



Category: Arts and Humanities

ORIGINAL

## Conscious, unconscious, and subconscious: The relationship between the three levels of human mental activity and their impact on life

### Consciente, inconsciente y subconsciente: La relación entre los tres niveles de actividad mental humana y su impacto en la vida

Liana Spytska<sup>1</sup>  

<sup>1</sup>Kyiv International University, Department of Psychology and Pedagogy. Kyiv, Ukraine.

Cite as: Spytska L. Conscious, unconscious, and subconscious: The relationship between the three levels of human mental activity and their impact on life. Salud, Ciencia y Tecnología - Serie de Conferencias. 2024; 3:.766. <https://doi.org/10.56294/sctconf2024.766>

Submitted: 03-01-2024

Revised: 13-04-2024

Accepted: 01-09-2024

Published: 02-09-2024

Editor: Dr. William Castillo-González 

Corresponding author: Liana Spytska 

#### ABSTRACT

The functioning and capabilities of human mental activity remain a central focus in psychology, medicine, and psychiatry. Despite advances in 21st century technology, scientists have yet to reach a consensus on its limits. This study aims to explore the basic levels of human mental activity and analyze psychotherapeutic methods for engaging with the subconscious and unconscious mind. Methods used include analysis and synthesis, hermeneutical analysis, the projective method, and case studies. The findings elucidate theoretical aspects of the conscious, unconscious, and subconscious as fundamental levels of mental functioning. The relationship between the conscious and unconscious was examined, the levels of unconscious mental phenomena were identified, and the structure of consciousness and its primary components were analyzed. Various theories on the origin of consciousness and the unconscious were reviewed, and the significance of dissociation between the conscious and unconscious was highlighted. Modern techniques for working with these aspects of the mind, such as mandala therapy and associative dream analysis, were utilized to facilitate mental processes and address inner experiences and fears. The study's practical significance lies in its comprehensive examination of the three components of human mental activity. This can aid future research in understanding their evolution, enhancing perception of information signals, and uncovering the role of biological resources in mental functioning. Ultimately, this knowledge could advance technological and scientific progress in medicine, neuroscience, and psychology.

**Keywords:** Intentionality; Projection; Dissociation; Mandala therapy; Archetypes.

#### RESUMEN

El funcionamiento y las capacidades de la actividad mental humana siguen siendo un foco central en la psicología, la medicina y la psiquiatría. A pesar de los avances en la tecnología del siglo XXI, los científicos aún no han llegado a un consenso sobre sus límites. Este estudio tiene como objetivo explorar los niveles básicos de la actividad mental humana y analizar los métodos psicoterapéuticos para interactuar con la mente subconsciente e inconsciente. Los métodos utilizados incluyen el análisis y la síntesis, el análisis hermenéutico, el método proyectivo y los estudios de caso. Los hallazgos elucidaron aspectos teóricos de lo consciente, inconsciente y subconsciente como niveles fundamentales del funcionamiento mental. Se examinó la relación entre lo consciente y lo inconsciente, se identificaron los niveles de fenómenos mentales inconscientes y se analizó la estructura de la conciencia y sus componentes primarios. Se revisaron varias teorías sobre el origen de la conciencia y lo inconsciente, y se destacó la importancia de la disociación entre

lo consciente y lo inconsciente. Se utilizaron técnicas modernas para trabajar con estos aspectos de la mente, como la terapia de mandalas y el análisis asociativo de sueños, para facilitar los procesos mentales y abordar experiencias y miedos internos. La importancia práctica del estudio radica en su examen exhaustivo de los tres componentes de la actividad mental humana. Esto puede ayudar a futuras investigaciones a comprender su evolución, mejorar la percepción de señales de información y descubrir el papel de los recursos biológicos en el funcionamiento mental. En última instancia, este conocimiento podría avanzar el progreso tecnológico y científico en medicina, neurociencia y psicología.

**Palabras clave:** Intencionalidad; Proyección; Disociación; Terapia de mandalas; Arquetipos.

## INTRODUCTION

Nowadays, the question of the nature of higher levels of mental activity remains open, because the evolution of humanity has contributed to the scientific need for a detailed explanation of the possibilities of their functioning. This ensures not only the reception and processing of information, but also allow achieving technological and personal development, finding ways to overcome life's difficulties, revealing spiritual qualities and a holistic perception of the world, establishing the causes of mental disorders in order to create optimal methods for overcoming them.<sup>(1,2,3)</sup>

S.M. Kalischuk studying the methodological problems of the conscious,<sup>(4)</sup> revealed the coordination model, which consisted in the ability to interact with the world in several partial spaces. These include "consciousness about the world", "consciousness in the world", "consciousness of self and world", "consciousness with the world", the central component of which was the reflection, which ensures a holistic and objective attitude of the individual to themselves and the environment.

