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Clinical cases and recommendations for post-traumatic rehabilitation based on EI

Casos clínicos y recomendaciones para la rehabilitación postraumática basadas en la IE

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Written by:


Roksolyana Pryzvanska¹ <https://orcid.org/0000-0001-7635-1227>**Olesia Borysova²** <https://orcid.org/0000-0002-8174-476X>**Galyna Mozgova³** <https://orcid.org/0000-0003-4836-245X>**Alla Fedorenko⁴** <https://orcid.org/0000-0002-8180-4494>


Abstract


Psychological rehabilitation following traumatic events is essential for individuals to regain a sense of well-being and resilience. Emotional intelligence (EI) has emerged as a promising tool in trauma recovery, yet its specific role and effectiveness remain underexplored. This research aims to investigate the relevance of EI as a tool for psychological rehabilitation after traumatic events. Through the analysis of clinical cases, this study seeks to elucidate the impact of EI interventions on promoting resilience and facilitating recovery among trauma survivors. Clinical cases, presented in literature, of individuals who have experienced traumatic events were analyzed to assess the role of EI in their psychological rehabilitation. The results reveal that EI interventions significantly contribute to psychological rehabilitation after traumatic events. The integration of EI strategies into trauma recovery programs facilitated resilience-building and enhanced overall well-being among trauma survivors. Hence, the research underscores the relevance of EI as a tool for psychological rehabilitation after traumatic


Resumen

La rehabilitación psicológica tras sucesos traumáticos es esencial para personas recuperen una sensación de bienestar y resiliencia. La inteligencia emocional (IE) ha surgido como una herramienta prometedora en recuperación del trauma, sin embargo, su papel específico y eficacia siguen siendo poco explorados. El objetivo de este estudio es investigar la relevancia de la IE como herramienta para rehabilitación psicológica tras sucesos traumáticos. A través del análisis de casos clínicos, este estudio pretende dilucidar el impacto de las intervenciones de IE en la promoción de la resiliencia y la facilitación de la recuperación entre los supervivientes de traumas. Se analizaron casos clínicos, presentados en la literatura, de individuos que han experimentado eventos traumáticos para evaluar el papel de IE en su rehabilitación psicológica. Por lo tanto, la investigación subraya la relevancia de IE como herramienta para rehabilitación psicológica tras sucesos traumáticos. Las conclusiones destacan la eficacia de intervenciones de IE para promover la resiliencia y facilitar la recuperación entre los supervivientes de traumas. Mediante la

¹ PhD in Psychology, Associate Professor, Department of Special Education, Faculty of Pedagogical Education, Ivan Franko National University of Lviv, Lviv, Ukraine.  WoS Researcher ID: ITU-9941-2023

² Doctor of Law, Senior Lecturer, Department of General and Differential Psychology, State Institution "Southern Ukrainian National Pedagogical University named after K.D. Ushinsky", Odesa, Ukraine.  WoS Researcher ID: KHC-9271-2024

³ Doctor of Psychological Sciences, Professor, Head of the Department of Psychosomatics and Health Psychology, Faculty of Psychology, Mykhailo Dragomanov National Pedagogical University, Kyiv, Ukraine.  WoS Researcher ID: IAR-5095-2023

⁴ PhD in Psychology, Associate Professor, Department of Psychology, Faculty of Psychology, Mykhailo Dragomanov National Pedagogical University, Kyiv, Ukraine.  WoS Researcher ID: AAD-6669-2021



events. The conclusions highlight the effectiveness of EI interventions in promoting resilience and facilitating recovery among trauma survivors. By incorporating EI strategies into trauma recovery programs, mental health professionals can enhance the effectiveness of interventions and support individuals in their journey toward healing and recovery.

Keywords: trauma rehabilitation, emotional intelligence interventions, case illustrations, resilience enhancement, psychological healing, traumatic events, psychological rehabilitation.

Introduction

In the wake of traumatic events, individuals often grapple with a myriad of emotional upheavals, from acute distress to long-lasting psychological scars. In recent years, the concept of emotional intelligence (EI) has emerged as a pivotal tool in the field of psychological rehabilitation, offering a nuanced understanding of how individuals perceive, express, and manage emotions. This burgeoning interest stems from the recognition that traditional therapeutic approaches, while valuable, may sometimes fall short in addressing the complex emotional needs of trauma survivors (Gransberry, 2021). Trauma, whether resulting from natural disasters, interpersonal violence, or other life-altering experiences, can significantly disrupt an individual's emotional equilibrium. Conventional models of psychological intervention typically focus on symptom alleviation and cognitive restructuring.

Nowadays it is important to improve emotional intelligence. Emotional intelligence (EI) is the ability to understand, realize and manage one's own emotions, one's motivation, thoughts and behavior, to regulate one's emotional state, as well as the ability to manage the emotional states of other people, notice their actual needs, empathize and develop their strengths.

