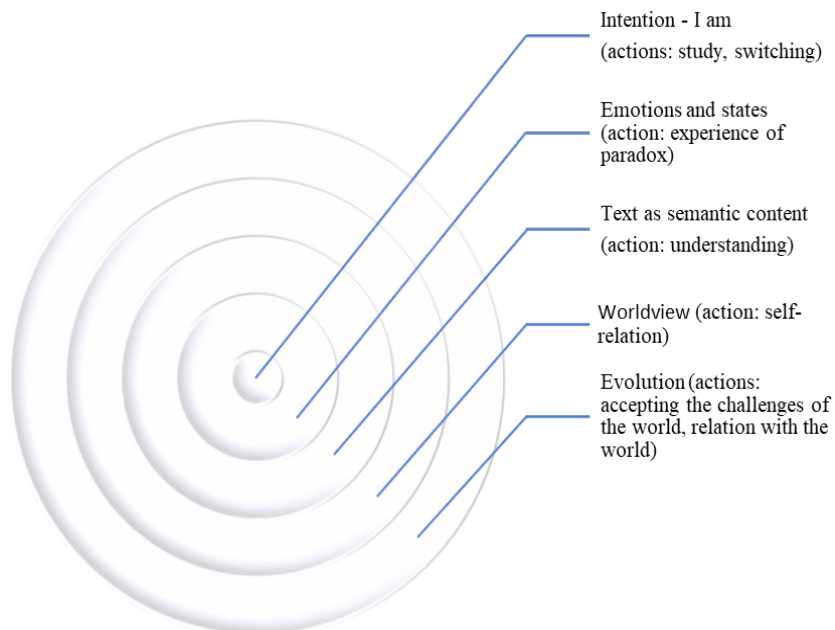


Fig. 1. Formal and logical scheme of the reorganization process

Different levels of cognitive patterns of consciousness (sensory and perceptual, imagination, thinking, affective and reflexive) are forms of meaning formation, have a corresponding semantic meaning and, at the same time, act as a realization means of understanding of own texts by consciousness (for example: meanings in the context of panic attack: sensory and perceptive level – «the body lives its own life – I feel tremors, muscle twitching, tics, difficulty breathing, chest pain,

blood rush or chills, dizziness, etc. again»; imagination level – «I'm dying»; level of thinking – «no one will help me because doctors do not know how to help»; affective – «anxiety, fear, horror»; reflexive – «I am worried about my condition, I can't get rid of it, when and where it will happen again»). The reorganization of the meanings of a particular event is carried out through the relationship «Me and the event», namely: through finding of the principles and mnemonic contexts of formation (microgenesis) of the existing cognitive pattern and its understanding and identification of means of development (genetic and modeling aspect) of a new cognitive pattern through opening of paradox of your own subjective world content.

The mechanism of existential and systemic reorganization dynamics of semantic formations is argued by important bases: the general theory of systems (O'Connor & McDermott, 2006) and the theory of general and psychological transformation of activities and needs (Bratus & Lyshyn, 1982).

From the point of view of general systems theory, the potential principles for creation of free connections in the system are laid in human existence. These connections are actualized by methods of existential and systemic concept (projective, psychosemantic, existential analysis, system modeling, psychodrama, bodydynamic and transpersonal). Diagnostic programs show, at the same time, both a resource for change and an environment for the implementation of this resource. The existential and systemic approach makes it possible to measure the dynamic state of the system, to identify important elements of the system, modality and strength of connections between objects, to find the meaning that the system carried something in itself as an old and false attractor. In addition, it makes it possible to bring the system to the point of bifurcation and launch a new order of organization of the system by interrupting the constantly reproducing connections, attitudes («balancing connection»), their understanding and perception for the client. Completion and change of connections («strengthening con-

nection») reduces the possibility of returning to the original, habitual form of system stability and that ensures the transition to a new level of functioning of the personality, with a new attractor (paradoxical meaning), which will provide a more promising inclination to stabilization. Therefore, existential and systemic analysis opens up opportunities to transform states, to reveal not only the nature of relationships between objects that make up a complex system, but also, at the same time, to prove and understand the role and importance of multiple combinations of interacting factors, namely: elements of system, preferred states and connections. In addition, it gives a way to determine the cause-and-effect relationships between objects from the standpoint of time and to move from the fixation of phenomena that occur to understanding the structural relationships, which give rise to certain sequences (patterns) of phenomena in the macrogenetic aspect.

