



POCKET PROJECT
RESTORING A FRAGMENTED WORLD

THE UKRAINE SUPPORT PROJECT

PHASE II: INSIGHTS



OVERVIEW

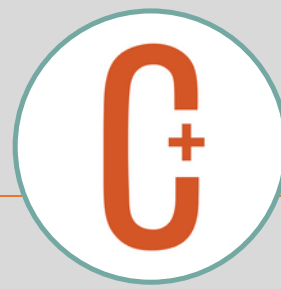
A rapid cumulative display of crises is changing all of our lives. The Climate Crisis, coupled with Corona, now compounded by the War in Ukraine, is re-awakening hidden trauma layers and leading to increased stress, anxiety and polarisation. We aim to prevent a downward spiral of rising collective fear. If we can anchor ourselves and help to ground others, we become more able to stay present and respond appropriately to each situation.

Our international teams of facilitators, therapists, coaches and consultants donate their time to offer *Support Calls* with the goal of resourcing individuals and cultivating social stability. These calls serve as an intervention during the unfolding of events to minimise the increase of collective trauma.



Together, we are building a global healing impulse which directs its efforts to wherever the need is strong.





PHASE I - TILC II + ARQ

MAY-SEPT 2022

We provided spaces for 110 Ukrainians in our Trauma-informed Leadership course. Together with ARQ, we offered a course to 35 Ukrainian psychologists and therapists.

PHASE II - DSEE FUNDING

SEPT-DEC 2022

We offered 209 1:1 sessions and 60 group calls, including skills training, Global Social Witnessing, Women for Women calls, and 8 supervision sessions.

PHASE III - ALLIANCE4UKRAINE

JAN-MAY 2023

We offered our services and team-building efforts, such as 10 supervision sessions, 1031 1:1 sessions, 70 group calls and 1 training. In addition, we launched a Chat Function via Messenger.

PHASE IV - ONGOING SUPPORT

JUNE-DECEMBER 2023

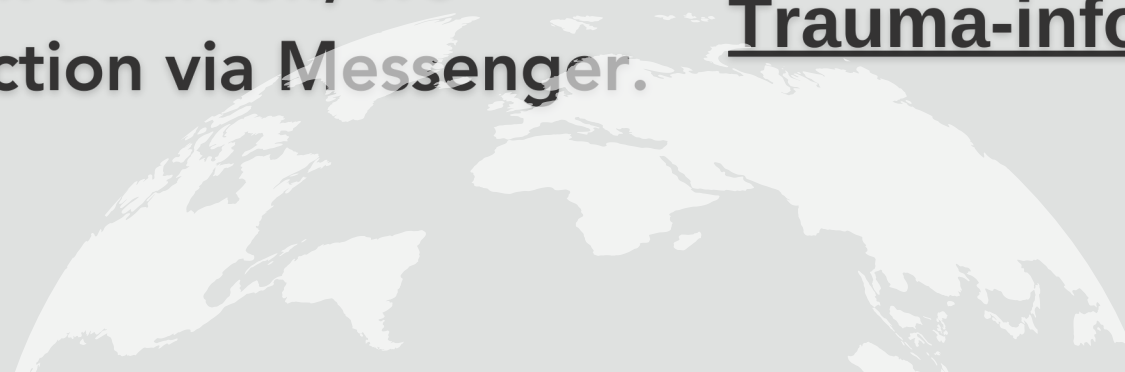
Continuing offering 1:1 and group support, we provided spaces for 80 Ukrainian women in the course on Trauma-informed Leadership.

