

Ukrainian Circle Final Report

New Psychological Recovery
Program for Ukrainians
affected by the war

Summer 2023

Presentation: Sept 2023





THE SOUL
Ukrainian Psychology Center

LINK FOR REGISTRATION IS HERE:

<https://www.thesoul.com.ua/programa-psychologichnogo-vidnovlennya-ukrayinske-kolo/>

Translation: Psychological Recovery
Program “UKRAINIAN CIRCLE”
June - August, 2023

THE SOUL
psychology center

Програма психологічного
відновлення
"УКРАЇНСЬКЕ КОЛО"

червень-серпень



Outline of the Presentation

PART I (slide 1 - 29)

1. About THE SOUL, who we are and what we do
2. About Ukrainian Circle and why it's important for the people of Ukraine
3. Core principles of the Program and its design
4. Multiplying effects of post-traumatic growth and mental health support

PART II (slide 30 - 69)

5. How did it go? Let's take a tour of UKRAINIAN CIRCLE and its modules
6. It's all about the people: stats and figures, data and analytics
7. Results, impact and testimonials
8. Where to from here... ?



WHY is this PROGRAM so crucial for people of Ukraine NOW?

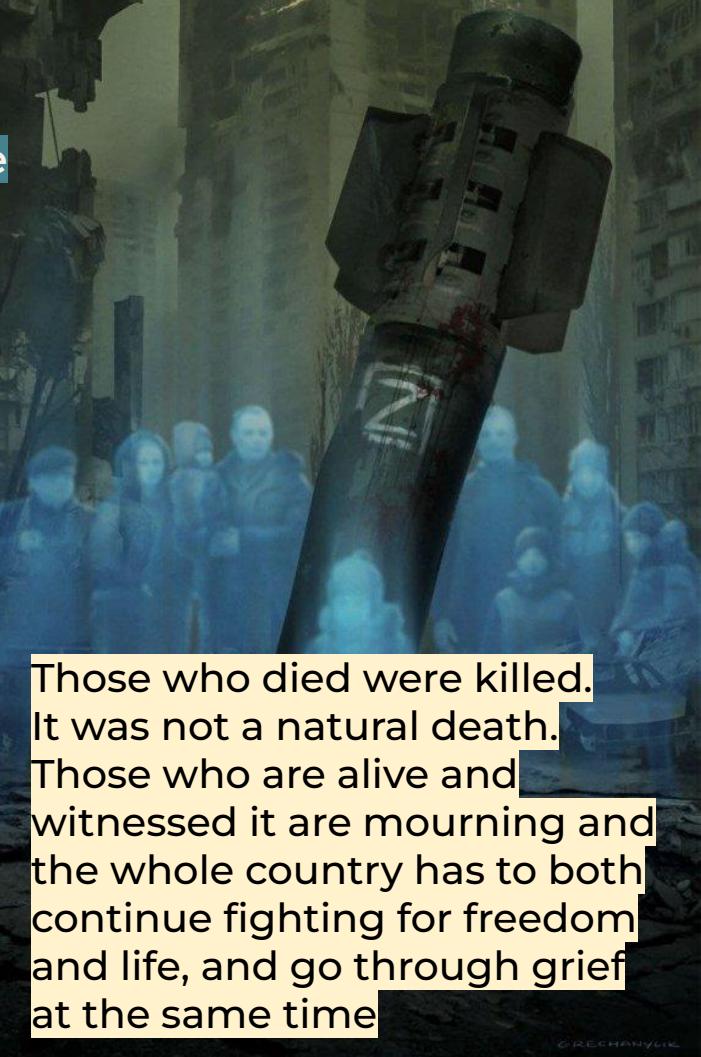
- **This is a Post-Traumatic Growth Program** for all Ukrainians affected by the war
- **WWII research shows that traumatic events will have its consequences for many generations if left untreated.** This Program is a “treatment” for these consequences
- **Ukraine is experiencing an unprecedented scale of war**, a lot of people are deeply traumatized which has a huge impact on families and communities
- **We want to prevent its long lasting effects**, the vicious cycle of violence, revenge and hatred; help people recover and prevent the wars in the future
- **Mental health plays a crucial role in how society will process the experience and trauma of war**; whether it will recover or not; this is a Recovery Program



WHY is this PROGRAM so crucial NOW?

1. We know from **research related to war and trauma that if left untreated the symptoms can worsen impacting relationships and influencing family members, work relationships, community members.** These trauma effects can impact generations.
2. Conversely, **standardized trauma treatment including educational materials, therapeutic interventions and group support have been successful** in eliminating the intergenerational effects of the traumatic impact of war.
3. **Post traumatic growth refers to an approach to treating trauma victims that optimizes their potential to heal from the effects of trauma.** The results: the ability to maintain hope and recognize new possibilities, to maintain healthy relationships, to develop a sense of spiritual change meaning an inner sense of resilience, personal strength and appreciation for life and a sense of gratitude.
4. **We have developed a group approach to providing effective evidence based treatment.**
5. **By providing educational videos, group and professional interventions we maximize the potential for greater numbers of individuals, families and groups** to have the tools necessary to heal from the effects of trauma.
6. **This is a sustainable model** because it is unique and will be producing evidence based data that can be used to apply for research based grants.
7. **It's is a model with materials that can be distributed to the site of any humanitarian crisis** easily for exchange of a reasonable donation. As it expands, the donations will increase.
8. **As people are able, when the war ends, we will once again charge for our services.** In the meantime, we are offering everything free of charge with only a suggested donation for those who are able.

Those who live are not fully alive.
They are paralyzed by fear,
survivors' guilt and are on the edge
of starting a new loop of
Intergenerational trauma



Those who died were killed.
It was not a natural death.
Those who are alive and
witnessed it are mourning and
the whole country has to both
continue fighting for freedom
and life, and go through grief
at the same time

How does transgenerational trauma work?

INTERGENERATIONAL TRAUMA



1. Grandparents

1st traumatized generation
WWII 1939-1945: mass murders, millions of people killed, evacuation, forced deportation, family loses, widowhood, orphanage, poverty and fear



2. Parents: mom and dad

Alcoholism, physical violence in the family, a lot of aggression and rage, emotional abuse, mental illnesses, codependent relationship, fear and guilt



3rd Generation: this is us

Constant searching for praise and approval, inability to rely on themselves, problems with self-identification, eating disorders, depression, anxiety, alcoholism, emotional instability

The War in Ukraine in 2014 (annexation of Crimea and occupation of Lugansk and Donetsk). A full-scale WAR in Feb 2022. The same cycle is waiting for us if we do not

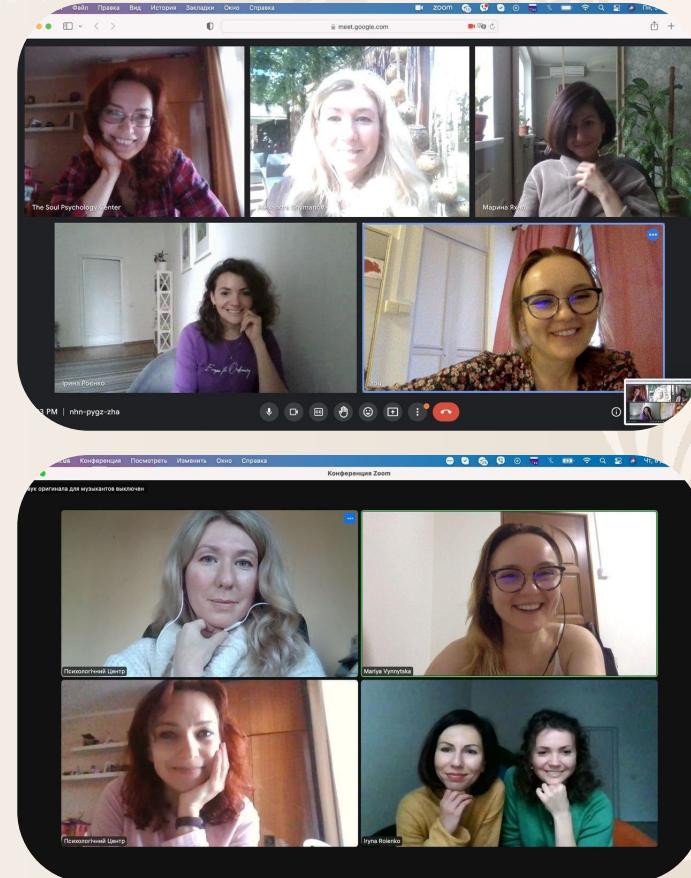
- Bearing witness to Grief allows for collective healing
- Dealing with the trauma immediately after the traumatic events prevents long-lasting consequences and transgenerational trauma
- Ukrainians need strategies and tools NOW to both mourn their losses, continue their lives, build resilience and capabilities to restore mental health in the families, communities, at the workplaces and the country

Why NOW? Why should this Program take place now but not in a year or 5 years later..?



Why us? Why Ukrainian Psychology Center THE SOUL?

- Our Center has been working for 2+ years, we have an NGO
- When the war started, we immediately opened the Crisis Center providing free mental health support to people affected by the war
- We've conducted more than 200 individual sessions
- Only during the wartime, we had more than 25 group therapy sessions (online and in different locations)
- Our core team consists of 5 people + an extended team of 5 more psychologists in the Crisis Center
- We all are from Ukraine, have seen the war, know how it feels and understand the needs of our people
- We are professionally equipped to work both with individuals and groups providing high quality mental health care and services, trauma therapy and life transformation experiences
- We love our country, want to serve our communities and we are passionate about our work and cause



So what is this “Ukrainian Circle” about?

Actually... it's like
a “Virtual Bench”))

We are providing space for
people to connect, share their
stories, and heal.

Group therapy is one of the
most ancient collective
healing tools that is efficient,
making an impact on the
whole community, and it
works.



Our Program

“Ukrainian Circle” is creating space for people to talk, laugh and cry, grieve and grow, get together and use the healing power and wisdom of communities to improve their lives and emotional wellbeing

Also, we are adding best psychological practices to hold the space, make it safe, guide and facilitate the process to create a valuable experience for everyone

The Soul Center is that fire in the middle...



Why Online?

On the map, you can see the number of Ukrainian refugees scattered all the world due to the full-scale war.

In addition, there are many Ukrainian refugees in Canada, the US and other countries further away from Europe.

We want to help all people affected by the war, and also help our society to reconnect again and stay together.

Online space provides an opportunity for that, and it also allows for scaling up the program and its impact.