J. Pierson described the subconscious mind as a higher sphere that goes beyond the primitive limits of the brain's ability and manifests itself in difficulties,<sup>(5)</sup> an instant "flash" that can push to an unusual way of solving a problem, namely, intuitively or creatively. The researcher found that the subconscious mind contains the phenomenon of faith and a set of phobias, fears, fantasies, sudden anxiety or positive premonition, and impulsive actions.

T.V. Selyukova identified autonomous behaviour programmes that provide mental self-organisation of the individual.<sup>(6)</sup> Namely: biologically formed unconscious instincts, subconscious actions supported by emotions, and conscious criteria, which are the main behavioural scheme of a socialised person, ensuring independence in actions and reactions to a specific stimulus.

Z.V. Sidorenko,<sup>(7)</sup> investigating mental phenomena, argued that dreams are part of the unconscious process, which can show accumulated information over a certain period. It also can signal a possible threat to the dreamer which may relate to a disturbed emotional state, somatic diseases, organic changes. The researcher considers the unconscious to be a specific ability of a person, because sometimes the brain can display information that at first glance is nonsensical, but can impress with its predictive power, scenario, and symbolism.

Y.E. Kokorina studied the phenomenon of unconscious processes of the psyche through deep psychology.<sup>(8)</sup> The researcher argued that based on unconscious processes and the disclosure of their functions, a person can take the path of motivation and self-knowledge, without fear of relying on their capabilities, it is easier to relate to problems, and successfully adapt to environmental conditions. According to the researcher, the unconscious is a psychic energy that needs an additional charge and takes its roots from childhood, including instincts, drives, and desires.

The purpose of the study is to reveal in detail the classical ideas about the essence and meanings of the conscious, unconscious, and subconscious. The main tasks arise in the use of psychotherapeutic techniques that allow comprehensively working with the inner world of a person to achieve a harmonious worldview, search for hidden potential, develop creativity, and solve emotional problems that affect mental self-organisation.

## METHOD

The method of analysis and synthesis allowed revealing the theoretical aspects of the functioning of the three basic levels of mental activity and investigating the features of their relationship and the possibility of flow into higher forms (intuition), during the cognition of the world and adaptation to its conditions. With the help of the hermeneutical method, it was possible to explain the basic concepts: conscious, subconscious, unconscious. The hermeneutical method also helped to investigate the nature of their functions, levels and components, and find ways of theoretical origin and conceptual foundations.

The projective method in this study is reveal the features of the inner world of experiences, reasons, and motives, on which the subjects were situationally focused the most and demonstrated this creatively. In the process of creating a mandala, an important part is played by the symbolism of colours and the general atmosphere, features of the size, shape, and number of symbols embedded in the drawing.<sup>(9)</sup> The main task of mandala therapy was to relieve emotional tension and achieve a sense of calmness, which helped concentrate and immerse into the natural process of revealing one's own personality, which was manifested symbolically and gradually implemented in the mandala.

Mandala drawings are spontaneous and do not require special rules. The respondent's task was to draw the mandala according to their feelings, while the subject could additionally voice their emotions during the process. The main feature of therapy is that the mandala can be drawn separately by a person, or a small group. In this study, the process took place individually with two people - females aged 20 and 30 years old. To implement this method, the following materials were used: a white A4 sheet, coloured pastels, pencils, paints, a paper plate with a diameter of 10 cm, a notebook, a pen, and a ruler. During the execution of the drawing, an additional task of the subjects was to assign a certain association to the colours used and additionally give a name to the drawing. The final result was deciphered according to the study by S. Foster Fincher,<sup>(9)</sup> who developed a methodological guide for interpreting and creating a mandala as an art therapy technique in psychotherapy.

The case study was applied as a qualitative method of investigating a particular case, which demonstrated in more detail an example of working with the unconscious, determined its impact on life, revealed the internal "reserves" of the individual, understanding the "hidden" signals of the psyche.<sup>(10)</sup> This method was the product of "living experience", which was considered by associative analysis of a dream that was periodically repeated and caused a specific cascade of emotions in the person under study. The study took the form of a therapeutic interview with a 48-year-old Ukrainian woman, a family doctor by profession. Additionally, the case study method was used in conducting mandala therapy and analysing its results, which allowed considering two separate cases of respondents of different ages, revealing the main signs of internal experiences, and focusing on specific aspects of life that are the basis for the needs and orientation of the subjects.