1

2

3

4





2

PHASE II: OCTOBER-DECEMBER 2023



THE TEAM

70 MEMBERS

UKRAINIAN TEAM MEMBERS

31

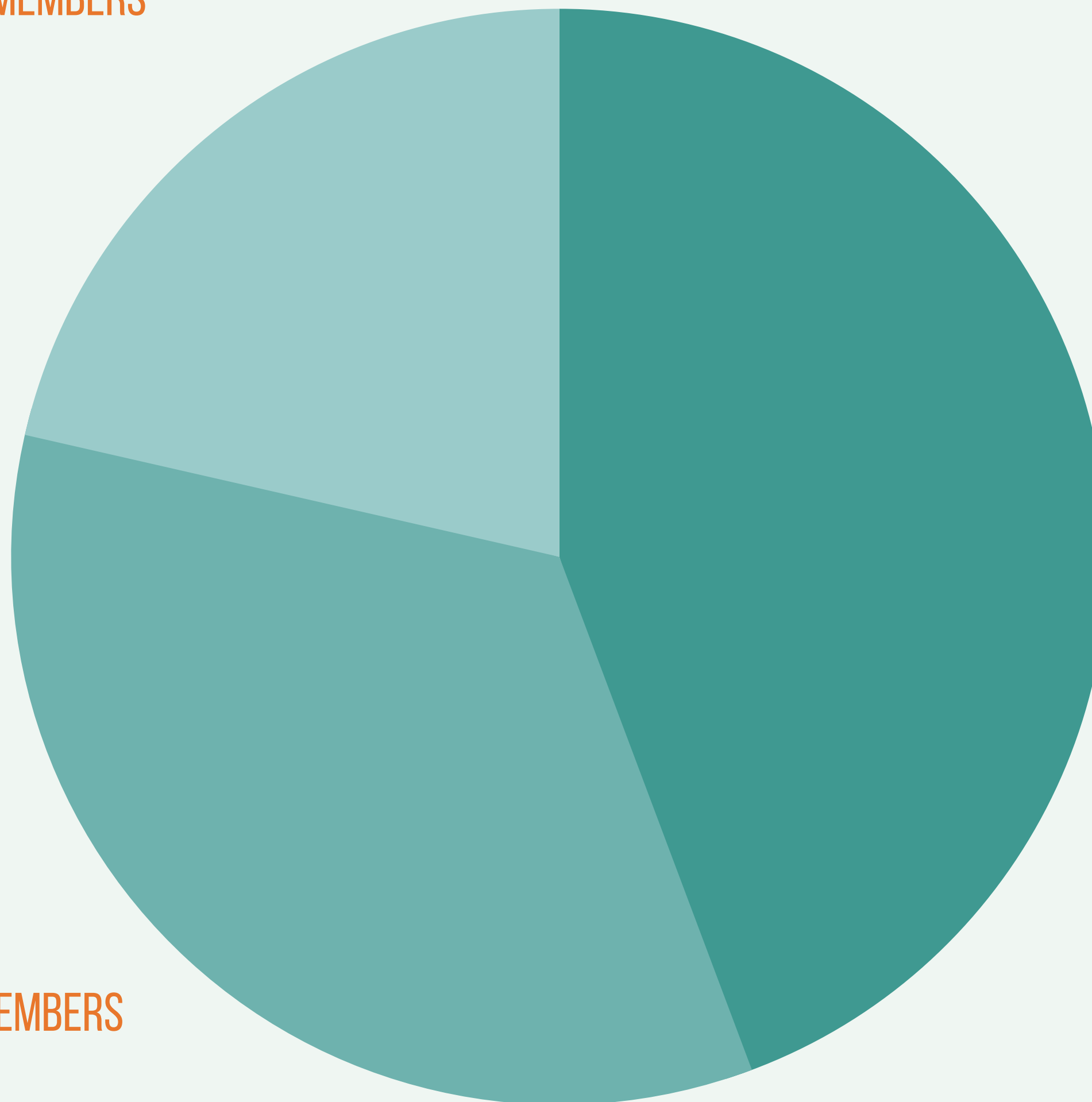