While traditional methods seek to alleviate symptoms, they do not address the emotional and psychological roots of the problem. Cognitive-behavioral therapy, for example, focuses on modifying distorted thoughts without addressing the underlying emotional components. As a result, these traditional methods often offer limited and isolated solutions to post-traumatic syndromes. Exposure therapy, on the other hand, while it can be helpful, carries the risk of rekindling the trauma. Therefore, the development of emotional intelligence becomes a fundamental tool to prevent the recurrence of

incorporación de estrategias de IE en programas de recuperación del trauma, los profesionales de salud mental pueden mejorar la eficacia de intervenciones y apoyar a los individuos su camino hacia la curación y la recuperación.

Palabras clave: rehabilitación del trauma, intervenciones de inteligencia emocional, ilustraciones de casos, mejora de la resiliencia, curación psicológica, eventos traumáticos, reabilitação psicológica.

the problem and promote a comprehensive recovery.

A burgeoning body of research has explored the role of EI in facilitating psychological rehabilitation following traumatic events (Miloradova, 2023). Studies have investigated various facets of EI, including emotional awareness, empathy, and emotion regulation, and their influence on coping strategies and resilience. Moreover, empirical evidence suggests that individuals possessing emotional intelligence tend to exhibit better adaptive functioning and reduced vulnerability to psychopathology in the aftermath of trauma (Kao & Chen, 2016; Malik, 2021; Radziievska et al., 2022). Such findings underscore the potential utility of integrating EI-based interventions into existing therapeutic frameworks to enhance post-traumatic recovery outcomes.

Despite the growing recognition of emotional intelligence as a valuable resource in trauma recovery, significant gaps remain in understanding its precise mechanisms of action and optimal implementation within clinical settings. Moreover, contextual factors such as cultural differences and socio-economic disparities may influence the efficacy of EI-based interventions, highlighting the need for nuanced approaches that account for diverse individual backgrounds and experiences.

The primary aim of this study is to explore the utility of emotional intelligence as a tool of psychological rehabilitation following traumatic events, drawing upon clinical cases and empirical research to elucidate its potential benefits and challenges. To complete the object, the following research questions will be undertaken:

1. Reviewing existing literature on emotional intelligence and trauma recovery to identify

- key theoretical frameworks and empirical findings.
2. Analyzing clinical cases illustrating the application of EI-based interventions in diverse trauma contexts, with a focus on treatment outcomes and therapeutic processes.
 3. Identifying barriers to the effective integration of emotional intelligence into trauma rehabilitation protocols and proposing recommendations for addressing these challenges.
 4. Synthesizing findings to inform evidence-based practices and guidelines for enhancing psychological rehabilitation efforts in the aftermath of trauma.

Through a comprehensive exploration of emotional intelligence within the background of trauma recovery, this study seeks to contribute to the growing body of knowledge aimed at improving the quality of care for trauma survivors and promoting their long-term well-being.

Literature review

A considerable body of scholarly work has delved into the intersection of emotional intelligence (EI) and trauma, exploring their intricate relationship and implications for psychological well-being. Current scholars have investigated several important issues of EI, ranging from its role in military leadership to its impact on trauma treatment outcomes and self-care practices among clinicians. Numerous scholars have underscored the importance of emotional intelligence in military settings, highlighting its role in enhancing leadership effectiveness and promoting resilience among service members (Chiorcea & Cioranu, 2021; Garcia Zea et al., 2023). These studies have demonstrated that individuals with higher levels of emotional intelligence exhibit greater adaptability in high-stress environments, fostering cohesive team dynamics and facilitating decision-making processes. Moreover, research has examined the link between past trauma and emotional intelligence, shedding light on how adverse experiences may shape one's emotional competencies (Oden et al., 2015). However, these studies constitute only the theoretical basis of the study, since they do not demonstrate concrete practical solutions and models of treatment of psychological diseases based on the development of emotional intelligence.

Older, conventional techniques aim to lessen symptoms without considering psychological and emotional factors. Specifically, cognitive-behavioral therapy influences the alteration of dysfunctional thought patterns without emphasizing emotional aspects. In addition, conventional approaches can only partially and singly alleviate post-traumatic disorders. However, there is a chance that exposure therapy will make the issue worse.

Findings from Gottfredson & Becker (2023) suggest that exposure to trauma can impact emotional regulation abilities and interpersonal functioning, potentially contributing to difficulties in navigating social relationships and coping with distressing emotions. In the realm of clinical practice, attention has been directed towards the role of emotional intelligence in facilitating effective trauma treatment outcomes (Crone et al., 2022). A comparative analysis of trauma interventions among homeless and housed veterans revealed nuanced differences in response to therapeutic approaches, underscoring the importance of considering individual differences in emotional functioning and environmental factors (Crone et al., 2022).