All procedures performed in studies involving human participants were in accordance with the ethical standards of the institutional and national research committee and with the 1964 Helsinki Declaration and its later amendments or comparable ethical standards.

## RESULTS

The psychotherapeutic method of mandala therapy involved in the study allowed working out the inner experiences of respondents to release negative emotions creatively. Partially it allowed to look into the depths of the subconscious and, based on the embedded personal symbols, determine vital things. The essence of the mandala is to create its appearance: the round shape symbolises views on life, the basis on which the individual rests during difficult periods. Symbolic drawing reveals hidden feelings and the inner world, helps find a resource and carries the meaning that the respondent subconsciously puts in each of the symbols. The creation process takes place on an intuitive level, where a circle is created, making the respondent feel protected, establishing a certain distance, and preserving what is important. At a psychological level, this process involves a search for the center of their personality. As this unfolds, memory is activated, concentration improves, and there is a harmonization and integration of the physical, mental, and emotional states. Throughout this process, the hand draws while the eyes instinctively choose the colors, and the filling takes place intuitively.

The key point during mandala therapy is its interpretation, which took place in two stages. The first stage is the interpretation of the created drawing by the respondent, who conveys their impressions, emotions, and shares feelings. The second stage of interpretation takes place together with a specialist, special points of the drawn symbols are pronounced, considerable attention is paid to the dominance of colours that convey information about the mental state of the individual.

Mandala therapy performed a diagnostic role, causing a deeply subjective vision of the situation based on methodological analysis and demonstrated one of the examples of working with levels of mental activity using the situational creative method. The study involved two females aged 20 and 30 years, and in the subsequent interpretation of the results, according to the terms of confidentiality, the respondents were designated as No. 1 (age - 20) and No. 2 (age - 30). The art therapy process took place according to the instructions and lasted about 2 hours (figure 1).



Respondent No. 1



Respondent No. 2

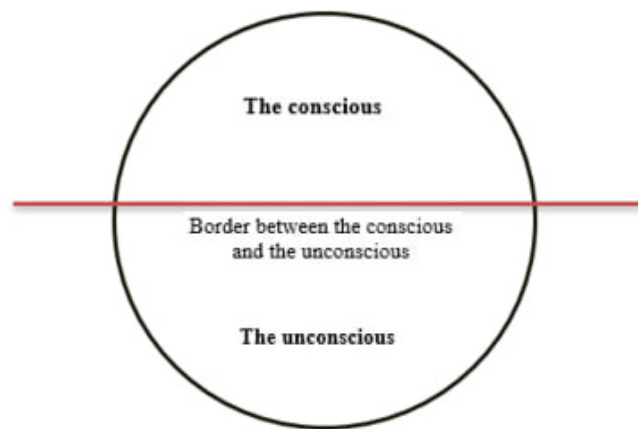


Figure 1. Demonstration material of art therapy technique

### Interpretation of results No. 1

During mandala therapy, respondent No. 1 shared her feelings, pointing out that she seems to be under the dome that protects her. The whole process of drawing seemed easy to her, without unnecessary tension, and she kept hearing the same patriotic melody in her mind, which allowed her to create the desired image. The study assigned the following associations to the colours that were used in the creation of mandalas:

- grey - sadness;
- red - feelings;
- yellow - care, warmth;
- orange - joy;
- pink - respect;
- brown - hate;
- purple - indifference;
- turquoise - calmness, reminiscent of the sea;
- green - birth of a new life.

The composition also included a house, which denoted kinship, support, and protection according to the words of the subject. A cat appeared as a friend. Raindrops symbolized experience, tears, and sadness. A tree represented vital energy and stability. Clouds signified difficulties. Birds were seen as uninvited guests. Grain symbolized resource and energy. According to the individual associative data of the subject, a joint interpretation of the embedded symbols and meanings was performed, which revealed her internal state. The interpretation was based on a schematic analysis of the upper layer - conscious, the lower layer - unconscious and the boundary that appears between them - the aspect of the subconscious. The upper sector of consciousness according to the depicted mandala can indicate emotional variability, frequent mood swings. The associative values of colours assigned by the same subject symbolise tides of joy, which simultaneously pass into a different range of shades indicating the manifestation of indifference (according to the subject, it is the worst to feel the manifestation of indifference in relationships).