General psychological transformation of activities and needs shows the mechanism of creation (finding) of meanings, which is carried out according to the scheme of sequential action of meaning formation, namely: indefinite, objectless state of needs (unconscious conflict between rejected, displaced personal meaning and state of need) → choice of specific motive – needs of object (state of needs is not realized, there is a objectless anxiety) → transformation of needs and activities (objectless anxiety is objectified by paraphernal ability to represent internal conflict, a «symptom-sign-text» is created) → involvement of techniques of semantic analysis of meaning violations (the opening of paradoxical meanings by action of reorganization).

The abovementioned principles determine the content of the procedural principles of reorganization of the «worldview» of the personality, which is based on the analysis of genetic relationships of the research constructs of semantic architecture of personality consciousness (fig. 2).

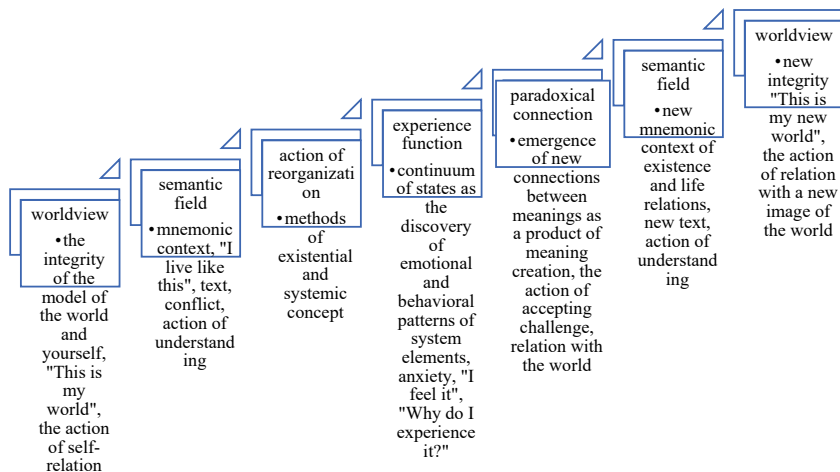


Fig. 2. Procedural logic of reorganization of the «worldview» of the personality

Prediction of the changes set by diagnostic and correctional methods of existential and systemic concept is objectified and verified by the system of intrapsychic factors, namely:

- coordinated action of complementarity of all cognitive patterns as partial types of understanding the perspectives of «relation with the world»: «I am», «This is me», «These are My experiences», «These are My thoughts», «This is what I do», «This is My life now», «This is My past», «These are My ideas about the future»;

- development of the mnemonic context, which steadily retains its new qualitative and increased volume in the future (perception of what is known as new thing from another angle);

- change of the connections of the system with the creation of a new attractor by the found meaning, due to the fact that the connections between the same elements can be established differently, the nature of their establishment is influenced by the previous mnemonic context (microgenetic aspect);

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– change of mnemonic contexts, which form the semantic outline of «recurrence» – the development of one's own meanings as a text (creative art of wonder);

– a new integrative structure of the semantic field and «worldview», which corresponds to the new qualitative composition of the «relation with the world» (actions of study and switching);

– «spiral» patterns of client behavior («balancing connection» in the system), which indicate that the important triggers of the initial stabilization of the system and absence of inclusion of «strengthening connection» in the system (usually the absence or rigidity of the client's role repertoire).

The limits of the functional capabilities of the concept are outlined by the potential of the methods of the existential and systemic model and the means of combining them in each separate case. The limitation of the concept concerns the ability of its diagnostic and corrective resource, namely: the ability to expand the representations of the client's reality; to adjust to his or her individual mental «worldview», to the peculiarities of the allocation of attention, to the peculiarities of internal time characteristics (acceleration or inhibition), to determine the subjective perception of the situation (verbal, visual, bodily, emotional) and, most importantly, to take into account contextual limitations of the client in regards to his or her own «crystallized» patterns of emotional and behavioral response (for example, regret, sadness, fixation on doubts, obstacles of personal mental experience of representations, instability in regards to inconsistency, etc.). It should be emphasized that the trans-theoretic nature of the existential and systemic concept allows to choose the following diagnostic and corrective approaches and methods that have the most effective action in each case at different stages of the reorganization process: existential analysis to gain experience of meeting oneself, the world and other people; psychosemantic one is for the analysis of disorder of one's own meaning; projective one is for defini-

tion of lifestyle and principles of one's own existence; holotropic breathwork is processing of bodily tension; re-imprinting of experience means leveling of erroneous microgenetic bases of personality functioning; system modeling is rapid diagnostics and response to situations that have significant emotional stress and require recognition of the found imbalances, etc.).