Furthermore, studies have explored the relationship between emotional intelligence and self-care practices among clinicians, particularly in the context of trauma exposure (Butler et al., 2017). Research findings have highlighted the significance of emotional self-awareness and self-regulation in mitigating burnout, secondary traumatic stress symptoms, and compassion fatigue among mental health professionals. However, the shortcoming of the study is the practical dimension, since the researcher did not demonstrate in practice the relationship between these methods and their significance for treatment. Additionally, literature has examined how emotional intelligence contributes to effective leadership and management practices, emphasizing its role in promoting collaboration, empathy, and conflict resolution skills (Gransberry, 2021). These studies suggest that leaders with higher emotional intelligence are better equipped to navigate complex organizational challenges and foster supportive work environments conducive to employee well-being. The study by Piotrowski, Martinská, Boe, Rawat and Deshpande (2020) reveals significant correlations between personality traits, self-esteem, emotional intelligence among military personnel. Specifically, certain personality traits were found to be associated with higher levels of self-esteem and EI indicating a potential link between individual dispositions and adaptive

functioning in cross-cultural environments. Tuck and Patlamazoglou (2019) investigate the complex relationship between traumatic stress, EI, and posttraumatic growth (PTG)—the positive psychological changes that individuals may experience following adversity. The study reveals a significant negative correlation between traumatic stress symptoms and emotional intelligence, indicating that individuals with higher EI levels experience lower levels of distress in response to trauma. Hence, the literature reviewed underscores the multifaceted nature of emotional intelligence and its relevance across diverse domains, from military contexts to clinical settings and organizational leadership. By elucidating the complex interplay between emotional intelligence and trauma, these studies offer important data into the potential applications of EI-based interventions in promoting psychological resilience and facilitating post-traumatic growth. It should be noted that these studies do not always take into account the practical aspect of treatment and do not describe regional traditions of these therapies. Thus, this research will be directed to the analysis of post-traumatic practices based on detailed analysis of clinical cases and practical solutions, which makes this work important for further studies.

Methodology

By employing a multi-method approach that integrates case illustrations from literature with systematic literature analysis, this study aims to provide a study of the role of emotional intelligence in psychological rehabilitation after traumatic events.

First step: literature analysis

Literature selection

A comprehensive search of academic databases conducted to identify relevant studies on emotional intelligence and trauma rehabilitation. Peer-reviewed articles, research papers, and meta-analyses published in the last decade included in the analysis.

Data extraction

Pertinent data regarding emotional intelligence theories, trauma interventions, treatment outcomes, and recommendations was extracted from the chosen literature. This data was methodically organized and synthesized to aid in comparison and analysis.

Data synthesis

During data synthesis, the gathered information was amalgamated to pinpoint common themes, trends, and gaps within the literature. Comparative analysis techniques were utilized to scrutinize similarities and differences across studies, thereby fostering a comprehension of the research background in the field.

Second step: case illustration from literature

Selection of cases

Utilizing a systematic literature review approach, relevant case illustrations from existing literature was identified. Cases were selected based on their relevance to the topic of emotional intelligence as a tool for psychological rehabilitation after traumatic events. Criteria for selection included diversity in trauma types, treatment modalities, and outcomes.

Data collection

Case illustrations were extracted from peer-reviewed journals, books, and other scholarly sources. Data related to the traumatic event, emotional intelligence interventions, therapeutic processes, and treatment outcomes were collected and analyzed.

Data analysis

Case data was qualitatively analyzed to identify general themes and patterns, regarding the role of emotional intelligence in psychological rehabilitation post-trauma. Thematic analysis was employed to organize and interpret the data.

Third step: integration of methods

Triangulation

Findings from the case illustrations and literature analysis were triangulated to validate and enrich the results. Consistency and convergence of evidence across different sources was sought to enhance the robustness of the findings.

Interpretation

The integrated findings were interpreted in light of existing theoretical frameworks and empirical evidence. Insights derived from the case illustrations were contextualized within the broader literature landscape, allowing for a nuanced understanding of the role of emotional intelligence in trauma rehabilitation.