В какие страны едут украинские беженцы



Therefore “Ukrainian Circle” is a space for all Ukrainians affected by the war to come together restore and foster their connections with each other, their own souls and roots, their country and identity - with the purpose to build resilience, renew and recreate their lives irrespective of their current situation and geographical location



From a conceptual perspective, The Program “Ukrainian Circle” is based on these key pillars:

1. **Ukrainian Architectonics** (history, arts and culture, values and identity)
2. **Post-traumatic growth** theory and best practices
3. **Effective Mental health tools** and human resilience strategies
4. **Prevention of Intergenerational Trauma** and the possibilities of new wars in the future
5. **Ripple effects of care:** working on Individual level -----> means creating emotionally healthy families, communities and nation
6. **Fostering unity:** overcoming the existing split within Ukrainian society: those who stayed vs those who left; those who lost their relatives and loved ones vs those who did not; those whose houses were destroyed and those who still have; Ukrainian vs Russian speaking people



Key components of the Program:

5 components of our Post-Traumatic Growth

(which take place after the treatment):

1. Personal Strength
2. New possibilities
3. Improved Relationships
4. Spiritual Growth
5. Appreciation of Life



How will the Program work?

- **Psychological recovery program “Ukrainian Circle” consists of 8/9 modules.** This is our 1st pilot
- **Each module = 1 week**
- **Each module has a particular theme** (feelings and emotions, relationships, finances, work, home etc)
- **Each module consists of two parts:** a theoretical part with video or audio materials for the participants + a practical part with psychological exercises / tools (systemic constellations, meditation, creative writing, art therapy, integral coaching, body work etc)
- **The Program will take place in a designated group on Telegram;** materials will be sent there
- **Participants will be able to send their questions,** comments and reflections on a daily / weekly basis
- **Psychologists will process the comments and have a weekly Q&A session** within the topic of the week
- **Each Saturday at 11:00 am, there will be a Zoom meeting to debrief the week,** discuss some insights, process feelings, provide support to people individually and enhance the bond in the group



The Program will consist of:

- theory and practice;
- psychological exercises;
- self-help tools and techniques;
- transformational experiences;
- body-work therapy;
- community support and group meetings



Програма Центру психології THE SOUL

This is an outline of the Program and each module; it's still work in progress, some changes and adjustments might take place

Модуль 1
Діагностика стану.
Травма українців.
Історична пам'ять
(Олександра
Шиманова)

Модуль 2
Вихід із Жертви. Нові
шляхи росту та
розвитку. Інтеграція
українців у світі та
нових обставинах
(Марія Винницька)

Модуль 3
сила української
жінки через
розвиток. Інтеграція
архетипу Мавки.
Свобода бути
собою. (Маріна
Яхно)

Модуль 4
Відносини та цінність
себе у відносинах при
нових обставинах.
Стосунки під час
війни (Ірина Роєнко)

Модуль 5
Творча реалізація
та гроші
по-українськи
(Марія Винницька)

Модуль 6
Відчуття дому,
Втрачений дім в
Україні, не
віднайдений в
новій країні
(Маріна Яхно)

Модуль 7
Інтеграція
розколу. Що нас
єднє
(Олександра
Шиманова)

Модуль 8
Погляд у
майбутнє. Хто я
після всього що
зі мною сталося

Module 1
Current State
Assesment
Historical
Context

Module 2
Aggression-Victim-
Victim Dynamics.
Resources and
Support
Adjustment to new a
new reality

Module 3
Strength of
Ukrainian Women
Through the Mavka
Archetype .
Freedom and
resilience

Module 4
The Value of
relationships amidst
the crisis. Self
esteem and
connection with
others

Module 5
Professional fulfillment.
Realization of potential.
Creative approaches to
work and earning income
in uncertain and turbulent
times

Module 6
The Value of
relationships amidst
the crisis. Self
esteem and
connection with
others

Module 7
Integration of the Split
and Devide in Society
What connects us all?
Ukrainian Identity, its
common roots and
different facets

Module 8
The Future: vision,
plans, goals,
dreams. Who am I
and who are we
after the war?

Outline of the Program Modules:



- **Module 1.** Circle of My Soul: Defining the state.

Different feelings I am feeling right now

- **Module 2.** Circle of My Body: My body.

What's happening with my body now?

- **Module 3.** Circle of Me: what's going on in my life?

Where am I? What Are the Circumstances of my life now?

- **Module 4.** Circle of Others:

What about my relationship? Who is around me? Who is my community now?

- **Module 5.** Circle of Values and Actions:

Freedom of being and freedom to choose. What can I do? My circle of influence

- **Module 6.** Circle of My Home:

Feeling at home, feeling lost and safe. Inner home and the place I stay. Comfort and rest.

- **Module 7.** Circle of Money:

My talents and skills, experience, resources and goals. My work, income and productivity.

- **Module 8.** Circle of Unity: Stop “The Ukrainian divide and inner fights”. Overcoming the Split within Ukrainian society

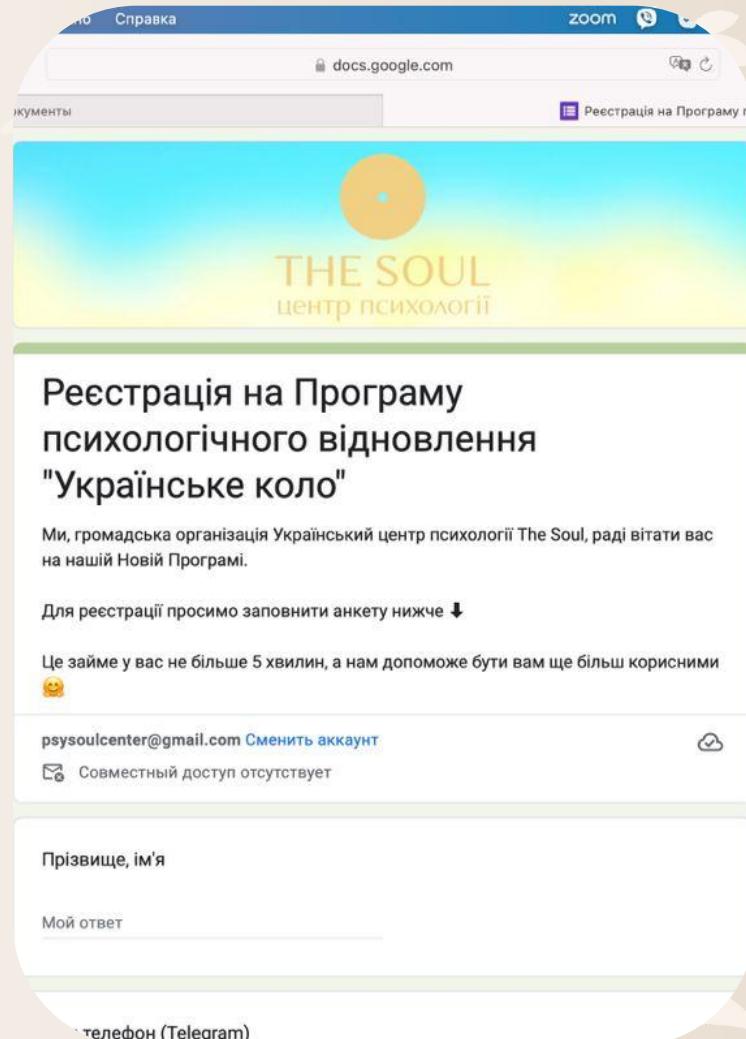
- **Module 9.** Circle of Future.

What is my future like? What do I want in my future? What do I see there?

- We already created a **landing page with a Program description**; people can register online through our website and they've already started doing it

<https://www.thesoul.com.ua/programa-psychologichnogo-vidnovlenya-ukrayinske-kolo/>

- **Launch of the Program is planned on June 19, 2023. First pilot will be finished by Sept 1, 2023**
- Later, we can roll out this model and run it again with the lessons learnt and on a bigger scale
- We created an application process to make this evidence based
- The information we are collecting can be used for further research in mental health / post traumatic growth and interventions, mental health recovery programs in humanitarian settings etc
- The data can be used both for treatment purpose and research



The screenshot shows a Google Form titled "Реєстрація на Програму психологічного відновлення "Українське коло"". The form includes fields for name, email, and phone number, along with a message field and a "Send" button.

Справка

docs.google.com

окументы

Реєстрація на Програму

THE SOUL
центр психології

Реєстрація на Програму
психологічного відновлення
"Українське коло"

Ми, громадська організація Український центр психології The Soul, раді вітати вас на нашій Новій Програмі.

Для реєстрації просимо заповнити анкету нижче ↓

Це займе у вас не більше 5 хвилин, а нам допоможе бути вам ще більш корисними 😊

psysoulcenter@gmail.com Сменить аккаунт

Совместный доступ отсутствует

Прізвище, ім'я

Мой ответ

телефон (Telegram)

About new Psychological Renewal Program “Ukrainian Circle”

- It was designed for all Ukrainians affected by the war
- The war affected everyone, regardless of the circumstances
- We developed this program in such a way that it will take into account Ukrainian reality and real life context nowadays
- It will also naturally integrate our mentality and cultural identity as a nation
- “Ukrainian Circle” is suitable and will be beneficial for every Ukrainian who needs mental health support and is looking for tools to cope, grow, restart and improve the quality of life

This program will be useful for those who:

- Left Ukraine and are still searching for their place in a new country and new society
- Didn't leave the country, faced a lot of losses and are facing a lot of difficulties (blackouts, shelling, air-raid sirens)
- Moved out but have already come back to Ukraine
- Lost their home or their house remained intact after the shelling
- Suffered the loss of the loved ones or whose relatives are safe and alive



This Program will be particularly beneficial for those people who are experiencing:

- **Traumatic and Post-traumatic conditions and related physical symptoms** (insomnia and nightmares, anxiety, panic attacks, eating disorders etc)
- **Difficult emotions:** outbursts of anger and aggression, apathy, powerlessness, hopelessness, guilt, overwhelming fear, panic attacks
- **Personal problems** (difficulties in relationships, irritation, loneliness, separation from or loss of a loved one, divorce or breakup)
- **Workplace challenges** (uncertainty and fears, loss of work or business, lack of money, life on social assistance, refugee status)
- **Self-blaming, feeling insecure**, having no sense of direction, no goals, lost sense of values, confusion and abandonment
- **Feeling like an “alien”, no home**, no comfort and no sense of home and belonging
- **Experience the divide and a painful split in the society;** dividing people into “us” and “them”, and “we are not like them”, those who left Ukraine and those who stayed, and others groups