Visual reflection of the practical action of the consulting psychologist is reproduced on the coordinate plane (fig. 3), which integrates levels, processes and stages of transformation with aim, analysis units, contact elements, operational techniques, basic skills and factors of influence (Prochaska & Norcross, 2007; Zeig & Union, 2000).

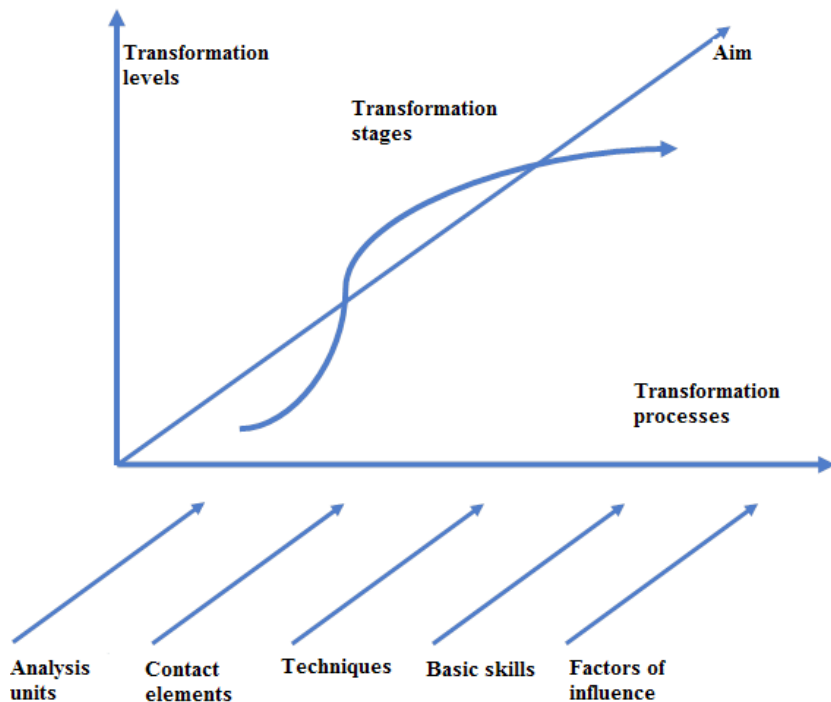


Fig. 3. Operational model of reorganizational action of the concept

A description of psychological assistance to clients with panic attacks stands as the subject option of using the operational model. Panic disorder was chosen as the most voluminous level of transformation, characterized by a wide variety of «source attractors» and the uniqueness of the course due to different clients' mental model of representation of the world for themselves and, at the same time, typical focus of psychological change on the opening of one's own existence for all episodes. The operational model contains the content of each of the axes, vectors and appropriate practical tools (approaches and methods of work):

1. The axis of aim reflects the universal expectation – the reorganization of the «worldview» of the client through the acceptance and going through the challenge of uncertainty and the achievement of authentic attitudes and responsibilities for his or her own existence and the world. In panic attacks, this aim is initially reduced to the desire to get rid of physical symptoms and overcome feelings of anxiety and uncertainty about the experienced critical states. The aim is transformed during the first session.

2. The axis of the level of transformation – the object – is determined by the declared or latent request of the client, which in panic attacks can be masked and formulated by him as «depression», «phobias», «anxiety», «psychosomatic disorder», «insecurity», «fear of death», «insomnia», «severe emotional states», «constant physical discomfort», etc. There are the following means: getting in touch with your unique subjective image of the world, objectifying the causes of adaptation failure; clarifying the somatic and mental dimensions of masked distress at the neurological levels of «environment» and «behavior» (What world do I live in? What surrounds me? Who is around me? What do I do? What do I feel when it surrounds me? What do I feel when I do it?). Stages of transformation: the preparing of a client for a new experience; con-

sideration of information by the client. The request is adjusted at the first session.