Results and discussion

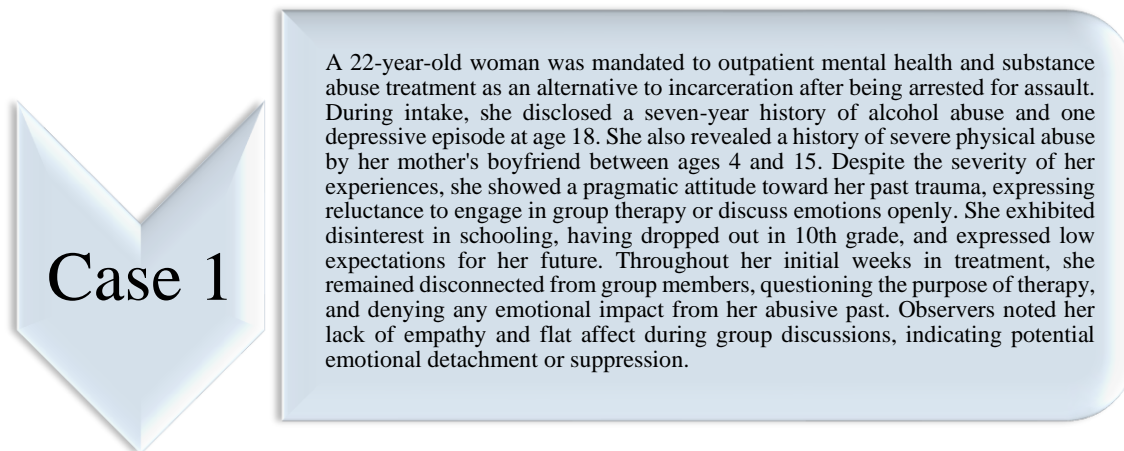
In the aftermath of traumatic events, individuals often grapple with profound emotional distress and psychological upheaval. Traditional therapeutic approaches, while effective to some extent, may not adequately address the complex emotional needs of trauma survivors. Emotional intelligence (EI), characterized by the capacity to perceive, comprehend, and manage emotions, has garnered increasing attention as a promising tool for psychological rehabilitation in such contexts (Holbery, 2011; Holbery, 2015). By fostering emotional awareness, empathy, and adaptive coping strategies, EI interventions offer a holistic approach to trauma recovery.

Emotional responses to traumatic events are highly nuanced and deeply intertwined with an individual's sociocultural background. While the immediate aftermath of trauma often elicits emotions such as anger, fear, sadness, and shame, the manifestation of these feelings can be complex and multifaceted.

Moreover, some individuals may struggle to recognize or acknowledge these emotions due to

various factors (Ishii et al., 2017). One significant barrier to identifying emotions is a lack of prior exposure to emotional expression within one's familial or community context. In cultures or families where emotional discussions are taboo or suppressed, individuals may find it challenging to label and process their feelings in the aftermath of trauma. Furthermore, some individuals may perceive emotional expression as dangerous, associating it with the trauma itself. They may fear that acknowledging their emotions will result in a loss of control, leading to a sense of "losing it" or descending into madness. This fear can be particularly potent for those who have experienced trauma in which emotions played a central role, reinforcing the belief that emotional expression is perilous.

Additionally, there are those who may deny experiencing any emotions related to their traumatic experiences altogether. Instead, they may describe their reactions as a sense of numbness or emotional detachment. This denial can stem from a variety of factors, including a desire to avoid confronting painful memories or a belief that acknowledging emotions would be too overwhelming (See Figure 1).



Case 1

A 22-year-old woman was mandated to outpatient mental health and substance abuse treatment as an alternative to incarceration after being arrested for assault. During intake, she disclosed a seven-year history of alcohol abuse and one depressive episode at age 18. She also revealed a history of severe physical abuse by her mother's boyfriend between ages 4 and 15. Despite the severity of her experiences, she showed a pragmatic attitude toward her past trauma, expressing reluctance to engage in group therapy or discuss emotions openly. She exhibited disinterest in schooling, having dropped out in 10th grade, and expressed low expectations for her future. Throughout her initial weeks in treatment, she remained disconnected from group members, questioning the purpose of therapy, and denying any emotional impact from her abusive past. Observers noted her lack of empathy and flat affect during group discussions, indicating potential emotional detachment or suppression.

Figure 1. Illustration of case.

Source: Adapted from Center for Substance Abuse Treatment (U.S.) (2014)

In the case 1 emotional numbing is apparent through her restricted range of emotions during interpersonal interactions and patient's inability to connect any emotion to her history of abuse. Additionally, she harbors a belief in a

foreshortened future. Research such as the prospective longitudinal study by Jeppesen (2017) underscores the significance of recognizing and comprehending numbing as a response to traumatic stress (See Figure 2).