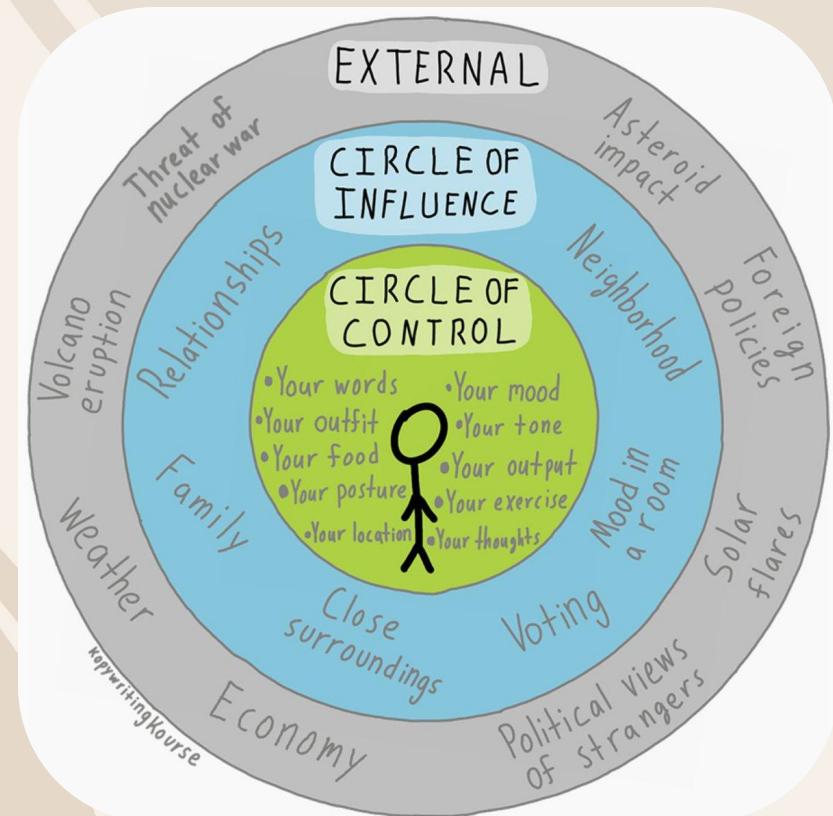
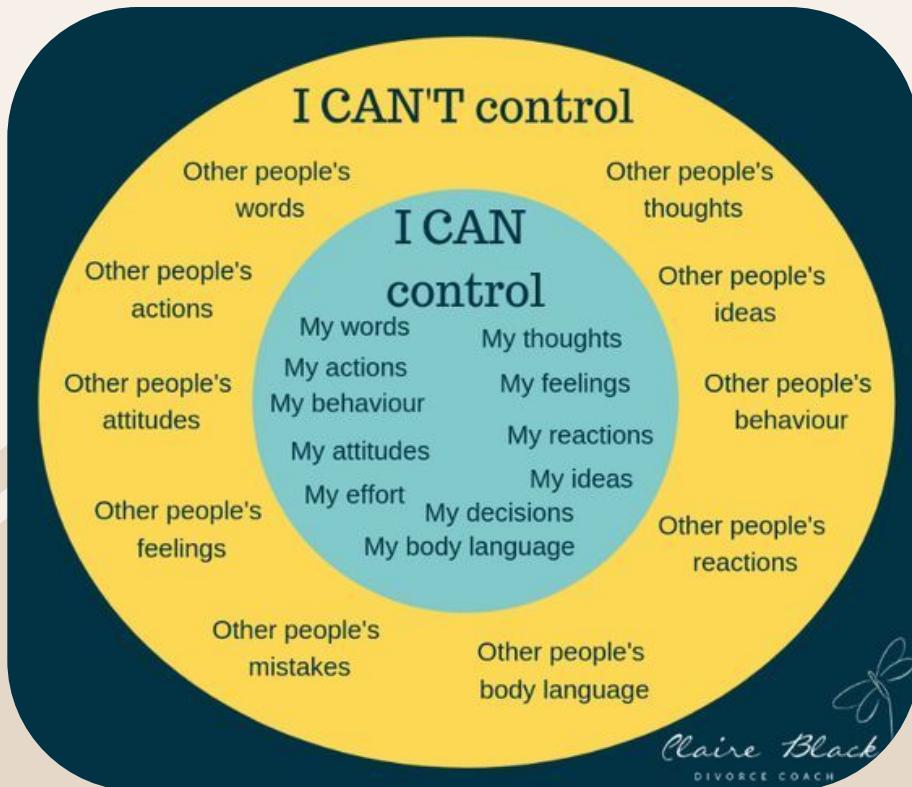
What are the desired outcomes of the Program?

It will help people:

1. **Gain strength and resources to keep living**, have faith in the future and make plans
2. **Regain confidence**, self-reliance and a sense of self-esteem
3. **Cope with a feeling of loss** and make the first steps towards a new stage of life
4. **Take better control over emotional states** and become more resilient amidst the current circumstances and an extremely high level of uncertainty
5. **Find strength to start over again** either their own business or develop new skills and career path
6. **Create the Circle of Support** that will be helping people to cope on a daily basis and promoting their mental health restoration which will impact all areas of life
7. **Have a safe space, “a peaceful place for the soul”** in the circumstances where they are
8. **Feel better and become more resourceful** for themselves, families and communities
9. **Make a contribution to the unity of Ukrainian society** by fostering connections, compassionate relationships, even friendship and collaboration between Ukrainians who are currently in the country and those are in different parts of the world



**ON what do we stand developing the Program from a mental health perspective?
The modules of the Program are based on the needs of people and effective models:**



Micro Level

Working with individuals, we understand that working with one we are always impacting many because everyone is always part of the community.

'No man is an island' - John Donne



Macro Level

We want to build mentally strong, happy and healthy communities. **"Alone, we can do so little; together, we can do so much"** – Helen Keller

This is what Ukrainians are known for...

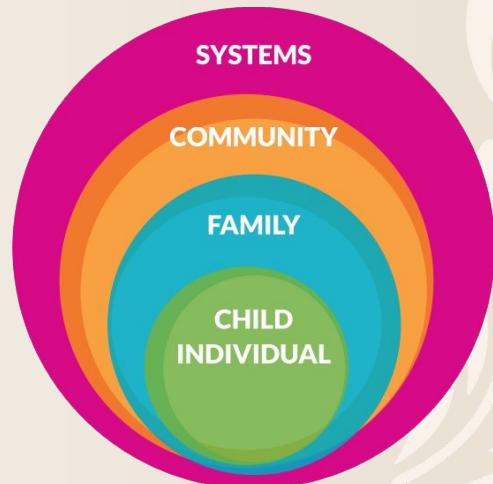


What's happening in Ukraine, the WAR, it is thousands of individual tragedies and traumas and it is also a COLLECTIVE TRAUMA FOR US AS A NATION

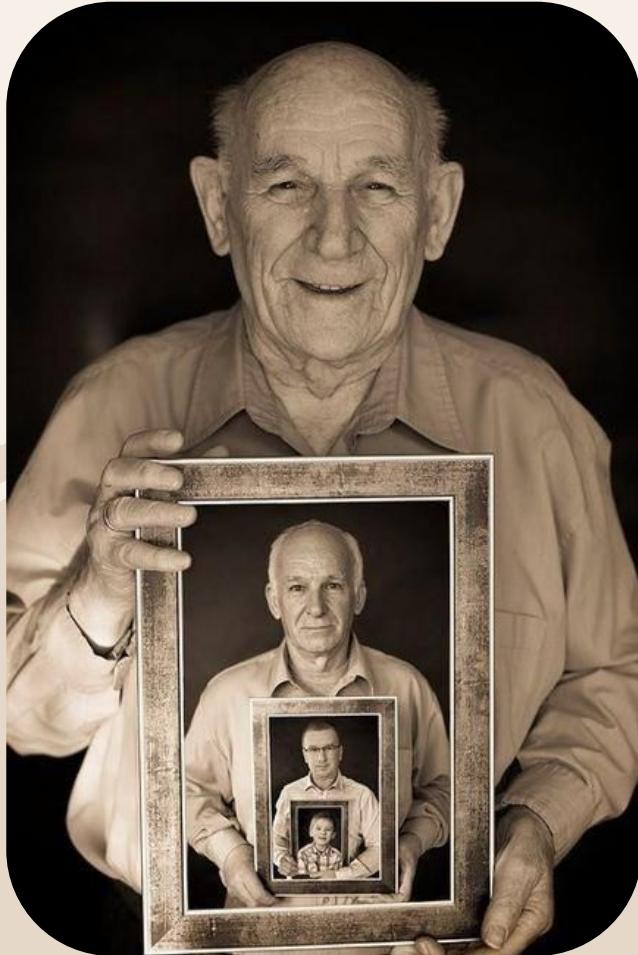


It means that the work of healing and restoration has to be done on all the levels:

- individual
- family
- communities and society as the whole

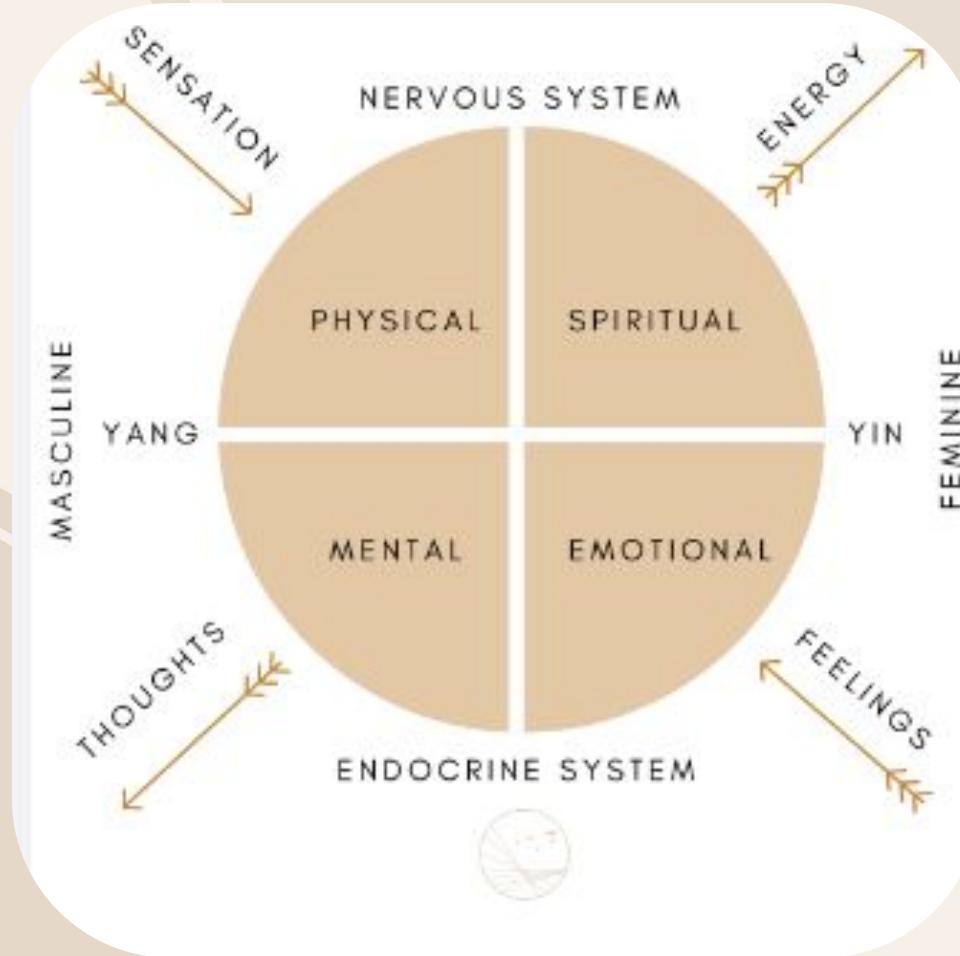


Prevention of Intergenerational and Historical Trauma Transmission



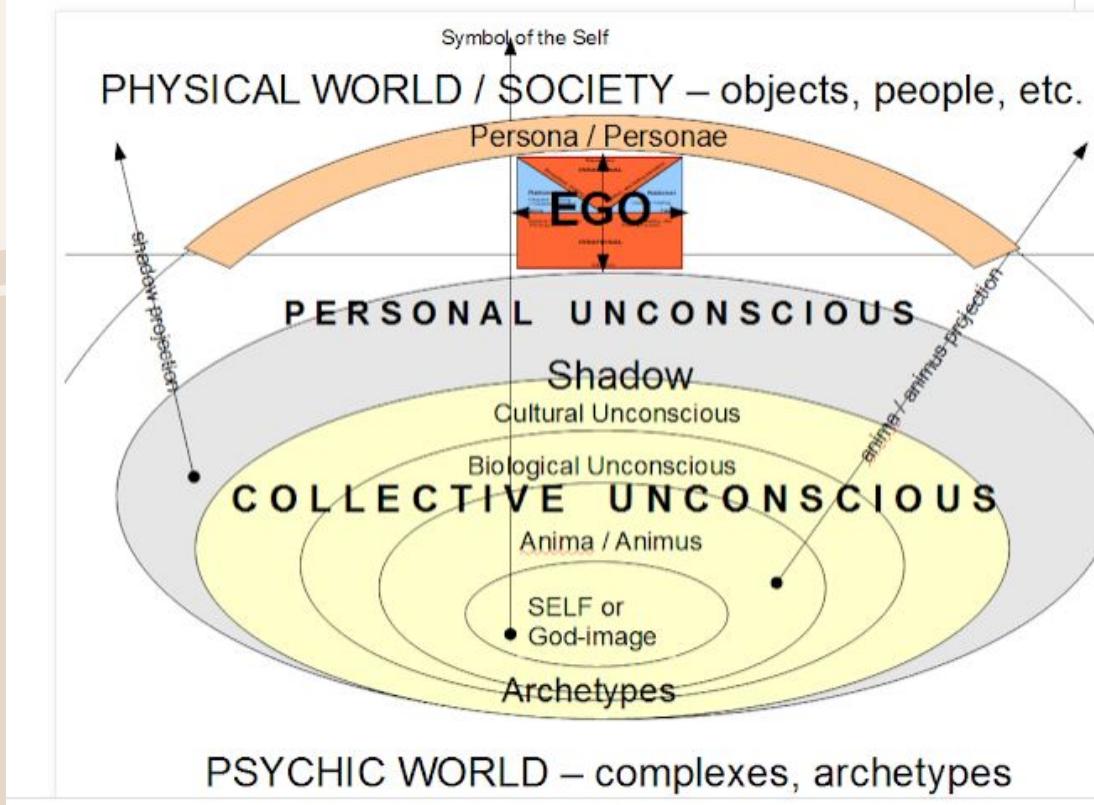
The Four Quadrants Model:

The Program will touch upon all key areas of lives of people providing holistic approach to their mental health recovery and restoration, as well as impact in different segments of life



Carl Gustav Jung / Approach to Personal and Collective Unconscious

Diagramming the Psyche - a picture of Jungian terminology



Part 2

- 1. How was the Program implemented?**
- 2. About the Program participants**
- 3. About the Modules of the Program**
- 4. Results and Feedback**
- 5. Plans and perspectives**

<https://www.thesoul.com.ua/en/ukrainiancircle/>



How did people register for the Program UKRAINIAN CIRCLE?

The announcement of the Program was made 4-5 weeks before the launch of the Program and we started inviting people through various social media platforms - Facebook, Instagram and personal pages of psychologists

- There was a landing page on our website specifically designed for UKRAINIAN CIRCLE Program
- On the landing page, there was a registration form

THE SOUL центр підтримки

ПРОГРАМА "УКРАЇНСЬКЕ КОЛО"

Програма психологічного відновлення "Українське Коло"

ЦЕНТР ПСИХОЛОГІЇ THE SOUL ПРЕЗЕНТУЄ нову програму психологічного відновлення "Українське Коло". Розроблена для всіх українців, що постраждали від війни.

ЗАРЕЄСТРУВАТИСЬ

Художник Юрій Нагулко

ЯКЩО ВАС СУПРОВОДЖУЮТЬ:

- постравматичні психічні стани та фізичні прояви (безсоння та інші кошмари, тривожність, панічні атаки, розлади апетиту та травлення, загострення захворювань, тощо)
- важкі емоції – спалахи гніву та агресії, апатія, безсилля, безвихід, почуття провини, напади страху тощо
- труднощі в особистому житті (постійні сварки та роздрідування, самотність, втрати чи розлука з партнером, розлучення та розрив відносин)

ЗАРЕЄСТРУВАТИСЬ

В РЕЗУЛЬТАТІ ВИ ОТРИМАЄТЕ:

- ✓ Бачення нових можливостей (розширення горизонтів в навичках, роботі, гросях та ін.)
- ✓ Покращення відносин з іншими (сім'єю, родичами, колегами, друзями)
- ✓ Відчуття власної сили (опора на себе, впевненість в собі, поліпшення самооцінки)
- ✓ Духовні зміни (створення нових сенсів та цінностей)
- ✓ Сmak до життя (відчуття цінності та вдячності, життя в моменті, щастя)

ЗАРЕЄСТРУВАТИСЬ

Художник Ольга Гайдамака

ЦЯ ПРОГРАМА ДЛЯ ВАС ЯКЩО ВИ:

- виїхали з України та шукаєте себе у новій країні та новому суспільстві
- не виїжджаєте з дому і бачите багато втрат та переносите багато труднощів (блекаут, обстріли, тривоги)
- виїжджаєте та повернулись в Україну
- втратили дім чи він залишився відлім
- перенесли втрату близьких чи всі рідні ваші живі та в безпеці
- провели когось дорогої воювати та хвілюється за його долю чи всі рідні з вами

Зареєструватись



How was the program implemented?

There was one module on a separate topic each week:

Module 1 - Soul and Feelings (June 19-25)

Module 2 - Body (June 26 - July 2)

Module 3 - Strength and Confidence (July 3-9)

Module 4 - Love and Relationships (July 10-16)

Module 5 - Freedom and Responsibility (July 17-23)

Module 6 - Home (July 24-30)

Module 7 - Money and Wellbeing (July 31 - August 6)

Module 8 - Unity and Integrity (August 7-13)

Module 9 - Future (August 14-19)



Художник Олег Шупляк

Модуль 5. Свобода і відповідальність

Коло цінності: Свобода бути та свобода обирати

Присвоєння собі права відрізнятись та обирати самому, розмежування зон своєї відповідальності.



Художник Олег Шупляк

Модуль 6. Дім

240 participants were registered.

Their age:

Up to 25 years old - 2%

26-30 years old - 8%

31-35 years old - 10%

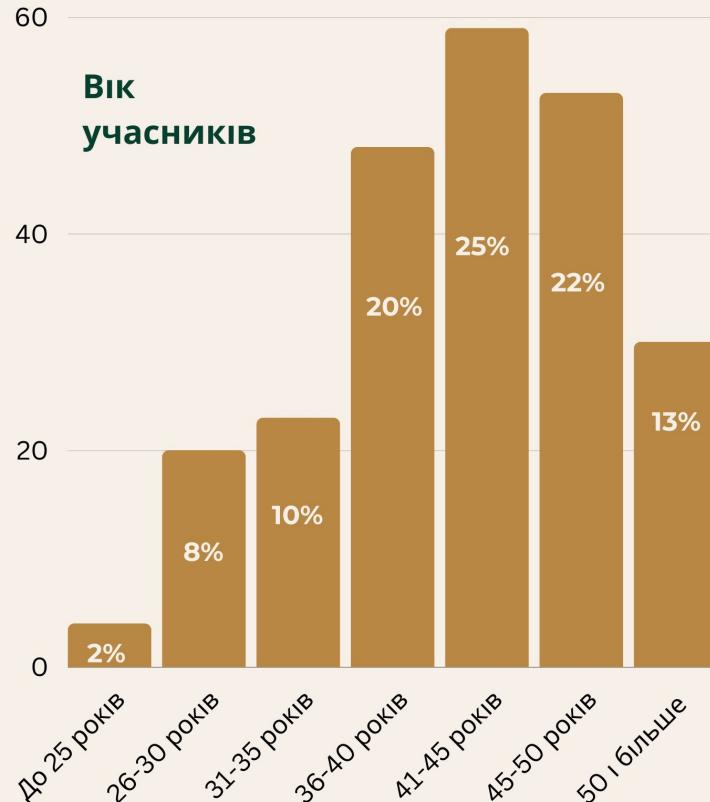
36-40 years old - 20%

41-45 years old - 25%

46-50 years old - 22%

50 years and older - 13%

Age of participants

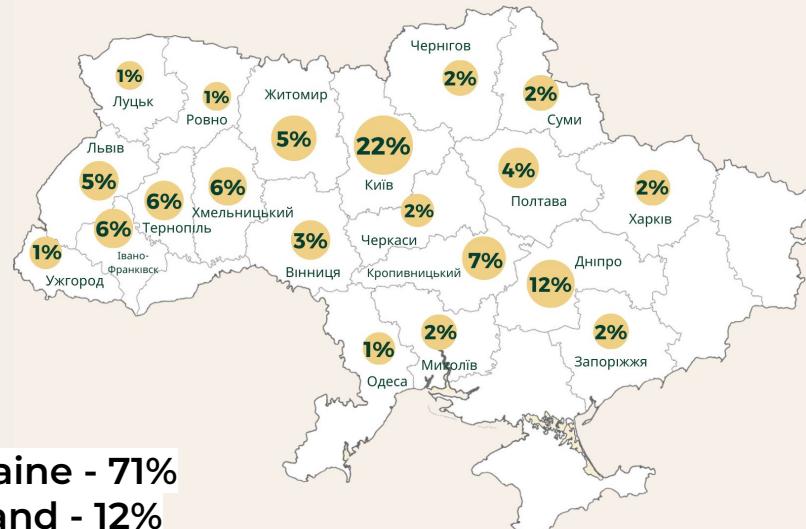


Who participated in the Program?