3. The axis of transformation processes:

- analysis of the real basis of panic disorders and finding a place of intervention. There are the following means: system modeling of basic relations and prevailing experiences; discovery of direct, inverse and paradoxical meaning; determination of the basic emotion for panic disorder (fear, guilt, offence, pity, disgust); finding a key element of the client's system (parents, spouses), with which the connection is maintained by a false, usually one-point attractor, which has the form of introject persuasion (for example: «I need help»; «I'm lonely»; «I cannot help anyone»; «This is not my life», etc.); work with agoraphobic space;

- developing a conscious response of the client to the real basis of panic disorders. There are the following means: actions of self-relation and self-determination in relation to the elements of the system; re-imprinting of the experience; discovering the paradoxical meaning in regards to the acute distress experienced in panic disorders and their positive role in the evolution of personality (How do I live? What abilities do I have? What is most important to me? What do I want?);

- elaboration and direction of the trajectory of necessary personal transformations. The means are as follows: construction and perception of the client's own mental model; reformulation of the motto of life; correction of emotional experience and definition of emotional action programs; dramatic relief of experience; self-release; holotropic breathing; re-imprinting experience. The possibility of a spiral pattern («balancing connection») increases under the condition of alternative (against the background of altered states) genesis of panic attacks or the dominant emotion of disgust, which is enhanced by feelings of self-pity;

- modeling of a new mental system of the client, which allows to determine its emergent properties, to portray realis-

tically the objects that make up its structure and to identify the attractors that give dynamics to transformation. Means: work with inter-psyche space (reformatting of the relation to the main element of system); self-relation; accepting the challenge of uncertainty;

– transformation through destabilization of the former steady state (original attractor) and arrangement of a new stable state (new attractor). Means: holotropic breathing; catharsis; paradoxical meanings; self-relation; expanding the horizon of perception; neurological levels of «belief», «value», «identity», «meaning»; re-imprinting of experience;

– finding a form of reinforcing feedback of the mental model of the client and the conditions of exponential growth of his or her personality. There are the following means: systemic modeling of freedom and responsibility; modeling of a new life position – «Me and the World», «Me and my today», «Me and my future».

4. The vectors of the internal composition of the changes process:

– the vector of units of analysis determines the possibility of entering the world of the client and focusing attention and the direction of the logic of the query. In our example the generalized cause of panic disorders is the experience of existential inadequacy, which is reinforced by the energy of the crisis from the realization of a critical failure of self-adaptation. The lack of internal agreement with their actions and existence arises at this background. The clarifying of partial causes of panic disorders is based on the following principles: panic attack occurs as a reaction to the actualization of unconscious conflict without the ability to survive it, which causes a clear gap between the intensity of the bodily response and the ability to process it mentally; unconscious conflict is actualized due to the long inability to meet a significant need; the deprived need is not realized; there is a high degree of energy recovery, which mobilizes the flow of tension from the

need for deprivation and is unconsciously fed with the «ambition» of the individual (How could this happen to me?); the client's energy is always above the conditional «average level»; there is often a manifestation of alexithymia, as the inability to implement the program of actions corresponding to the emotions experienced but not recognized;

– the vector of contact elements determines the content of interpsychic dialogue with a psychologist, namely: analysis of feelings, thoughts, attitudes, contextual component, bodily component, idiosyncratic component;

– the vector of operational techniques of each of the five diagnostic and corrective approaches: projective (the method «My World» – a modified method «Who am I?» by M. Kuhn and T. McPartland; ranking values with enhanced emotional component to determine the points of attraction of the system of people under study); psychosemantic (semantic analysis of disorders of semantic formations); existential («experience of meeting with oneself, with the world and other people»; «correlation and dialogical exchange between Me and the world»; awareness of the basic mechanisms of «intentionality», «self-creation», «authenticity», «internal balance», «freedom», «responsibility», «transcendence»; awareness of internal dialogue – the transition from fear of the body's reactions to awareness of the symptom as a disturbed balance between hesitation and responsibility and freedom of choice); system modeling and psychodramatic approach (modeling and response to situations with significant emotional tension; recognition of found imbalances; construction of models «Me and Life»; discovery of paradoxical meaning in identifying the predominant states and programs of action generated by the subject; generalization of «Me»; definition of «Super-positions»; «triad»; «tetrolemma»; square «Yes-No»; «context of states»; «a journey to the deep goal»; «a balance between uniqueness and value», «line of life» etc. in order to analyze the components systems and detection of inefficient output attractor

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and trigger finding) (Kalishchuk, 2018); bodydynamic approach «New positive imprinting of birth» in order to discover the condensed experience and fixed installation of imprinting of birth as a basic point of bifurcation of life, as a foundation for the formation of emotional and behavioral patterns and specific emotional coloration of the subjective model of reality (Kalishchuk, 2020c); trans-personal approach (holotropic breathing according to S. Grof as a means of combining breathing and music and acting as a means of energizing and channeling human experiences in order to physically respond to «emotional splinters» and discover their meanings) (Grof, 2008);

– the vector of basic skills that ensure the continuity of the holistic process of structuring the internal experience of the client's personality, from establishing contact to activating his strengths and positive self-prediction;

– the vector of influencing factors that depend on the experience and personality of the psychologist and determine the content of influence: stress relief, expanding the response repertoire, changing behavioral stereotypes through new emotional experiences, conscious attitude to new forms of behavior, etc.