5

GERMAN TEAM MEMBERS

24

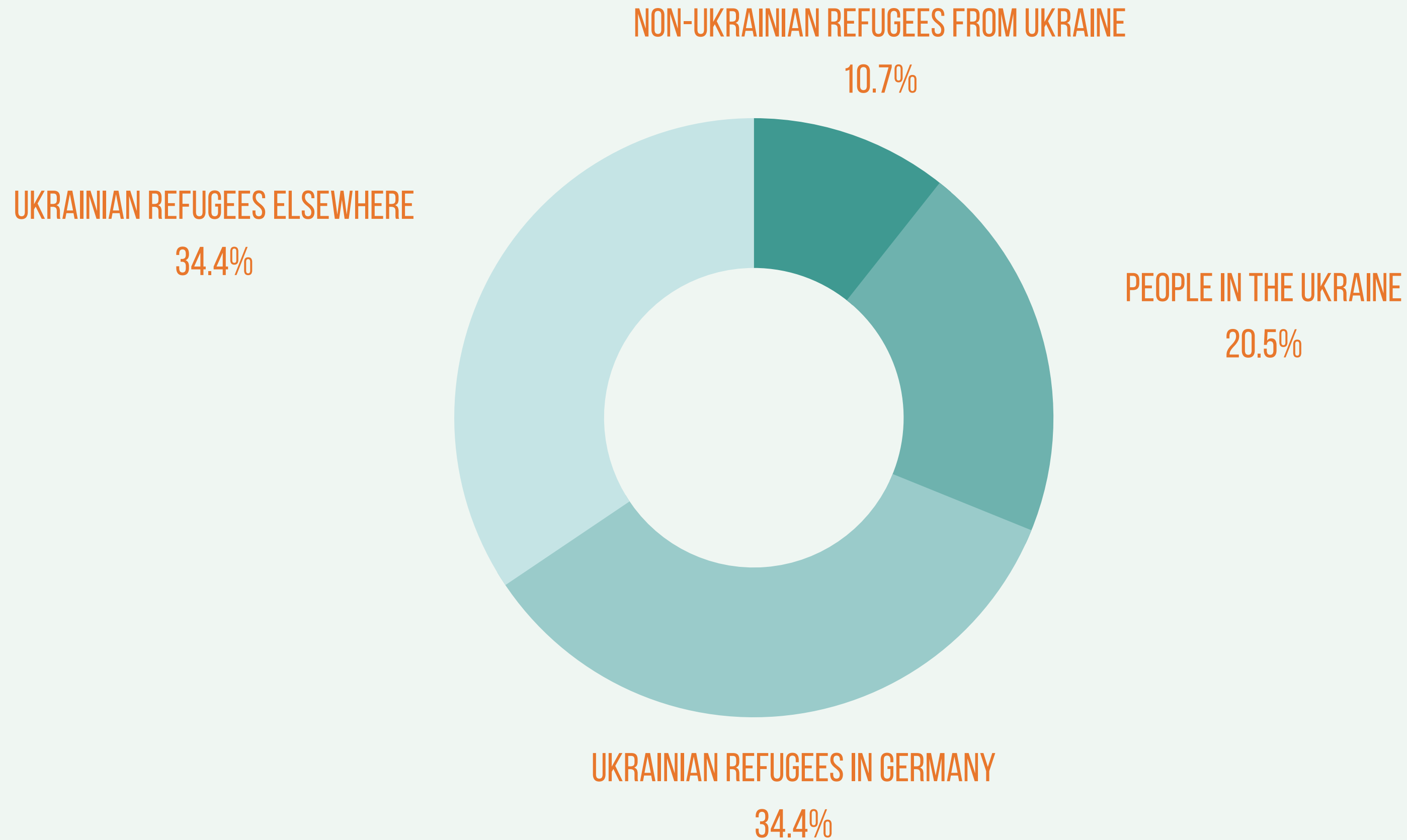
ENGLISH TEAM MEMBERS

15

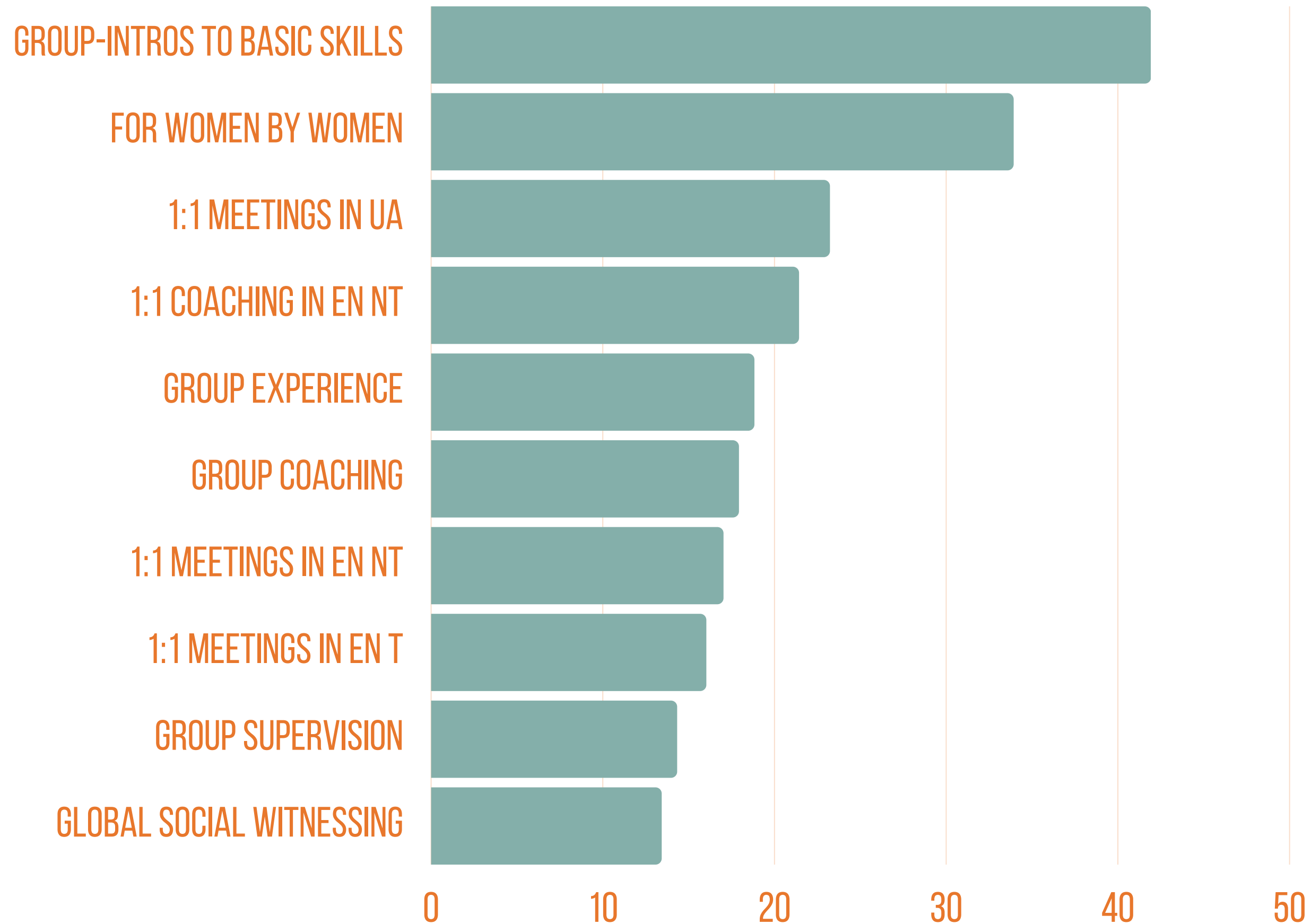