People who took part in Ukrainian Circle were from different countries of Europe and all over Ukraine:



Розподіл учасників по областям України

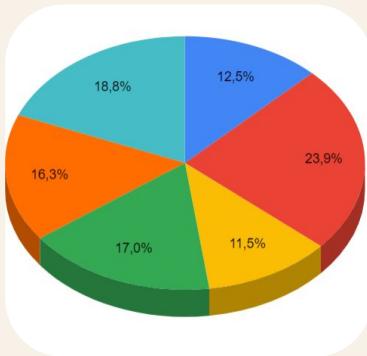


Ukraine - 71%

Poland - 12%

Other European countries - 1-2%

Description of psychological and emotional problems and conditions of Program participants



- 12,5% - Severe physical conditions: insomnia, anxiety, panic attacks, loss of appetite, excessive appetite, palpitations, deterioration of health
- 23,9% - Distortion of mental balance: self-doubt, doubts about one's abilities, loss of inner support, feeling sad and helpless, self-criticism
- 11,5% - Problems in personal relationships: loneliness, worries, conflicts, divorce, betrayal, lack of relationships
- 17% - Problems with work and income: loss of confidence in one's skills and abilities, loss of business or job, lack of fulfillment, lack of motivation, no ability to earn, conflicts in the team or with management
- 16,3% - Self-identity problems: loss of self and meaning, re-evaluation of values and goals, loss of desires, confusion about "Who am I?", feeling of isolation
- 18,8% - Mental conditions: apathy, powerlessness, depression, lack of interest in life, outbursts of anger, irritability, anxiety, excessive control

How did the participants describe their condition at the beginning, before the implementation of the **UKRAINIAN CIRCLE Program?**

These are the quotes of people
from the registration form



How the participants described their hopes what they would like to achieve after completing the program, what are their aspirations to improve their life and mental state.

Quotes from the participants

I want to feel inner harmony and balance and create a partner relationship with my husband

Find your goal for the future

Feeling that my life is going on the way I want, peace of mind and harmony

A feeling of confidence and certainty. The ability to plan own future

Establish personal relationships, feel more stable inner self-reliance

Find a job of my dreams. To be happy here and now

Feeling of support. Security. New horizons for development

Return of inner peace

Become more confident in own desires and next actions, without devaluing the achievement which are not done for 100 percent

Resource state, self-confidence, understanding in which direction to move further

More happiness



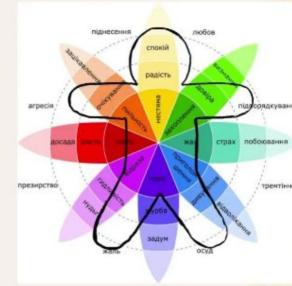
Module 1. Feelings and emotions

Українське коло Модуль 1 Емоції та почуття

Що з нами відбувається?
І як з цим обходитись
найкращим чином?



Трансформаторна будка



The objective of Module 1 is to understand your own state and conditions, and not to direct your emotions at destroying yourself and others. Learn to deal with difficult feelings and process them like "in a transformer booth". In fact, the Program became such a "transformer booth" to help people cope with their conditions and give them support.

Module 2. Body

Українське коло Модуль 2 Тіло і тілесний досвід

Як наше наразі тіло
приймає удар на себе?
І як допомогти собі і йому?

Триєдина модель мозоку
Теорія травматичного
переживання в тілі



Хоча насправді тіло
почувається себе
приблизно так 😔

How does our body currently react?
How to help yourself and your body?
Triple model of the brain
The theory of traumatic experience in the body



The objective of Module 2 is to learn relaxation techniques and stress relief through physical exercises. The body is supposed to help us cope with everything we are going through, and we need to learn how to support our body.

Module 3. Strength and confidence

Українське коло Модуль 3 Сила та впевненість

Де криється наша сила?
Як бути більш впевненим?
Як будувати внутрішні
опори?



Where can we find our strength?
How to be more confident and resilient?
How to find inner support?

Знищення
(інших/себе)



Агресія - 2 поляси

Створення
Конструктивна



Objective of Module 3: This was the most “in demand” request from the participants. To investigate and explore their own aggression and to learn how to deal with it constructively and apply for creativity, effective actions or work

Module 4. Love and relationships



Українське КОЛО Модуль 4 Любов як відносини

Що з моїми стосунками?
Хто поруч зі мною?

Дякуємо нашим партнерам
за підтримку проекту:



**What is going on with my relationship?
Who is around me and next to me?**



Яка ваша частина вкладу в стосунки?

- Чи знає ваш партнер як вас любити?
- Що для вас любов?
- Що для нього любов?
- А де я перебираю на себе?
- Навіщо вам взагалі стосунки?



The objective of Module 4 is to find feeling of self-love, to get to know yourself better. And then look at the relationship, honestly without illusions and false expectations, and to accept a partner or make a decision about separation, look for new ways to be together and support each other.

Module 5. Freedom and responsibility

Українське коло Модуль 5 Свобода та відповідальність

Як жити вільним життям і бути
щасливим?

**Freedom and responsibility:
How to live freely and be happy?**



Для українців СВОБОДА - це величезна
цінність, це у нашому ДНК



Ми хочемо самі
визначати
свою долю,
шлях і місце у
світі

Люди
століттями
віддавали своє
життя за
свободу і
віддають прямо
заяраз...

The objective of Module 5 is to understand the concepts of freedom, independence, dependence on another person and interdependence, learn how to distinguish them. It's important to understand the difference between freedom FROM something / someone and freedom TO do something / for something. The goal is also to work through separation from the parents and obsolete ideas about yourself that no longer serve you.

Module 6. Home, safe space and belonging

THE SOUL
Ukrainian Psychology Center

Українське коло Модуль 6 Коло Дому

Повернення собі почуття дому
і базової безпеки

Шлях героя і аналіз кліпу
"У мене немає дому"

Дякуємо нашим партнерам
за підтримку проекту:



Автор картини: художник Олег Шупляк



THE SOUL
Ukrainian Psychology Center

Дім — це коли тебе уважно слухають

Дім — це мати тих людей, з ким ти можеш
просто бути

Дім — це природа, що навколо тебе, і зв'язок з
нею

Дім — це вся творчість, що проходить крізь
тебе

Дім — це сам шлях

Практика: напишіть, що для вас є дім,
що дає вам почуття Я вдома



Автор картини: художник Олег Шупляк

The purpose of Module 6 is to find, build your own shelter in the soul and find it in life, to walk the “hero's path to yourself”. In this module, participants can discover their safe space inside them, think deeply about what home means to them and how to reconstruct such a sense and feeling of home irrespective of their location and circumstances now.

Module 7. Money and wellbeing

Українське коло Модуль 7 Гроші та благополуччя

Дякуємо нашим партнерам
за підтримку проекту:



Тож що таке Гроші? Що за ними стоїть?
Що вони проявляють?

Гроші:

- Еквівалент обміну:** товар і послуга чи якесь цінність на одному кінці, гроші - на другому. По обидва боки - люди. Між ними стосунки. Товар чи послуга - це переходний об'єкт, і він забезпечує кругообіг обміну у світі між людьми
- Лакмусовий папірець стосунків та обміну:** якість стосунків, середовище де ви є, з ким ви обмінюютесь, що даете, що отримуєте, що просите, як продаєте
- Вмістилище наших мрій та фантазій.** Ми вкладаємо багато сподівань у гроші. Воно можуть реалізувати багато наших бажань і часто слугувати заміною або прикриттям глибоких емоційних потреб



The goal of Module 7 is to understand better your feelings, stereotypes, attitudes and psychological blocks around the subject of money. Rediscover your inner resources, strengths, talents and skills. Understand the income figure for today and determine the desired income, activate your confidence and start taking real steps.

Module 8. Unity and Integration

Українське КОЛО

Модуль 8 Єдність

Як подолати розкол на рівні
українського суспільства та на
рівні своєї власної душі?

Дякуємо нашим партнерам
за підтримку проекту:



**How to overcome the split at the
level of Ukrainian society and at
the level of one's own soul?**

Цілісність душі
КОЛО

За якими принципами
ми поєднуємося?



The purpose of Module 8 is to overcome the split at the level of Ukrainian society and at the level of one's own soul. Finding what unites us all irrespective of where we are, and apply our ability to connect to ourselves and to our relationships with others. The whole person needs to be able to integrate different parts of the soul. The module was aimed at helping accepting others, being more tolerant and caring no matter the differences.

Module 9. The future

Українське коло Модуль 9

Майбутнє

Дякуємо нашим партнерам
за підтримку проекту:



Внаслідок переживання важкої життєвої кризи людина здатна зрости

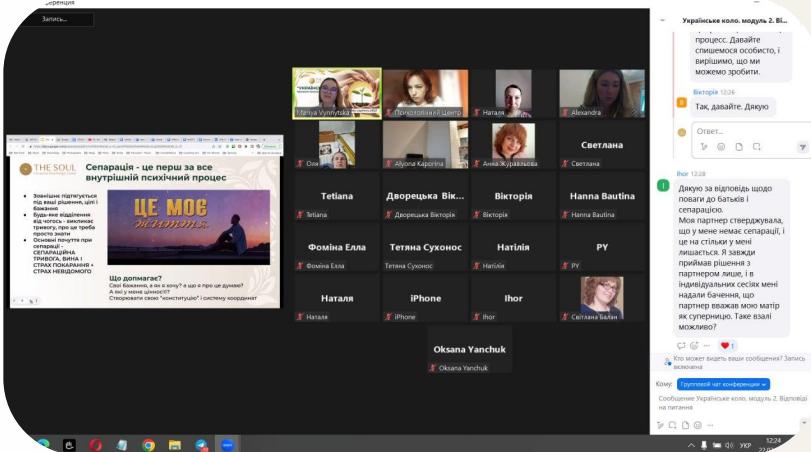
Це буває важко прийняти,
але ми здобуваємо новий
досвід через втрати, біль,
горе і надію на краще
посеред усіх втрат, що є

Ми можемо зростати через
будь-який досвід, який нам
приносить життя



The purpose of Module 9 is to develop an ability to see and imagine the future, take the baby steps and have faith in something good. Also, to overcome the consequences of trauma and assess the extent how the 5 main signs of post-traumatic growth are expressed in one's life. The ability to see the future a symbol of recovery and connection with life.