Special attention was paid to the brightness and pronounced colours that were located in the lower sector - the unconscious. This concerned the symbol responsible for love, and which is placed next to a clearly defined purple colour, which was associated with indifference, according to the interpretation. Such a feature of a seemingly random location could signal problems in the relationship, feelings of dissatisfaction, the manifestation of cold emotions of one of the couple, on which the process of unconsciousness is clearly focused on. The cat symbol, which faces the “field of love” and has a double colour, may indicate the importance of a third person who can influence personal relationships. The colours of yellow and orange encourage the interpretation of positive meaning, warmth, support, and appropriate advice. The respondent explains how hostile birds that were not expected to arrive, marked with brown colour, provoke hatred in the subject, which leads to the idea of military events currently taking place in Ukraine that have affected her personal life, plans, and relationships.

On the border between the conscious and unconscious, the house is symbolically located, which the subject marked in green, which carries the meaning of the power of the family, the birth of a new life. Such symbolism can also serve as a manifestation of the instinct of self-preservation, readiness for motherhood. The colour located in the centre of the mandala symbolises the most important thing for the respondent. According to the methodological analysis, it was determined that it was the green colour of the house, which was the most important aspect in the life of the subject. This can signal and confirm the desire and readiness for procreation, which is currently difficult, according to the subject.

### Interpretation of results No. 2

The process of creating a mandala by respondent No. 2 showed a slightly different version of the perception of the surrounding world, the person's own “Self”, internal fears and desires, such an interpretive indicator may relate to age characteristics and aspirations and motives developed over time. The subject shared her impressions about the psychotherapy, noting that all the time she was tense, there was internal resistance, it was difficult for her to draw specific symbol. There was a desire to draw everything in a monotonous colour and finish the process faster, but later she managed to overcome the state of tension. The colours that were used in the creation of the mandala, according to the associations of the subject, had the following meaning:

- blue - comprehensiveness, resource;
- yellow - truth, knowledge, colour of insight;
- green - new ideas;
- pink - demonstrativeness;
- red - passion, connection;
- fish - finance;
- stones - doubts, barriers;
- butterfly - improvement, transformation;
- all-seeing eye - intuition;
- conifer - unity with nature;
- geometric shapes - structure, logic;
- flowers - femininity.

Based on the classical scheme of interpretation of the created mandala, attention was drawn to the dominance of blue, which is located in all three sectors (conscious, subconscious, unconscious), which may indicate the need for additional resources for self-realisation. When analysing the image, attention was drawn to the location of additional symbols in the resource field (blue colour), namely: stones and fish. According to the associations of respondent, stones serve as a barrier and doubts that often overwhelm the person, this concerned career growth and professional definition. At this stage the respondent indicated under the resource the presence of knowledge, skills, and abilities, the presence of which will form her as a full-fledged person. The depicted symbol of fish (single) can signal the insufficiency and need for a financial component that blocks the receipt of a full-fledged resource for development, such aspects are indicated in the lower sphere (unconscious).

The upper sector (conscious) includes many geometric shapes that symbolise a logical approach and rational thinking, based on which the person learns about the surrounding world and creates conclusions. Unity with nature and the desire for knowledge is the basis of the conscious process of the respondent. The colour located in the centre of the mandala indicates the most important thing in life for the respondent, in this case, the mandala shows yellow, which, according to the subject, is responsible for knowledge, insight. The all-seeing eye depicted in the mandala confirms the fact of an inner attraction to new knowledge, secret information, the truth of which is beyond reach. Such features are within the limits of the subconscious, which ensures the development of creative potential and creative ideas.

Mandala therapy is able to superficially diagnose the features of the functioning of the three levels of mental activity, but the interpretation process should be even deeper and longer, with the parallel use of more

specific discussions about experiences and assumptions in the meaning of symbols and supported by additional methods.

### **Associative analysis of dreams as an information field of interaction with the unconscious**

The dreams should be considered based on three important functions. The first is physiological, such as feeling thirsty and dreaming of drinking water, which applies to other basic physiological needs as well. The second is prognostic, which involves the ability to predict future events, including intuition and premonition, though this function is not fully investigated yet. The third is psychological, where signals appear in the form of dreams as pointers to unresolved problems and difficulties in reality. In this case, sleep acts as an attempt to close an open gestalt.