NEEDS ASSESSMENT INSIGHTS

***112 RESPONSES**



NEEDS ASSESSMENT INSIGHTS

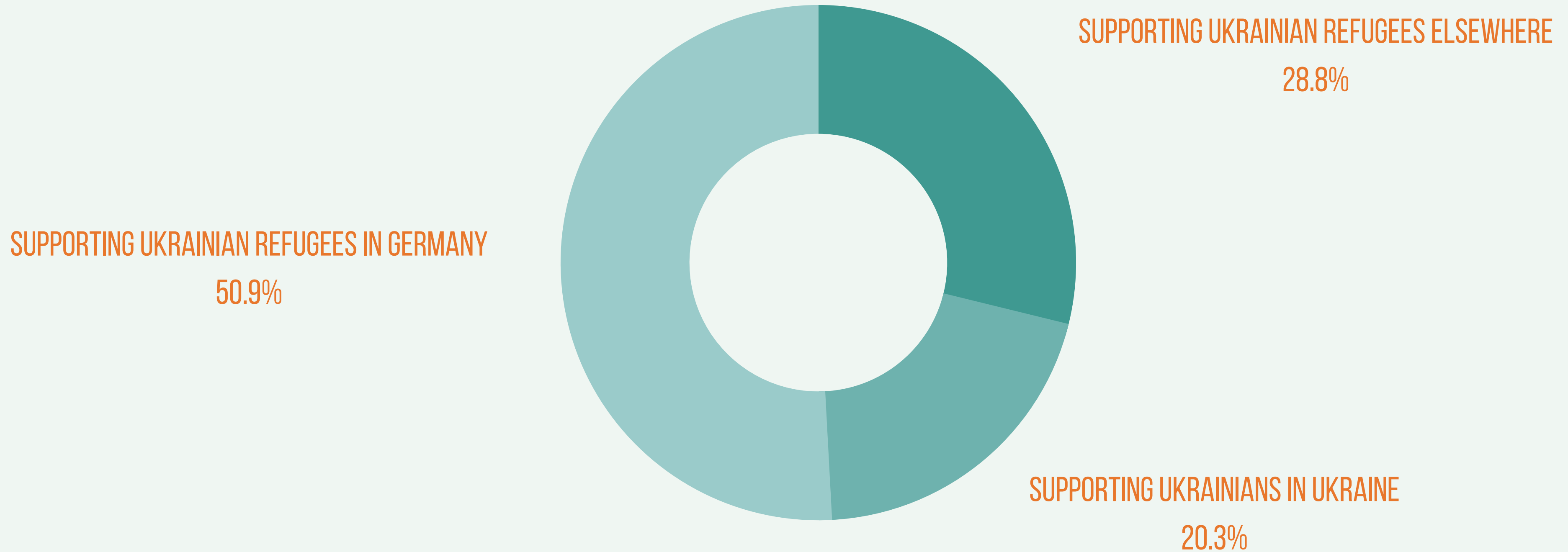


"WHAT WOULD BE SUPPORTIVE FOR YOU?"