Every module, in addition to the materials provided in Telegram, Q&As and practices, had a group Zoom session every Saturdays at 11:00 am Kyiv time



*Thank you very much for the meeting!
If there was a feeling of hopelessness
before, now I have some hope))"*

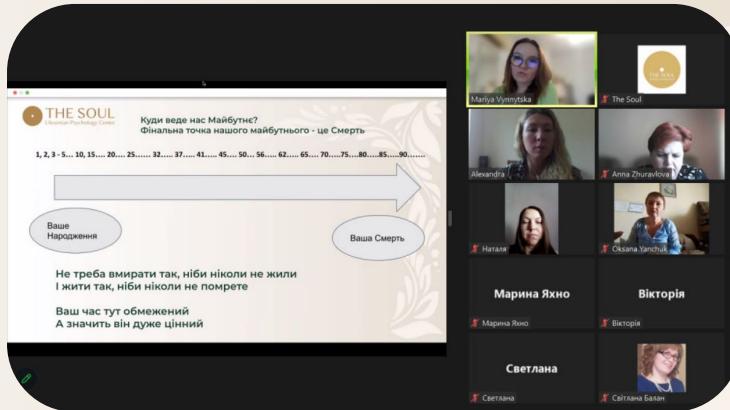
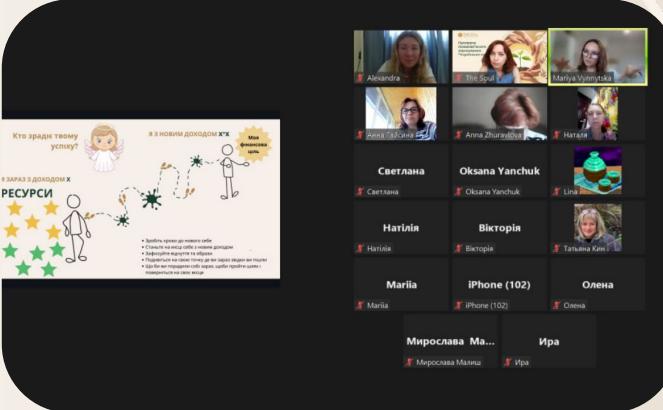
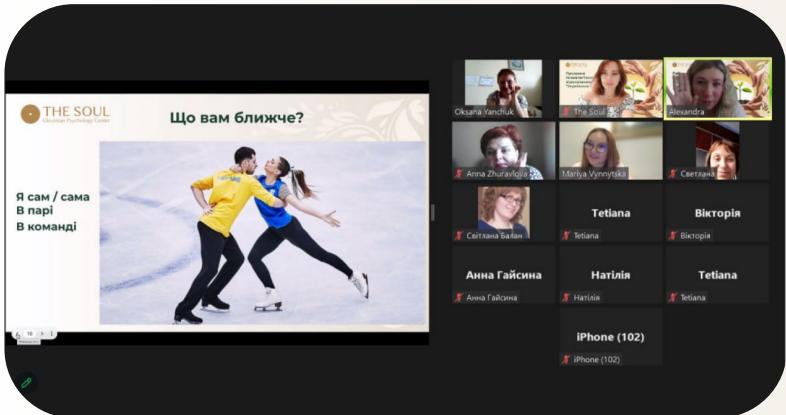
*"I have seen the beauty around me...
An incredible sense of peace"*

Comments of the participants of the meeting:

"Thank you for your reply regarding respect for parents and separation"



Zoom session usually lasted for 2 hours; then the recording was sent to the group chat in Telegram; many people watched these sessions at their own time and wrote their feedback afterwards;



We received many comments and testimonials from the participants; they are available in the reports of every Module; here are just some of them

На цій неділі помічаю свої рішення - для мене це і є свобода вчинити так. Вибір. Робити свій вибір, а не пливти за течією. Робити щось нове, що не робила (відпустка, у відносинах, нові місця)

15:51

"This week I have noticed my decisions - for me, to act like that is the freedom. Choice, to make own choice, instead of going down the stream. It is important to do something new that you haven't done before (relationship, vacation, new places to visit)"

| тут може бути величезний текст, але головна причина о...
О, я також іноді собі це дозволяю)) цей курс дав стільки можливість себе пізнати! I прийняти!

23:37

"This program gave me an opportunity to know better my inner world and accept myself"

Дякую, Маріє, за детальну відповідь і практичні поради. ❤️☀️
Усе відкликається! і те, яка мета кредиту і про відсотки і про подарунок в кінці.
Дійсно, коли особливо довго в цьому стані потрібно собі щось пообіцяти в результаті.
Спробую відчути який варіант для мене кращий 😊
Дякую ❤️ Дуже цінно!!! 🙏

9:06

Thank you, Maria, for the detailed answer and practical advice. Everything is remembered. I will try to feel which option is better for me. Thank you! It is so valuable.

Дякую вам за вашу роботу, практики насправді дуже сильні, рекомендації дієві і робота дуже професійна. Розвитку, процвітання і миру 🙏

14:03

Thank you for your work, the practices are really powerful, the recommendations are effective and the work is very professional. I wish you development, prosperity and peace!!!"

Positive feedback from the participants was very encouraging for our whole team:

Дякую за практику. Дуже цікаві питання викладені, хотілось їх більше розібрати і не тільки в контексті єдності України, а і в контексті єдності сім'ї (чоловік-дружина, батьки-діти, дорослі діти - старі батьки). Бо прийняти протилежний погляд на незнайомих людей мені легко (сварки в чатах не підтримую), а приймати протилежний погляд чоловіка, якщо у мене інший погляд, важко. Як в таких ситуаціях знаходити розуміння?

7:51



Дякую вам за відео ❤️ Коли усвідомлюєш що завжди є вибір, що за одними закритими дверима є декілька відкритих, що за ніччу приходить день, що найтемніший час саме перед світанком починаєш розуміти що немає сенсу в тривозі, страхах і розчаруваннях. І мова не про зневінення почуттів а про розвиток вміння після дощу побачити райдугу.

12:49



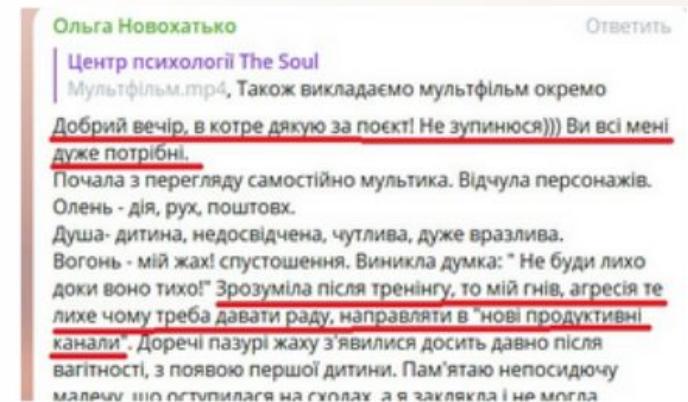
Thanks for the practice. Very interesting questions were presented. I wanted to analyze them more not only in the context of the unity of Ukraine, but also in the context of the unity of the family (husband-wife, parents-children, matured children-old parents)

Thank you for the video. I have started to realize that there is always a choice, that behind one closed door there are several open ones, that after the night comes the day, that the darkest time is just before the dawn. I begin to understand that there is no sense in anxiety, fears and disappointment. And we are not talking about the devaluation of feelings, but about the development of the ability to see the rainbow after the rain.

Seeing how people were changing, witnessing their insights and how they were regaining their strength and resilience was rewarding



A feeling of childish happiness when we have a gift. Belonging to "a pack" is when I get stronger. It's time to make the right choice, the right one by faith. This is a hit on the target. Believe in yourself and your strengths. Allow yourself to live on!



"Good evening, thank you for the project! I cannot stop. I need you all of you very much. I understood after the training that my anger, aggression and evil emotions are necessary to cope with. I need to direct new energy into "new productive channels."



After the end of the Ukrainian Circle program, all materials are freely accessible and available.

Participants can return to them any time.

For convenience, a Navigation has been created in the Telegram channel, where each link is active and leads to a specific Module.

People can watch and listen to everything again, share with friends and apply in their life

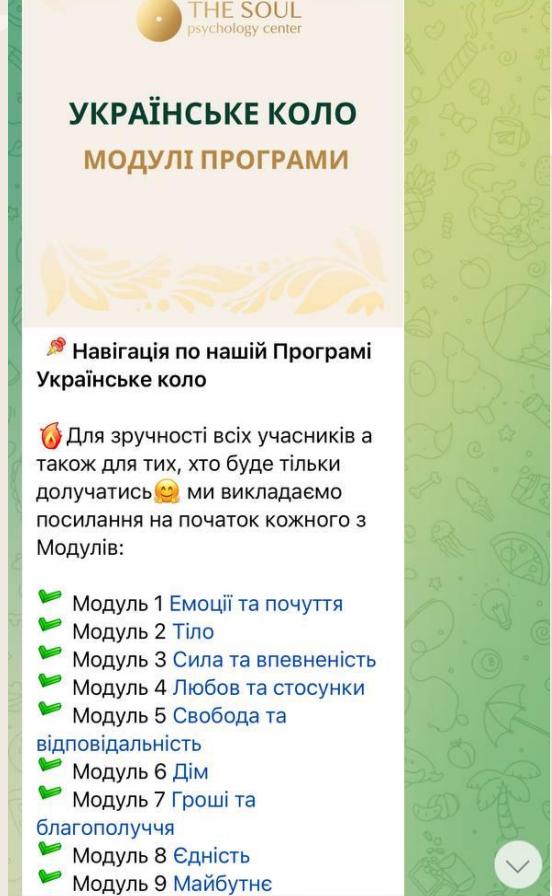
Ukrainian Circle Program Navigator



<https://t.me/Psysoulcenter/398>

Back Центр психології The Soul
218 subscribers

Pinned Message Навігація по нашій Програмі Українське...