5. The axis of transformation stages consists of preliminary and situational reflection of the information received by the client; preparing the client for a new experience; spiral pattern («balancing connection»); client's effectiveness; saving of transformations by the client. The intervention of panic attacks is accompanied by episodes of a spiral pattern, when the system, in its striving for homeostasis, returns the client to the previous stages with previous connections, which requires the involvement of bodydynamic and transpersonal techniques.

Thus, within the existential and systemic approach, panic attacks are understood by the client as a necessary process of dynamics and specific condition for development. A horizontal deployment of the problem is provided. It involves the sequential passage of the following stages: finding the determinants

of panic disorder – areas of vulnerability of the client’s mental system; study of the mechanisms of panic disorder – finding of the original false attractor that resists the changes in the system due to the functioning of the pattern of balancing feedback; construction of the client’s ontological space in order to find resources and discover the meanings that ensure the surviving of peak states and the discovery of a new stable attractor; determining the starting point of the intervention (behavior, abilities, beliefs, values, identity); implementation of psychological intervention and the discovery of a paradoxical meaning (Kalishchuk, 2017). The client has the opportunity to assess the uniqueness of his or her own «worldview» and the means, by which it serves his or her psychological adaptation and development, and to make a root for an updated «worldview» in her or his life.

Conclusions

Explaining the principles of the functional perspective of the existential and systemic model is a consistent step in the methodological conceptualization of the trans-theoretical approach, the capabilities of which allow to cover all cognitive patterns of meaning formation, namely: sensory and perceptual (symptoms, sensations), imaginations (images of self, world, situation), thinking (thoughts, typical cognitive schemes of interpretation of reality and its representation), affective (usual emotional patterns and states), reflexive («I am», «this is Me», «this is my World»). The analysis of genetic relations of constructs of research dynamics of semantic architectonics of the personality consciousness («worldview», «semantic field», «reorganizational action», «function of experience», «paradoxical connection») provides development of procedural laws of reorganizational action of the concept. The reorganization of the «worldview» of the personality is an integral natural sum of processes and a set of actions and states, the sequence of which leads to exponential growth, the evolution of man as

a complex system. The outlined scheme of the procedural logic of the concept portrays the mechanism of formation, «accumulation» (microgenesis) and dynamics (macrogenesis) of the «worldview» in the personality ontogenesis. The combination of genetic and modeling and structural and integrative approaches allows us to trace the movement of the personality «worldview» reorganization, based on functional psychological analysis and to find answers to questions about the probability of set transformations and the limits of functional capabilities of the concept. The simulated operational component of the existential and systemic concept is not a linear sequence of a number of steps, but a multi-vector space of relationships and transitions between the axis of levels and processes and vectors of the internal composition of change processes that affect the trajectory and direction of transformation stages and achieving of aims. Further research interest lies in building of a synergetic and transformational algorithm of «worldview» as an intra-psychic phenomenology of a consulting psychologist and, at the same time, a tool of his consulting practice.

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Калищук Світлана. Процесуальна логіка екзистенціально-системної реорганізації «картини світу» особистості

АНОТАЦІЯ

Мета статті – висвітлити функціональний аспект екзистенціально-системної реорганізаційної дії, з визначенням мікрогенетичної (станов-

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лення) й психолого-генетичної (розвиток) динаміки смислової архітекто-
ніки свідомості особистості.

Методи. Задіяно генетико-моделюючий, системний, структурно-
інтегративний і предметно-діяльнісний методологічні підходи.

Результати дослідження. Розкрито внутрішній процесуальний
план екзистенціально-системного концепту й обґрунтовано механізм
динаміки «картини світу» особистості. Наведено формально-логічну
схему реорганізаційної дії як системи конструктів її змістового опису та
відповідних дій. Визначено внутрішню логіку реорганізації «картини сві-
ту» особистості. Побудовано процедурну модель реорганізаційної дії ек-
зистенціально-системного концепту, що відображає аналіз генетичних
співвідношень конструктів дослідження смислової архітектоники свідомо-
сті особистості. Визначено, що фокусом і, водночас, головним меха-
нізмом реорганізаційного процесу виступає структура і якість (узгодже-
ність – неузгодженість; анахронічність – новизна; одноманітність – ва-
ріативність; стандартність – оригінальність) зв'язків між знайденими
смыслами раніше сформованого смислового поля та зумовлюючих його
мнемічних контекстів. Описано операційну модель практичної дії пси-
холога-консультанта, яка відтворює процес реорганізації на багато-
векторній площині трансєоретичного екзистенціально-системного
концепту, що містить стадії, рівні, процеси змін, мету, одиниці аналізу,
елементи контакту, операційні техніки, базові навички і чинники впливу.