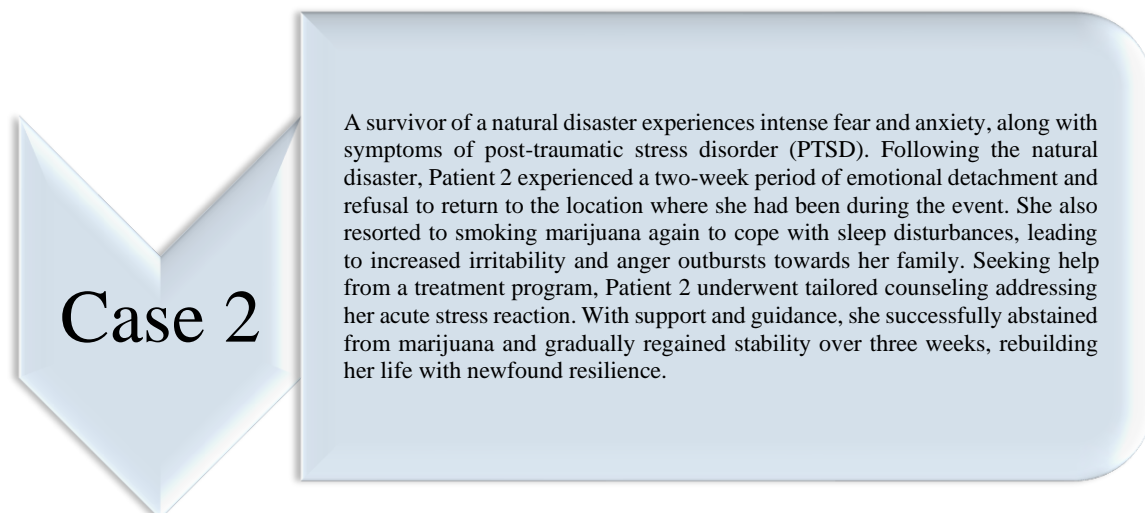


Figure 2. Illustration of case.

Source: Adapted from Center for Substance Abuse Treatment (U.S.) (2014)

The case of Patient 1 highlights the importance of developing emotional intelligence, particularly in the aftermath of traumatic events such as natural disasters. Emotional intelligence encompasses the ability to recognize, understand, and manage one's own emotions, as well as to navigate interpersonal relationships effectively. In this scenario, Patient 1 experienced intense fear, anxiety, and emotional detachment following a natural disaster, symptoms generally connected with post-traumatic stress disorder (PTSD). These emotional responses not only disrupted her daily life but also hindered her ability to cope with the aftermath of the event. However, through tailored counseling addressing her acute stress reaction, Patient 1 received support and guidance in developing emotional intelligence skills. By learning to recognize and manage her emotions, Patient 1 was able to abstain from maladaptive coping mechanisms, such as smoking marijuana, and gradually regain stability over time. Moreover, the rebuilding of Patient 1's life with newfound resilience underscores the transformative power of emotional intelligence in overcoming adversity. By cultivating emotional awareness, resilience, and adaptive coping strategies, individuals like Patient 1 can navigate the challenges of trauma recovery more effectively and rebuild their lives

with greater strength and stability. Overall, the case illustrates that developing emotional intelligence is crucial for individuals facing traumatic events, as it equips them with the necessary skills to cope, adapt, and thrive in the face of adversity. Through targeted interventions and support, individuals can harness the power of emotional intelligence to promote healing, resilience, and overall well-being in the aftermath of trauma. Through EI-focused therapy, the individual learns to identify and manage their emotions, gradually regaining a sense of control and resilience. By cultivating emotional regulation skills, the survivor develops coping strategies to navigate triggers and intrusive thoughts, paving the way for gradual recovery and emotional healing.

The importance EI for individuals who have participated in different wars cannot be overstated. In the aftermath of armed conflict, soldiers and veterans often face a myriad of physical, psychological, and emotional challenges (MacEwan & Gibson, 2023; Castilho Barilli, 2012). Emotional intelligence plays a critical role in helping them navigate these difficulties and promote their well-being in several ways (See Figure 3).