THE SOUL psychology center

УКРАЇНСЬКЕ КОЛО МОДУЛІ ПРОГРАМИ

Навігація по нашій Програмі Українське коло

Для зручності всіх учасників а також для тих, хто буде тільки долучатись 😊 ми викладаємо посилання на початок кожного з Модулів:

- ✓ Модуль 1 Емоції та почуття
- ✓ Модуль 2 Тіло
- ✓ Модуль 3 Сила та впевненість
- ✓ Модуль 4 Любов та стосунки
- ✓ Модуль 5 Свобода та відповідальність
- ✓ Модуль 6 Дім
- ✓ Модуль 7 Гроші та благополуччя
- ✓ Модуль 8 Єдність
- ✓ Модуль 9 Майбутнє

Key facts and figures about Ukrainian Circle:



- 01. 9 thematic one-week mental health modules were designed and implemented**
- 02. 26 video clips with therapeutic content were created and 6 audio sessions recorded**
- 03. People were offered 30+ psychological exercises and tools**
- 04. 35 psychological opinion polls / Telegram surveys were conducted**
- 05. More than 70 questions and comments were answered**
- 06. 9 online Zoom meetings were held (duration 1.5 - 2 hours)**
- 07. Participants had 72 days of a therapeutic online space where they could share their experiences, emotions and receive professional mental health support**
- 08. 9 reports in English and Ukrainian on each of the modules with a detailed description of the program and practices were prepared**
- 09. All participants remained with us in the Telegram channel after the completion of the program**
- 10. We received 83 grateful comments and testimonials**
- 11. 2 participants recorded videos for us, which can find on our website**
- 12. 5 people from the participants expressed their desire to help with the roll-out of Ukrainian Circle Program in the future**

Here are the metaphors people used to describe participation and their experience in the Ukrainian Circle:

The Ukrainian Circle is a place of goodness, support, sensitivity and strength

Happiness in simple things

Climbing to the top of the mountain

Satisfaction, the image of a happy cat))

I have the image of a unicorn: lightness, confidence and faith

Live YOUR life

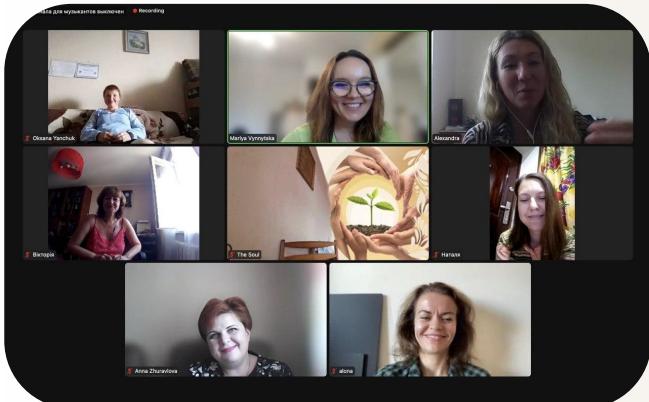
To be at home!

Where it is cozy, sincere, warm and comfortable ❤

Unity and peace

An overview of the Ukrainian Circle, testimonials and reports can be found here:

<https://www.thesoul.com.ua/ukrayinske-kolo-yak-sozialnyi-proekt/>



Video testimonial of
Alyona Kaporina



Video testimonial of
Anna Zhuravleva

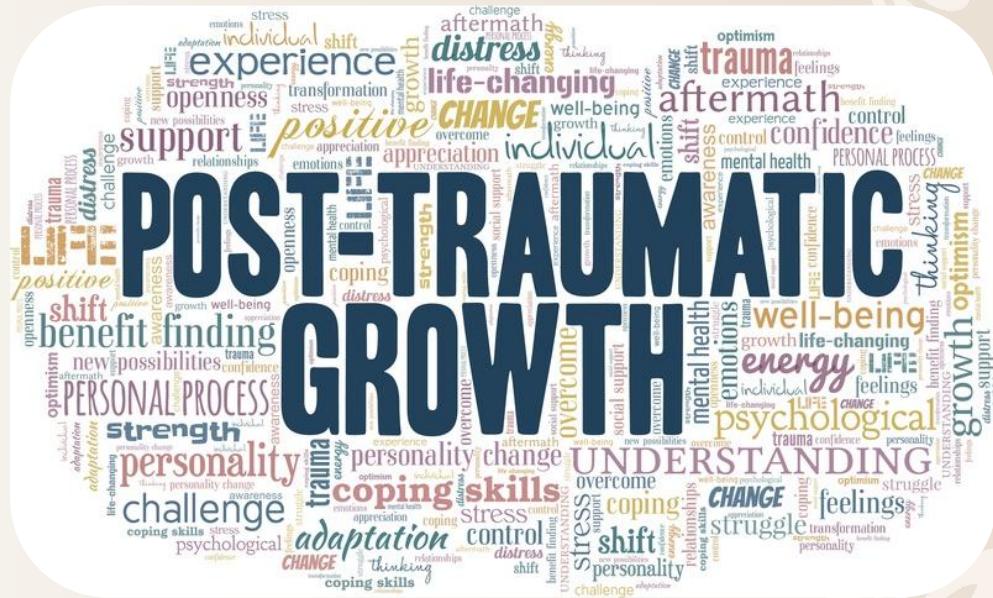




At the end of the Program in our final survey, in addition to other parameters, we wanted to evaluate how much the Program contributed to the participants' post-traumatic growth.

We are aware that post-traumatic growth inventory is best applied after traumatic event is over (which is not always the case for Ukrainian people now), however we also see value in already applying these key indicators to facilitate the healing and recovery process.

Post-traumatic growth inventory for the people of Ukraine



We used the scale is from 1 to 5

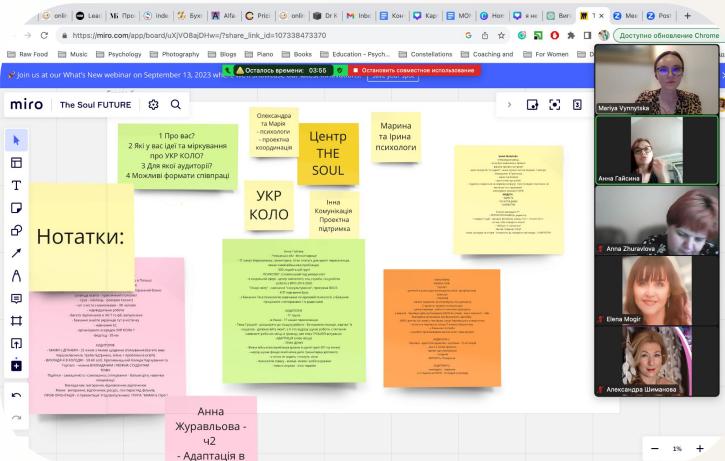


How many points for each of the 5 signs of post-traumatic growth did the participants score according to the Final Opinion Poll in Telegram channel:

You feel gratitude and appreciation for the opportunity to live	4,3
You are full of inspiration, new intentions, you have a will to live stronger than before	3,5
Your relationships with others have become healthier and generally happier. You make and maintain friendships more easily and enjoy socializing	3,6
You show more resilience and personal strength. You feel stronger both mentally and physically, you accept and respect your essence and do not allow outsiders to interfere with your personal happiness	4,0
You have begun to notice opportunities that you did not see before and feel ready to try	3,5

If you are a mental health practitioner, psychologist, social worker, volunteer or an educator - would you like to be part of the roll-out of Ukrainian Circle?

This was the question we asked in our final survey.

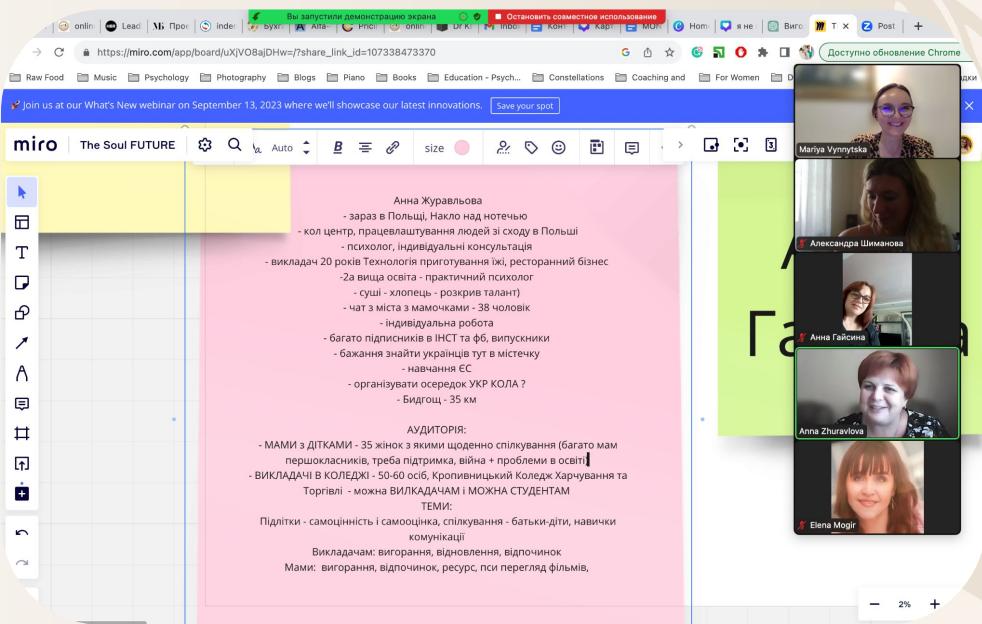


The screenshot shows a Miro board titled "The Soul FUTURE". A central yellow sticky note contains the text: "1 Про вас? 2 Від у вас, що є міркування про УКР КОЛО? 3 Для якої будітесь? 4 Можливі формати співпраці". To the left, a pink sticky note says "Нотатки:". Below it, a green sticky note lists: "Олександра та Марина - психологи - професійна когнітивна", "Ірина Комунікація Пространства будінку", and "Марина та Ірина психологи". To the right, a large orange sticky note contains a detailed description of the "Ukrainian Circle" project, mentioning its goals, target audience, and implementation steps. Several video call thumbnails are visible on the right side of the board, including "Марія Вінницька", "Александра Шиманова", "Анна Гайсина", "Anna Zhuravlova", "Elena Mogir", and "Александра Шиманова".

Roll-out of the Program

5 people said YES.

We had a meeting with them on Sept 2, 2023 to map out ideas for future collaborations



The screenshot shows a Miro board during a video conference. The top bar indicates "onlin" and "Lead". The URL is https://miro.com/app/board/uXjV0B8ajDHw=/?share_link_id=107338473370. The board has several sticky notes: a yellow one on the left with "Нотатки:", a pink one with "Анна Журавльова" and a list of her services, a blue one with "АУДИТОРІЯ:", a green one with "ТЕМІ:", and a pink one at the bottom with "Викладачам: вигорання, відновлення, відпочинок". On the right, there are five video call thumbnails: "Mariya Vynnytska", "Александра Шиманова", "Анна Гайсина", "Anna Zhuravlova", and "Elena Mogir". The interface shows various tools for editing the board.

So what's next?

This Program can be adapted to other audiences and conducted in many different formats. It can be separate master classes, experiential and therapeutic workshops, courses with 2-3 selective modules, lectures and thematic trainings.

The Ukrainian Circle Program can be used by social workers, volunteer organizations, psychologists and NGOs who wish to provide mental health support to Ukrainians affected by the war who are currently inside and outside the country.

The program can be adapted:

- to different target audiences and age groups
- to be conducted both online and offline
- to be carried out on the territory of Ukraine and in other countries

5 participants have already expressed their desire for further cooperation within the framework of the Ukrainian Circle Program and we are going to explore it further.