Considering the peculiarities of the “language” of the collective unconscious, according to Jungian associations, a therapeutic interview was conducted with the subject, who voluntarily shared her experiences that had been bothering her for the past few months. Brief description of the subject (according to the rules of the code of ethics on confidentiality, name and more detailed information about the person is not specified). L. Ukrainian, age 48, family doctor, married, two children, repeatedly took part in psychological activities, attended closed groups on working with dreams, the last dream that the woman shared was somewhat impressive and only later proved its prognosticity.

The subject shared that over the past six months, she began to experience emotional burnout, constant fatigue, low mood, anxiety, which resembled a depressive state, during which she had to go to the doctor for pills. Constant depression, unwillingness to live, daily stress at work (the problems of patients that the woman has recently become acutely concerned about) caused unwillingness to work, which in turn may have worked as a defence mechanism. A short vacation later allowed to relieve emotional tension, but the effect did not last long. The subject said that several times she had a dream in which she was walking along a dark path, trees that have no roots are planted on both sides, large black butterflies fly everywhere. The subject felt fear, began to run away, but one of the butterflies overtook her, sat on her neck, then shortness of breath began, and the woman woke up with fear. Through associative analysis, the following analytical ideas about the symbolisation of sleep have emerged:

- dark path - a road that is led to the unconscious, and due to which, the respondent saw other symbols that signalled the probably started process that took place in her life. The twilight path additionally develops the fear of the unknown, but the woman set foot on this path, which according to the plot - managed to pass;
- trees without roots - symbolise vitality, energy, the ability to draw on the resource that the Earth gives. Such symbolic interpretations probably concerned complaints about the lack of energy in real time, a woman did not have enough resources and filling forces that would allow her to live fully, without affecting her professional activities;
- the act of running - which, without further ado, directly symbolises avoiding the situation. Running, on the other hand, could become a symbol of completion, because at the end of the dream, there was an unpleasant ending;
- the associative meaning of the butterfly could appear in various aspects, but its main feature is transformation, variability, changes that could carry a negative plot due to the black colour and provoked shortness of breath.

After contemplating a similar plot several times, the respondent again recorded its details in the diary and each time wrote down the dates, for their own introspection and frequency of manifestation. Subsequently, the subject, on the advice of her doctor, made additional examinations of the thyroid gland and its hormonal changes, because impaired functioning can cause gratuitous anxiety, drowsiness, apathy, lack of energy, possible weight gain, etc. The examination revealed an enlarged thyroid gland in the subject, focal formations were found, which was eventually diagnosed as a “colloidal goitre”. Later, properly selected treatment allowed tracing the positive dynamics in the condition of the subject.

In this dream, the prognostic and physiological aspect was involved, because the repetition of sleep had a signal and organic background. The body symbolically demonstrated its problem to the patient through unconscious processes, a process that is started and which affects her condition, transforms processes in the body. The black butterfly acted in this situation as the central and main figure, which first of all should be paid attention to, absorbed in its symbolic meaning and resorting to superficial anatomical studies. It was found that the thyroid gland really looks in the shape of a butterfly, which is why placing a black butterfly in a dream on a woman's neck directly indicated the problem of functioning of the hormonal gland. The unconscious, to some extent, is able to “talk” through dreams, but in order to understand the truth of messages, one interpretation is not enough. It is necessary to periodically return to the analysis of night images, if a certain situation in real life remains unresolved. It is important not to dwell on the meanings, if associative information is blocked, it is necessary to take some time, the body should be relaxed, and later the answer may come again, or create an

element of addition that can bring clarity.

## DISCUSSION

According to the concept of evolution, consciousness is nothing more than the result of the struggle of higher organisms for survival, it is this feature that allowed man to dominate the animal world. Consciousness allowed not only adapting to environmental conditions, but also provided life expectancy, and the ability to analyse danger and feel the body needs.<sup>(11,12,13,14)</sup>

J.S. Hagelin,<sup>(15)</sup> in the theory of a “single field”, describes consciousness as an identical mathematical version of a single existing field, the essence of which is the exchange of information. The researcher suggests that human consciousness is one of the manifestations of the information process, which can later be stored and reflected in memory. The theory of the “single field” somewhat refutes the real possibilities of human consciousness. It rather acts not as a manifestation, but as a tool of the psyche, capable of being responsible for moderate assimilation of information and performing synthesis. I. Engenness studying the mental activity of a person wrote that the sphere of consciousness is the sphere of knowledge,<sup>(16)</sup> culture, socialisation of the individual, its adaptation and the desire for knowledge. The conscious is aimed at regulating drives and instincts, but control can be limited. Consciousness appears as the highest form of reflection of reality and can be peculiar exclusively to a person.<sup>(17,18)</sup>