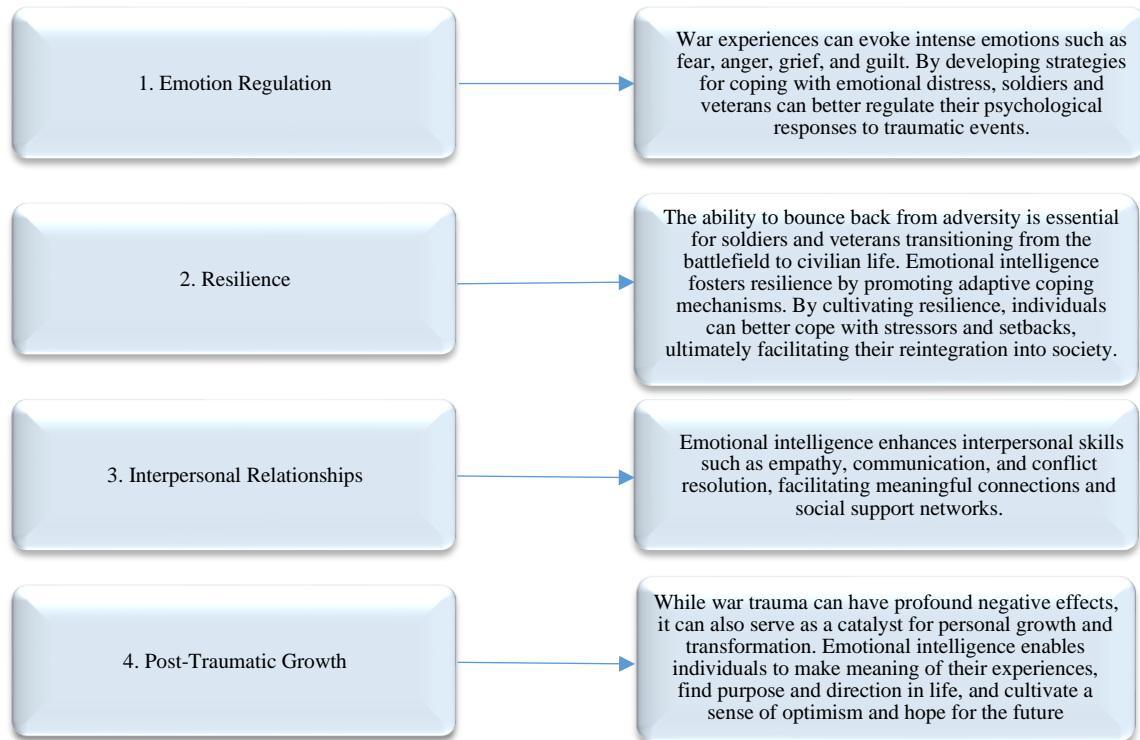


Figure 3. Ways of promoting the improvement of the condition of military personnel through the development of emotional intelligence.

Source: Author's development

Hence, emotional intelligence is of paramount importance for military people have participated in war, offering a valuable resource for navigating the complexities of post-conflict adjustment and promoting psychological resilience, social integration, and overall well-

being. By recognizing and cultivating emotional intelligence, soldiers and veterans can effectively cope with the challenges of war trauma and thrive in their transition to civilian life (See Figure 4-6).

Case 3

A 30-year-old combat veteran, returned from deployment with symptoms of post-traumatic stress disorder (PTSD), including intrusive memories, hypervigilance, and emotional numbing. Despite his physical injuries healing, the Patient 3 struggled with intense survivor guilt and feelings of worthlessness. Through therapy focused on emotional regulation and trauma processing, he learned to cope with his emotions and reconcile his wartime experiences. With ongoing support from his therapist and peers, he gradually regained a sense of purpose and meaning in civilian life, volunteering with veterans' organizations to support others struggling with similar challenges.

Figure 4. Illustration of case.

Source: Adapted from Center for Substance Abuse Treatment (U.S.) (2014)

Hence, EI enables individuals like Patient 3 to recognize and regulate their emotions effectively. Through therapy focused on emotional regulation, he learns to manage the intense emotions associated with his PTSD symptoms. By developing strategies to cope with intrusive memories and emotional numbing, he gains greater control over his psychological well-

being (Koh & O'Higgins, 2018). EI facilitates empathy and understanding towards oneself and others. As Patient 3 navigates his journey of recovery, empathy allows him to acknowledge and validate his own emotions and experiences without judgment. Additionally, empathy fosters a deeper understanding of the experiences of fellow veterans, enhancing his ability to connect

and support them in their own recovery processes. Moreover, EI equips individuals with adaptive coping mechanisms to navigate challenging situations effectively. By developing coping strategies tailored to his specific needs, Patient 3 learns to confront and process his traumatic memories constructively. Through therapy focused on trauma processing, he gains insight into his emotions and experiences, empowering him to adapt and thrive despite his

past traumas. In summary, this case underscores the importance of Emotional Intelligence in PTSD recovery among combat veterans (Koh & O'Higgins, 2018). By enhancing emotion recognition, empathy, coping skills, and interpersonal relationships, EI empowers individuals like Patient 3 to navigate the complexities of their traumatic experiences and embark on a journey towards healing, resilience, and post-traumatic growth.

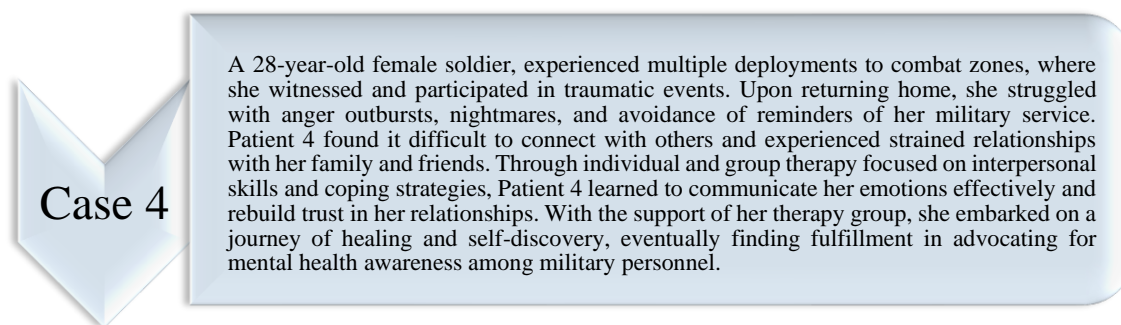


Figure 5. Illustration of case.