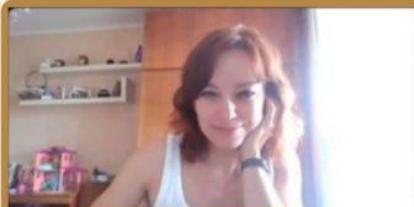
We sincerely appreciate the support of our partners and friends

UKRAINIAN CIRCLE WOULD NOT HAVE BEEN POSSIBLE WITHOUT THEM

Lots of words of appreciation to: Santosh Govindaraju,
Dr Katie Eastman, Danny and Julie Ng and many other people
who were holding our hands



Ukrainian Circle Team of THE SOUL CENTER: this is a dream team of people who are truly passionate about what they do



Inna, NGO Director & Communications



Mariya, Co-founder & Psychologist



Alexandra, Founder & Psychologist



Kseniya, Program Assistant



Iryna, The Soul Psychologist



Maryna, The Soul Psychologist



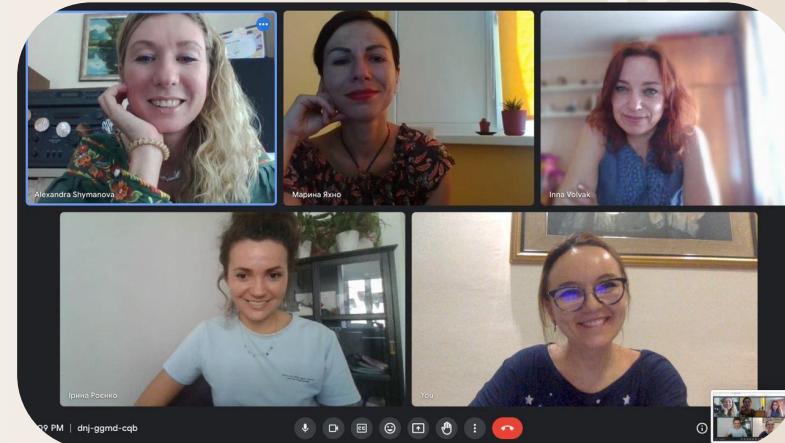
Yevheniy, Tech Support

The Program became possible with skills, dedication, talents and work of everyone here

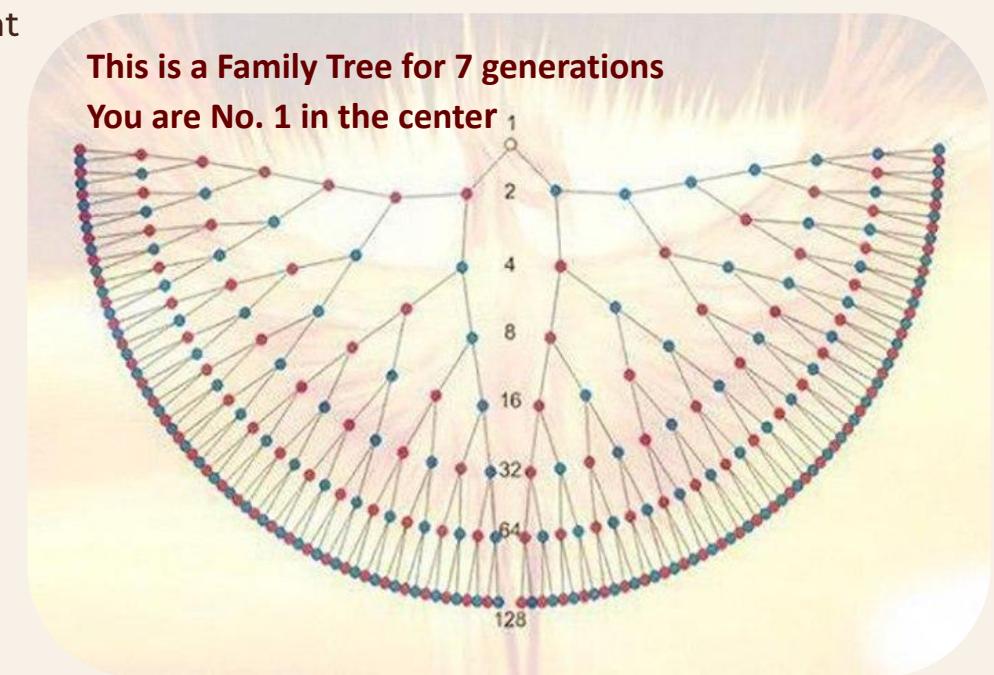
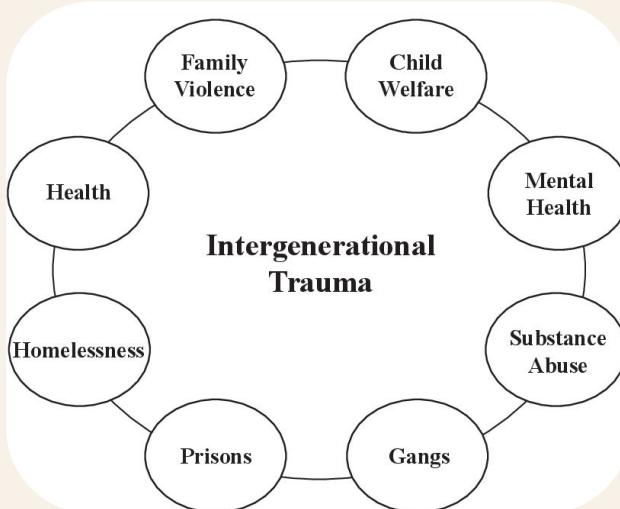


We all need people in our life who will encourage us to dream and don't give up

Yellow blue or “Я люблю” has become a symbol for our work in Ukrainian Circle because we do what we love and love what we do. And we love our beautiful country Ukraine and want to make a difference



Our Long-Term Strategic Goal is to run programs and create mental health support systems that will impact Ukrainian people who need help now, as well as the future generations. We want the next generations to always have a peaceful sky and we believe that Ukrainian Circle can make a lasting impact



What are other benefits of the Program “Ukrainian Circle” in addition to its therapeutic value?

- It is designed as a Lego constructor; different pieces can be added and put together in various formats; it's flexible and versatile
- The Program can be used as a whole, people may choose individual modules most relevant to them; and new modules can be added upon request
- This Program can be also an ongoing Project of our Center and every year we can do a new version to meet the most recent needs of Ukrainian people



HOW CAN WE REACH AND IMPACT MORE PEOPLE?

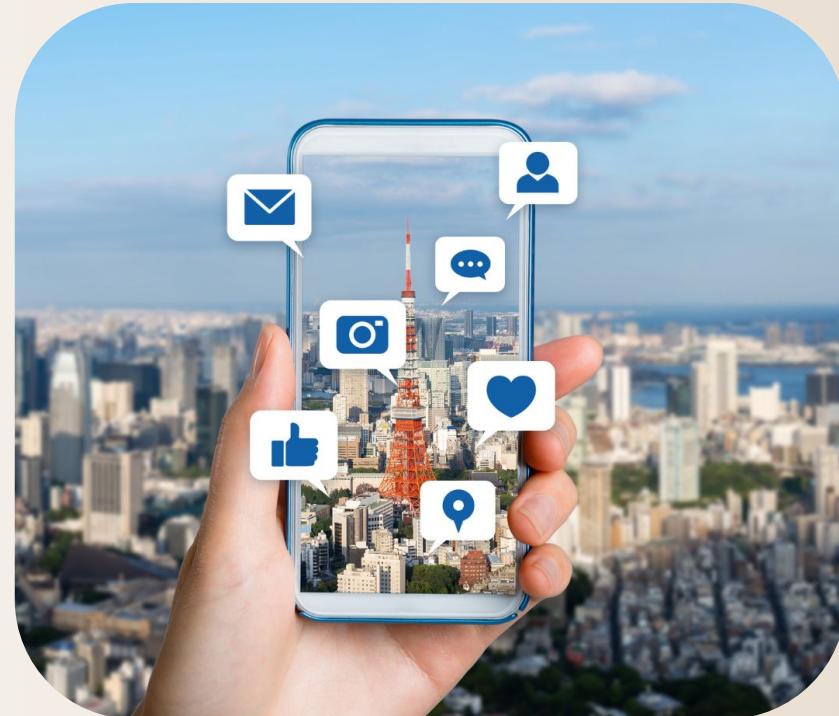
Given the fact that:

- Millions of Ukrainians are scattered all over the world
- Ukrainians of all ages except for an older generation and people in very rural areas are using Internet and social media
- Ukrainians spend a lot of time on the Internet and with their phones



The way to **make this “virtual bench” bigger and multiple it is to use digital tools and platforms** like Facebook, Instagram, YouTube, Telegram + designated platforms and applications for online programs.

Tapping into the possibilities of digital space would allow us to expand the services and change many more lives.



Scaling up might be through:

- A. Development of our own application** for the UKRAINIAN CIRCLE Program
- B. Starting a podcast** to accompany different modules of the program
- C. Developing YouTube channel** of THE SOUL
- D. Developing Instagram and Facebook of THE SOUL as a powerful mental health support platform for Ukrainians**
- E. Using existing platforms** for online courses
- F. Marketing and promoting the Program** for the general population and specific target groups who will benefit most from the whole program or its particular modules around specific topics



If you wish to support this Program, you will be investing into:

- Psychological recovery and mental health of Ukrainian people
- Post-Traumatic Growth of several generations
- Healing of Individuals, families and communities
- Preventing Transgenerational Trauma
- Providing mental health support to people in need
- Unity of Ukrainian society and global values of human life and freedom
- Changing lives of so many, giving people hope for a better future...





**“Ukrainian Circle” is free of charge
It’s a social Project**

At the same time, if you can provide any donation, we would appreciate it a lot and it will help our team to support mental health in Ukraine, create some exciting projects and provide services to people in need.

Please share this link or QR code with your family and friends!

You can register for the Program NOW and make a step towards your better future!

Together, we will regain our strength, restore our beautiful country Ukraine and build a great future for our nation!



Our Contact Details:

Website: <https://www.thesoul.com.ua/>

Facebook <https://www.facebook.com/TheSoul.Psychology>

Instagram <https://www.instagram.com/psysoulcenter/>

Telegram <https://t.me/Psysoulcenter>

YouTube <https://www.youtube.com/@thesoulpsychologycenter>

THE SOUL co-founders and partners:

Oleksandra Shymanova - sand rashymanova@gmail.com, phone: +38 050 535 0510

Mariya Vynnyska - mvynnytska@gmail.com, phone: +38 099 669 6437



Жити далі за будь-яких обставин

Доможемо віднайти внутрішню опору, безпеку та віру в майбутнє.

Звертайтеся!



Олександра



Марія



Марина



Ірина

