



**25 Jahre Therapiezentren für Folter- und  
Kriegsopfer in der Schweiz: Entstehung –  
Entwicklung – Visionen**

# **Psychotherapy in Ukraine: Past, Present and Future**

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*Many times trauma in a person  
decontextualized over time **can look like  
personality**. Trauma in a family  
decontextualized over time can look like  
**family traits**, trauma decontextualized in a  
people over time can look like **culture** and it  
takes time to slow it down so you can begin to  
discern what's what*

**Resmaa Menakem**



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# The intrusion of **Past** into **Present**

individual

family

community



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# **Aim of presentation**



to extend the understanding of challenges of the Ukrainian psychotherapy comes across and effective responses to these challenges during the military conflict



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Double insult  
(Kellezi and Reicher, 2014).



# Inner forced migrants 2014-2021



## Міграція з окупованих територій України

Розподіл кількості внутрішньо переміщених осіб з окупованого Донбасу та Криму за областями



**1 586 439**

Загальна кількість внутрішньо переміщених осіб з окупованих територій в Україні

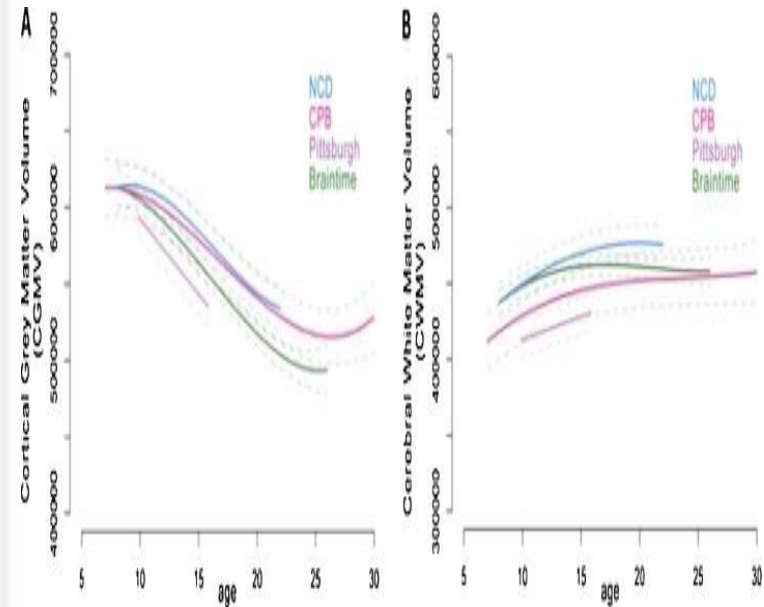
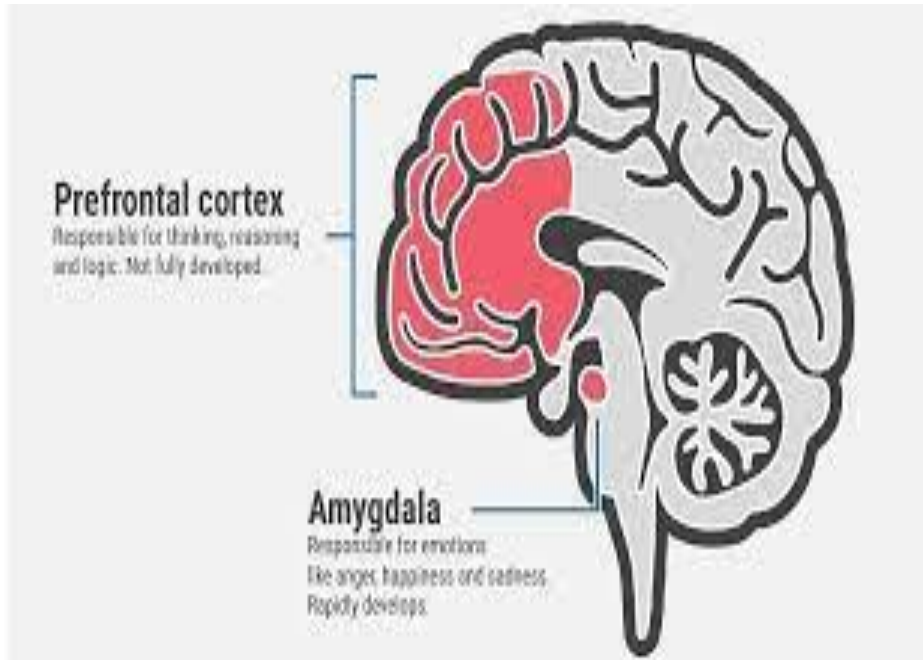
● Кількість внутрішньо переміщених осіб

● Тимчасово окуповані території України

# A women-centered perspective in genocide research

- gender-specific” traumas (Jacobs, 2004)
- war is always misogynistic and directed predominantly at women, since they are the cultural and biological repository of nation” (Neimark, 2001)

# Mystery of Teenage Brain





## Ethical paradoxes during wartime Fleming (2021)

- political ideas vs actual experience,
- professional role vs organizational
- myth of war vs reality of war,
- religious belief vs military values,
- order vs chaos,
- dead vs alive.



# Participants

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281 participants, including 90 Ukrainian National Guard (UNG) service members, 80 service members of the Ukrainian Air Force (UAF), and 111 women and adolescents (teaching staff and students) from different HEIs in Volyn oblast were recruited into the study by the UPC, where they participated in the in-person group-intervention program of psychosocial support for military and civilian population.

# Differences of emotional distress in civilians, UNG, UAF



# From Geopolitics to Psychology

- Post-pandemic time (depression, social isolation, loneliness, substance use disorders, suicides)
- Low psychological preparedness because of common Slavic roots (acute traumatic stress) and high stigma
- Double-forced migration (double traumatized experience, CTS)
- Genocide features and family traumas (killing civilians, threat of famine)

# National challenges (OSCE, 2022)

- Leadership and effective management (Ministry of Health Care, Ministry of Education and Science)
- Multidisciplinary teams (health and social care providers)
- Training of mental healthcare staff (medical/psychological model): introducing speciality of Clinical Psychology October, 2022
- Funding
- Cultural stigma and collective resistance: Psychiatry as our necessary shadow (Tom Berns)

# Individual challenges

- Low literacy of mental health
- Distrust of psychologists, psychotherapists and psychiatrists
- Ukraine is a mixture of individualistic and collectivistic culture (mixture of Western (CBT) and non-Western ( traditional healers) standards

# Prospects of Psychotherapy in Ukraine



Individual  
resilience

Family  
resilience

Community  
Resilience

National Security

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# The first steps

- Mental Health For Ukraine Project (MH4U)
- USAID Ukraine-Public Health
- MSc in Clinical Psychology
- CBT and RTM training programs as evidence based services
- Developing European Framework for Action on Mental Health and Well-Being (Erasmus+) 2022-2025



**TOWN  
AND  
GOWN 2.0**

the strategic cooperation  
between university and city  
in V4 and Ukraine



**Лариса Засекіна**



**Владислав  
Коломечюк**



**Ірина Глова**



**Наша**

**команда**



**Марія Козігора**



**Тетяна  
Гордовська**

**Glory to  
Ukraine!**