Source: Author's development

As shown in Case 4 EI played a crucial role in Patient's ability to recognize and regulate emotions effectively. Through therapy, she learned to identify and express her feelings of anger, fear, and sadness associated with her traumatic experiences. By developing emotional awareness and regulation skills, Patient 4 gained greater control over her emotional responses, reducing the intensity of her symptoms and improving her overall well-being. Moreover, EI facilitated her development of interpersonal skills and effective communication strategies. In therapy, she learned to communicate emotions and needs assertively, fostering healthier relationships with her family and friends (Vostrotin & Litovchenko, 2023). By expressing herself openly and honestly, she rebuilt trust and connection in her relationships, overcoming the barriers to intimacy and social support that she had previously experienced. In conclusion, EI played a pivotal role in Patient's 4 journey of healing and self-discovery. By enhancing her emotional awareness, interpersonal skills, empathy, and resilience, EI facilitated her recovery from PTSD and empowered her to rebuild her life with newfound strength and purpose. This case underscores the transformative impact of EI in promoting psychological well-being and resilience among individuals recovering from trauma.

Discussion

The case illustrations highlight the diverse ways in which EI interventions can support psychological rehabilitation after traumatic events. By addressing emotional needs, enhancing coping skills, and promoting adaptive functioning, EI emerges as a valuable tool in trauma recovery. Moreover, the holistic nature of EI interventions underscores the importance of addressing emotional well-being alongside cognitive and behavioral approaches. However, challenges such as cultural differences, individual variability, and access to resources must be considered in the implementation of EI-based interventions (Chiorcea & Cioranu, 2021; Kao & Chen, 2016). The research on emotional intelligence as a tool for psychological rehabilitation after traumatic events provides valuable insights into the efficacy of EI interventions in promoting resilience among survivors. Comparing these findings with those of other scholars sheds light on the broader landscape of research in this area. Gottfredson & Becker (2023) explored the issue of connection between past trauma and EI. Their findings suggest that individuals who have experienced different trauma may exhibit alterations in emotional intelligence, potentially affecting their ability to regulate emotions and navigate interpersonal relationships effectively. This aligns with the present research, which emphasizes the importance of EI in trauma

recovery and highlights the need for tailored interventions to address emotional challenges stemming from past trauma.

Garcia Zea et al. (2023) examined the issue of role of EI in the military place of work. Their study underscores the significance of EI in enhancing leadership effectiveness and overall well-being among military personnel. While their focus is on the workplace context, their findings resonate with the current research, which emphasizes the role of EI in promoting psychological resilience among military veterans coping with trauma-related challenges.

Jeppesen's (2017) research investigates the connection between emotional intelligence and military advisors. The study highlights the significance of EI skills, such as empathy and communication, in facilitating effective leadership and interpersonal interactions within military settings. This aligns with the present research, which underscores the relevance of EI in fostering positive outcomes among military personnel grappling with the psychological effects of trauma exposure. West et al. (2020) examine the effect of hyper-realistic trauma training on EI in military students. Their study suggests that immersive training experiences may enhance EI skills, particularly in the sense of medical trauma response. While their focus is on training interventions, their findings complement the current research by highlighting the potential of targeted interventions to bolster EI among military personnel facing trauma-related challenges.

MacEwan and Gibson (2023) explore EI in military officers within the Defence Medical Services. Their study underscores the relevance of EI in medical contexts, emphasizing its role in enhancing clinical effectiveness and patient care. While their focus is on healthcare professionals, their findings contribute to the broader understanding of EI's significance in military settings, aligning with the present research's emphasis on EI as a tool for psychological rehabilitation after traumatic events.

Although Sharma and Saxena's (2022) study highlights the importance of emotional intelligence in promoting work-life balance among nurses, their research focuses solely on job stress and does not delve into the specific challenges faced by individuals recovering from trauma. This research, on the other hand, examines the role of emotional intelligence as a tool for psychological rehabilitation after traumatic events, offering insights into its

efficacy in addressing trauma-related symptoms and promoting resilience among survivors. While Butler, Carello, and Maguin's (2017) study provides valuable insights into the predictors of burnout and secondary traumatic stress symptoms among individuals in clinical training, their research does not specifically explore the role of emotional intelligence in mitigating these outcomes. In contrast, our study emphasizes the significance of emotional intelligence in trauma recovery and highlights its potential to enhance coping mechanisms and promote well-being among individuals grappling with the psychological effects of trauma.