J.E. LeDoux et al. noted that animal neuropsychology paved the way for consciousness research,<sup>(19)</sup> providing a neuroanatomic and conceptual framework. One of the main neuroinstitutions in the 1940s was the “Primate Centre” in Florida, where research was conducted using behavioural tasks for animals to identify the work of brain functions. Subsequently, surgical interventions began to be used, as a result of which, researchers studied the work of the brain under the influence of lesions, especially the amygdala. The unconscious level of mental activity carries an inherent instinctive and reflex component, which is innate and biologically formed. The unconscious arises and proceeds spontaneously, is capable of automatism without conscious control and regulation (defence response), and is supported by basic emotions, instincts, and drives.<sup>(20,21,22,23)</sup>

According to T.J. Hardman,<sup>(24)</sup> the unconscious is capable of a priori synthesis due to entering the information field, activating intuitive possibilities. Intuition, in turn, provides instant knowledge that does not require conscious reflection and appears as a creative method of solving a problem. Conscious is more rational, intuition - implies a state of expanded consciousness and is supported by additional emotions: fear, anxiety, or vice versa inner elation. Intuition, which is located deep within the unconscious, is not difficult to compare with the instinct of self-preservation, which is based on classical biological processes that are necessary for survival in extreme conditions. Y. Kikuchi identified the subconscious process with the unconscious,<sup>(25)</sup> but the subconscious mind is able to be responsible for the processes of memory, creative design and manifestation, performing sudden actions that previously had no reinforcing experience. The subconscious mind has an impact on a person's conscious activity and can create psychological barriers that often interfere with the positive life of a person. The human subconscious mind has several levels of manifestation: superficial, extended, deep, and boundary deep.<sup>(26)</sup>

R.M. Voss and J.M. Das noted that the human subconscious mind has endless spheres of hidden resources,<sup>(27)</sup> an inexhaustible supply of abilities, and talents that are waiting to be discovered and released in passive mode. The ability of the individual to work with the subconscious mind will provide opportunities to achieve goals and understand their desires.<sup>(28,29,30)</sup> The researchers claimed that the subconscious mind makes it possible to psychologically protect oneself, overcome emotional barriers and childhood fears. B. Grinde revealed consciousness as the main behavioural scheme followed by a socialised person,<sup>(31)</sup> the unconscious and subconscious - its shadow, which provides additional opportunities in the knowledge of the environment or revealed their own potential and under extreme conditions can work autonomously (self-preservation instinct, intuition, insight, predictive dreams, sleepwalking). C.W. Tyler described the structure of consciousness,<sup>(32)</sup> which includes a harmonious connection with the unconscious and subconscious, whose actions are inextricably linked and have an explanation for purposeful or affective actions. Consciousness includes knowledge about nature, society, the inner world of a person, emotional experiences, rules of interaction in the environment, motivation, purposefulness, and personal activity.<sup>(33,34,35)</sup>

T. Niikawa argued that consciousness is capable of dissociation,<sup>(36)</sup> which leads to the separation of elements of experience. Dissociation of the conscious and unconscious spheres of the psyche can act as a source of increasing the suggestibility of a person who is prone to suggestion. The researcher stressed that the unconscious is able to work independently of the processes of the conscious, such a feature is designated as dissociative information processing. Dissociation opens up access to unconscious processes that can hide a person's consciousness and allows getting deeper information about the state of their inner world. This feature is acceptable when using various psychotechnics during therapy with a client (hypnotic sessions: Erickson's hypnosis, meditation, concentration techniques).<sup>(37,38,39,40,41)</sup>

In order to understand and unlock the potential of conscious, subconscious, and unconscious processes, it

is necessary to apply multiple experimental methods in accordance with modern conditions, perform periodic repetition, monitor the dynamics of mental changes, observe all norms and standards to avoid harm to society. A single integrated approach that simulates the essence of these levels of mental activity does not yet exist, and this will not be enough.

## CONCLUSIONS

The study demonstrates that conscious, unconscious, and subconscious processes function both autonomously and interdependently, signaling changes at physiological and psychological levels. These processes form a structural connection crucial for an individual's complete existence and cognition. While consciousness connects with the outside world, the unconscious and subconscious provide insight into the inner self. The study also highlights the potential of art therapy techniques to engage all levels of mental activity, though their depth remains limited and context-dependent. Associative dream analysis was effective in addressing psychological issues, establishing emotional trust, and reducing tension. The research serves as an initial exploration into the vast potential of the human psyche, with future progress expected in fields like neuropsychology and depth psychology.