Висновки. Викладення засад функціонального ракурсу екзистенці-
ально-системної моделі є послідовним кроком методологічної концеп-
туалізації трансєоретичного підходу, можливості якого дають змогу
охопити всі пізнавальні контури смислотворення, а саме: сенсорно-пер-
цептивний (симптоми, відчуття); уявлень (образи себе, світу, ситуації);
мисленнєвий (думки, типові когнітивні схеми інтерпретування дійсності
та її репрезентації); афективний (звичні емоційні патерни та стани);
рефлексивний («Я є», «це є Я», «це мій Світ»). Аналіз генетичних спів-
відношень конструктів дослідження динаміки смислової архітектоники
свідомості особистості («картина світу», «смислове поле», «реорганіза-
ційна дія», «функція переживання», «парадоксальний зв'язок») забезпечує
розгортання процедурних закономірностей реорганізаційної дії концеп-
ту. Поєднання генетико-моделюючого і структурно-інтегративного
підходів дозволяє простежити рух реорганізації «картини світу» осо-
бистості, спираючись на функціональний психологічний аналіз, і знайти

відповіді на запитання про вірогідність заданих змін і межі функціональних можливостей концепту.

Ключові слова: реорганізація, смислове поле, мнемічні контексти, «картина світу», процесуальна логіка.

Калищук Светлана. *Процессуальная логика экзистенциально-системной реорганизации «картины мира» личности*

АННОТАЦИЯ

Цель статьи – осветить функциональный аспект экзистенциально-системного реорганизационного действия, с определением микрогенетической (становление) и психолого-генетической (развитие) динамики смысловой архитектоники сознания личности.

Методы. Задействованы генетико-моделирующий, системный, структурно-интегративный и предметно-деятельностный методологические подходы.

Результаты исследования. Раскрыт внутренний процессуальный план экзистенциально-системного концепта и обоснован механизм динамики «картины мира» личности. Построена формально-логическая схема реорганизационного действия как системы конструктов его содержательного описания. Определена внутренняя логика реорганизации «картины мира» личности. Построена процедурная модель реорганизационного действия экзистенциально-системного концепта, отражающая анализ генетических соотношений конструктов смысловой архитектоники сознания личности. Определено, что фокусом и, одновременно, главным механизмом реорганизационного процесса выступает структура и качество (согласованность – несогласованность; анахроничность – новизна; однообразие – вариативность; стандартность – оригинальность) связей между найденными смыслами ранее сформированного смыслового поля и обуславливающих его мнемических контекстов. Описана операционная модель практического действия психолога-консультанта, которая воспроизводит процесс реорганизации на многовекторной плоскости трансэпистемического экзистенциально-системного концепта, содержащая стадии, уровни, процессы изменений, цель, единицы анализа, элементы контакта, операционные техники, базовые навыки и факторы влияния.

Выводы. Изложение основ функционального ракурса экзистенциально-системной модели является последовательным шагом методологической концептуализации трансэпистемического подхода, возможности которого позволяют охватить все познавательные контуры смыслообразования, а именно: сенсорно-перцептивный (симптомы, ощущения), представлений (образы себя, мира, ситуации); мыслительный (мысли, типичные когнитивные схемы интерпретации действительности и ее репрезентации); аффективный (привычные эмоциональные паттерны и состояния); рефлексивный («Я есть», «это Я», «это мой Мир»). Анализ генетических соотношений конструктов исследования динамики смысловой архитектоники сознания личности («картина мира», «смысловое поле», «реорганизационные действия», «функция переживания», «парадоксальная связь») обеспечивает развертывание процедурных закономерностей реорганизационного действия концепта. Сочетание генетико-моделирующего и структурно-интегративного подходов позволяет проследить движение реорганизации «картины мира» личности, опираясь на функциональный психологический анализ, и найти ответы на вопросы о вероятности заданных изменений и границах функциональных возможностей концепта.

Ключевые слова: реорганизация, смысловое поле, мнемические контексты, «картина мира», процессуальная логика.

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