In summary, while each study offers important insights into the role of emotional intelligence within military and trauma contexts, collectively, they highlight the importance of EI in promoting resilience, leadership effectiveness, and clinical outcomes among military personnel facing trauma-related challenges. These findings underscore the multifaceted nature of EI and its relevance across various domains within the military and healthcare sectors. At the same time, it is worth delving into cultural and contextual factors that can affect the effectiveness of psychological rehabilitation, in particular after trauma. For this reason, cultural beliefs and values are important, particularly as they influence how individuals respond to psychological treatment. For example, in some cultures there is a stigma around mental illness that prevents them from seeking help. In addition, certain cultural values based on collectivism or individualism form a specific attitude to help. In collectivist cultures, where the main emphasis is on family support, family therapy is preferred. There are also language barriers that can create challenges for psychological treatment.

Hence, EI plays a crucial role in psychological rehabilitation after traumatic events, as evidenced by the insights gleaned from clinical cases. By integrating EI-focused approaches into trauma rehabilitation protocols, clinicians can enhance therapeutic outcomes and promote resilience among trauma survivors.

The novelty of this research lies in its exploration of EI as a pivotal tool for psychological rehabilitation following traumatic events. While previous studies have examined the role of EI in various contexts, such as workplace dynamics and healthcare settings, this research specifically focuses on its application in the aftermath of trauma. By analyzing clinical cases of individuals who have experienced special

traumatic events, the study offers unique insights into how EI interventions can aid in the recovery process and promote resilience among survivors.

Furthermore, this research contributes to the existing literature by providing concrete recommendations for incorporating EI strategies into trauma recovery programs. By synthesizing clinical cases and drawing on evidence-based practices, the study offers practical guidance for mental health professionals and trauma survivors alike, highlighting the importance of EI in fostering emotional regulation, interpersonal skills, and coping mechanisms post-trauma.

This research has a few limitations that should be taken into account despite its contributions. First off, the study's primary focus is on clinical cases, which would restrict how broadly the results can be applied. Clinical cases offer insightful perspectives into personal experiences, but they could not fully represent the range of experiences that trauma survivors have or take into consideration the various cultural and contextual elements that affect psychological recovery. Second, there's a chance that the study has intrinsic biases, including selection bias in the selection of clinical cases or researcher prejudice in the analysis of the data. The validity and dependability of the study's conclusions and suggestions may be impacted by these biases. It is also important to discuss the subjectivism that permeates scientific literature.

Additionally, the study's focus on EI as a therapeutic tool may overlook other factors that contribute to psychological rehabilitation after traumatic events. While EI plays a significant role, other interventions, such as cognitive-behavioral therapy or pharmacological treatments, may also be important in comprehensive trauma recovery programs. In conclusion, while this study provides significant view into the significance of EI in the psychological recovery process following traumatic events, it is imperative to recognize the constraints inherent to this research and the necessity for additional investigations to substantiate its findings and bridge existing gaps in knowledge.

Conclusions

Hence, the study highlights the key role of emotional intelligence (EI) in the psychological rehabilitation of post-traumatic events, as evidenced by clinical cases. EI interventions have played an important role in building resilience and helping survivors navigate the

complexities of post-traumatic recovery. By improving emotional awareness, regulation, interpersonal skills, and coping strategies, individuals are empowered to face and overcome the effects of trauma, emerging with newfound strength and purpose. Emotion-based therapy is an empirically supported method that highlights the need of comprehending and managing emotions in order to promote trauma recovery. This helps the patient feel better and lowers the chance of this psychiatric illness returning compared to more conventional approaches.

However, despite the confirmation of the effectiveness of the development of emotional intelligence, it is important to formulate final recommendations for improving psychological rehabilitation after an experienced trauma.

1. Individualized interventions. Specific populations, such as veterans or survivors of natural disasters, should receive interventions tailored to their unique challenges, effectively addressing issues such as guilt or bereavement.
2. Peer support and group therapy. Using group settings and peer support initiatives can promote understanding and social support, and EI principles increase empathy and communication in these groups.
3. Long-term support. Continued access to resources and support networks is essential for sustained progress and prevention of relapse, requiring long-term follow-up care and community-based resources.
4. Education and awareness. Increasing awareness among mental health professionals, policymakers, and the public of the importance of EI in trauma recovery can promote greater adoption of EI-based approaches and improve access to support services for survivors.

In essence, prioritizing EI in post-trauma care holds promise for strengthening post-trauma psychological rehabilitation and resilience, offering survivors a pathway to regain agency and well-being in their lives.

Despite its merits, this research has some drawbacks that need to be considered. The study's main emphasis is on clinical cases, which limits the applicability of the findings. Clinical cases provide individual experiences, but they are limited in their ability to capture the variety of experiences that trauma survivors endure and to account for the different cultural and contextual factors that influence psychological healing. These biases may affect the validity of

the study's recommendations. There remains a need for further exploration to ascertain the effectiveness of EI interventions in fostering sustained psychological well-being and adaptive functioning among trauma survivors within military environments.

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