## REFERENCES

1. Variy MY. The subconscious level of the human psyche in psychology. *Pedagog Psychol.* 2018;69(165):73-77.
2. Messina A, Fogliani AM. Valproate in conversion disorder: A case report. *Case Rep Med.* 2010;2010:205702.
3. Sadvakasova N, Karmanova Z, Danek J. Stress Conditions in Preschool Children with Special Educational Needs. *Rev Int Geograph Educ Onlin.* 2021;11(4):1646-1653.
4. Kalischuk SM. Model of the coordination plane of psychological studies of personality consciousness: associate professor of the department of general psychology. Kyiv: Borys Grinchenko Kyiv University; 2019.
5. Pierson J. The power of the subconscious mind. In: *Proceedings of the Conference "Monthly Lunch Bunch with Dr. Judy"* (pp. 1-14). Newark: Delaware Hospice; 2022.
6. Selyukova TV. Self-organization and procrastination as positive and negative factors of self-regulation. Kharkiv: National University of Civil Defense of Ukraine; 2020.
7. Sidorenko ZV. Constellation of dreams, theory and practice of working with dreams. Vinnitsa: CREATE; 2020.
8. Kokorina YE. Depth psychology. Odesa: Astroprint; 2021.
9. Foster Fincher S. Mandala creation and interpretation. *The Mandala method in psychotherapy.* London: Shambhala; 2015.
10. Surmin YP. Method of analysing situations (case study) and its educational possibilities. *Globalization and the Bologna process: Problems and technologies.* Kyiv: MAUP; 2005.
11. Veit W. Complexity and the evolution of consciousness. *Biol Theory.* 2023;18:175-190.
12. Varii MY, Leshchynska OA, Terletska YM. Role of organisational culture of the university in formation of psychological readiness of students to assertive behaviour. *J Intell Disab Diagnos Treat.* 2020;8(3):497-504.
13. Kamkhen VB, Mamyrbekova SA, Daniyarova AB, Nurakhmetova LZH, Mukhambetova AA, Nurmanova SA. Specifics of the Mental Component of the Quality of Life of Almaty Doctors in the Context of the COVID-19 Pandemic. *Phys Activ Health.* 2012;6(1):201-207.
14. Nurgaliyeva AM, Appakova GN, Tulegenova RA, Zhapbarkhanova MS, Assanova AB. Management model of banks credit risk: Experience of Kazakhstan and Russian Federation. *Life Sci J.* 2014;11(10):428-432.
15. Hagelin JS. Is consciousness a unitary field? (A field theorist's perspective). *Mod Sci Vedic Sci.* 1986;1:29.



16. Engeness I. The development of mental actions and the orienting basis of actions. In: I. Engeness, P.Y. Galperin's Development of Human Mental Activity (pp. 1-17). Berlin: Springer Nature; 2020.
17. Lako AZ, Myderrizi N, Krasniqi M, Kalaja R. Parkinson's disease, early physiotherapeutic rehabilitation during the period January-December 2022 at the Central Polyclinic, Durres. *J Adv Pharm Educ Res*. 2023;13(4):104-108.
18. Buniak N. The model of today's healthy youth. *Psychology and Personality*. 2024;1(25):45-57. <https://doi.org/10.33989/2226-4078.2024.1.298770>
19. LeDoux JE, Michel M, Lau H. A little history goes a long way toward understanding why we study consciousness the way we do today. *Proc Nat Acad Sci*. 2020;117(13):6976-6984.
20. Ntara K. What is the unconscious mind? *Psychoanal J*. 2021;1(2):37-42.
21. Brunette MF, Erlich MD, Edwards ML, Adler DA, Berlant J, Dixon L, First MB, Oslin DW, Siris SG, Talley RM. Addressing the Increasing Mental Health Distress and Mental Illness among Young Adults in the United States. *J Nerv Mental Dis*. 2023;211(12):961-967.
22. Alibudbud R. Impact of Mental Health Legislation on Public Interest and Awareness of Common Mental Disorders: Insights From an Infodemiological Study of Search Volumes From 2004 to 2021 in the Philippines. *J Nerv Mental Dis*. 2023;211(10):791-795.
23. Danylova T. War, mental health and philosophy as intellectual therapy. *Humanities Studios: Pedagogy, Psychology, Philosophy*. 2024;15(1):89-96. [http://dx.doi.org/10.31548/hspedagog15\(1\).2024.89-96](http://dx.doi.org/10.31548/hspedagog15(1).2024.89-96)
24. Hardman TJ. Understanding creative intuition. *J Creat*. 2021;31:100006.
25. Kikuchi Y, Ip J, Lagier G, Mossom JC, Kumar S, Petkov CI, Barraclough NI, Vuong QC. Interactions between conscious and subconscious signals: Selective attention under feature-based competition increases neural selectivity during brain adaptation. *J Neurosci*. 2019;39(28):5506-5516.
26. Moldazhanova AA, Amanova AA, Tashetov AA, Bissembaeva Assem K, Dzhumazhanova GK, Nurbekova MA. Future teacher-psychologists' professional position as a component of professional competence formation. *Int J Environ Sci Educ*. 2016;11(18):12317-12325.
27. Voss RM, Das JM. Mental status examination. St. Petersburg: StatPearls Publishing; 2021.
28. Dodonova V, Dodonov D. Content and structure of social practices. *Humanities Studios: Pedagogy, Psychology, Philosophy*. 2024;15(1):126-140. [http://dx.doi.org/10.31548/hspedagog15\(1\).2024.126-140](http://dx.doi.org/10.31548/hspedagog15(1).2024.126-140)
29. Messina A, Concerto C, Rodolico A, Petralia A, Caraci F, Signorelli MS. Is it time for a paradigm shift in the treatment of schizophrenia? the use of inflammation-reducing and neuroprotective Drugs—A review. *Brain Sci*. 2023;13(6):957.
30. Kaiyrgaliyeva MG, Appakova GN, Nesipbekov EN, Baikadamov NT, Karimbergenova MK. Trends in the development of the economic system in the Republic of Kazakhstan. *Bus Strat Develop*. 2023;6(1):95-100.
31. Grinde B. Consciousness: A strategy for behavioral decisions. *Div Ment Phys Health*. 2023;3(1):60-76.
32. Tyler CW. Ten testable properties of consciousness. *Front Psychol*. 2020;11:1144.
33. Browning H. The measurement problem of consciousness. *Philos Topics*. 2020;48(1):85-108.
34. Volkov VV. Integrating society in Latvia: Positions of ethnic minorities. *Sots Issledov*. 2012;4:54-63.
35. Abdrasulov E, Saktaganova A, Saktaganova I, Zhenissov S, Toleuov Z. Legal awareness and its significance when determining the nature of a person's legal behaviour. *Int J Elect Sec Digit Forens*. 2023;15(6):578-590.

36. Niikawa T. A map of consciousness studies: Questions and approaches. *Front Psychol.* 2020;11:530152.
37. Bayer O. Interpretative phenomenological analysis as a method of qualitative psychological research. *Psychology and Personality.* 2024;1(25):195-208. <https://doi.org/10.33989/2226-4078.2024.1.298782>
38. Volkov VV. Ethnic minorities of Estonia, Latvia and Lithuania in academic research. *Etnograf Oboz.* 2017;2017(2):5-8.
39. Lipowska M, Sajewicz-Radtke U. Language as a moderator of memory-related processes in children with developmental dyslexia. *Acta Neuropsych.* 2012;10(2):205-214.
40. Trofimov A, Matviienko L, Emishyants O, Tretiakova Y, Zelenin V, Andrushchenko T, Kotsiuba H. Socio-psychological factors of corporate loyalty. *Int J Sci Tech Res.* 2019;8(11):3439-3442.
41. Siddiqui MF, Alam A, Kalamatov R, Mouna A, Villela R, Mitalipova A, Mrad YN, Rahat SAA, Magarde BK, Muhammad W, Sherbaevna SR, Tashmatova N, Islamovna UG, Abuassi MA, Parween Z. Leveraging Healthcare System with Nature-Inspired Computing Techniques: An Overview and Future Perspective. *Stud Comput Intell.* 2023;1066:19-42.

#### **FINANCING**

No financing.

#### **CONFLICT OF INTEREST**

No conflicting interest.

#### **AUTHORSHIP CONTRIBUTION**

*Conceptualization:* Liana Spytska.

*Data curation:* Liana Spytska.

*Formal analysis:* Liana Spytska.

*Research:* Liana Spytska.

*Methodology:* Liana Spytska.

*Project management:* Liana Spytska.

*Resources:* Liana Spytska.

*Software:* Not applicable.

*Supervision:* Not applicable.

*Validation:* Liana Spytska.

*Display:* Not applicable.

*Drafting - original draft:* Liana Spytska.

*Writing - proofreading and editing:* Liana Spytska.