NEEDS ASSESSMENT INSIGHTS

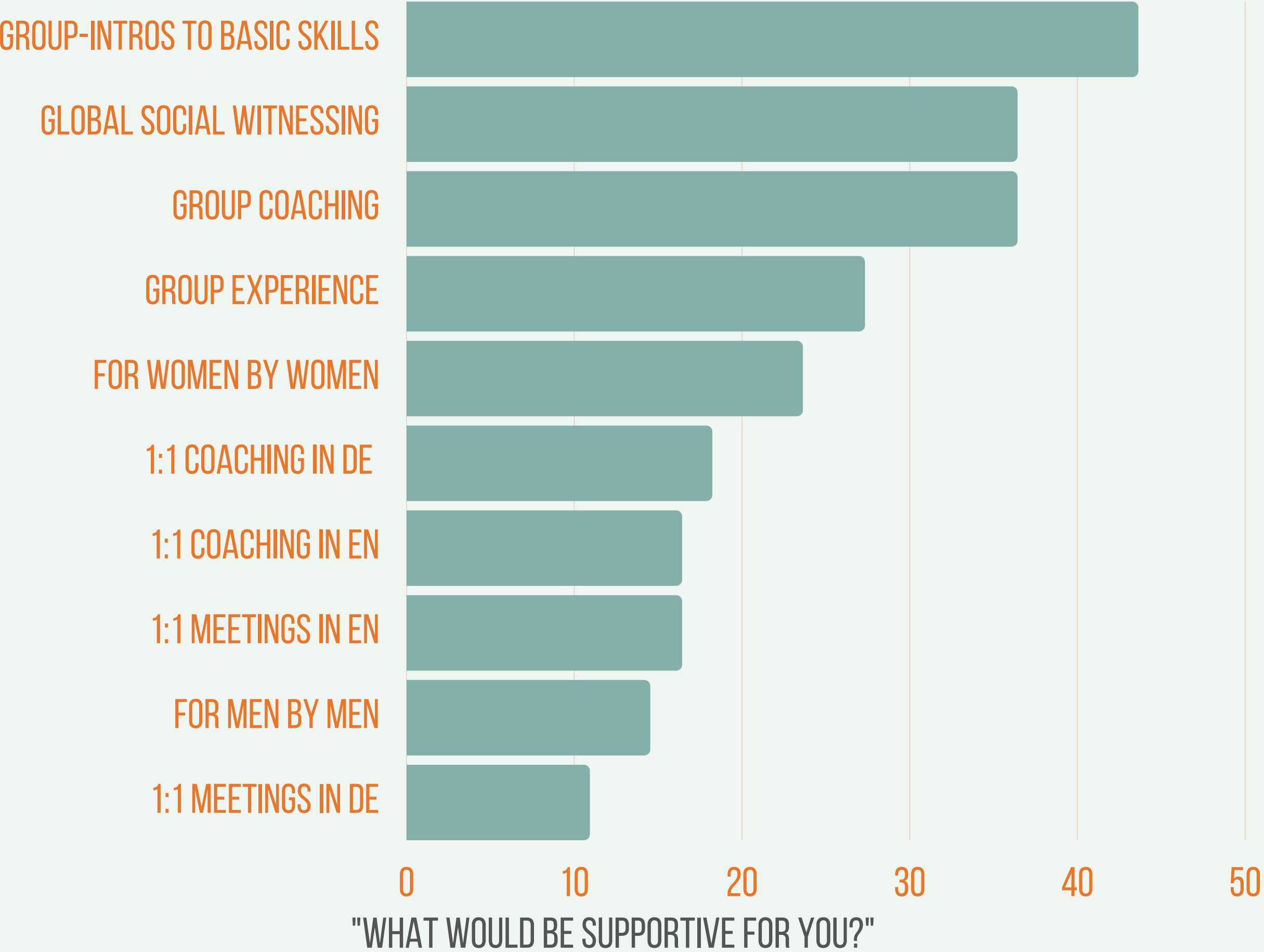
FROM VOLUNTEERS

55 RESPONSES





NEEDS ASSESSMENT INSIGHTS



WE OFFERED **209 1:1 SESSIONS**



Languages:	Number of Meetings
Ukrainian	156
English	21
German	32

WHAT WE OFFERED:

GLOBAL SOCIAL WITNESSING

6

WOMEN FOR WOMEN

9

COMMUNITY OF PRACTICE

5

SUPERVISION

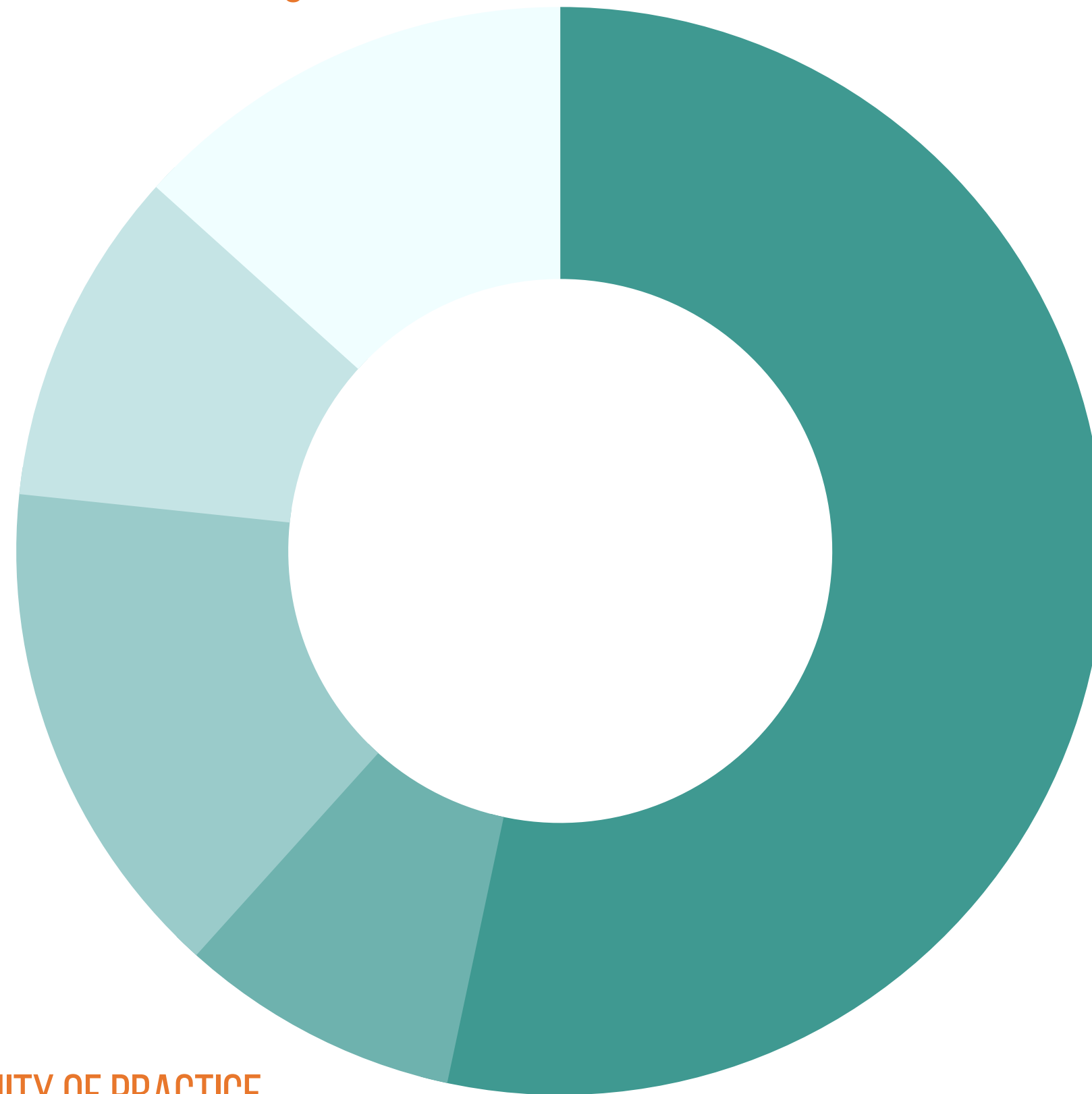
8

GROUP CALLS **60**

4945 SIGN-UPS

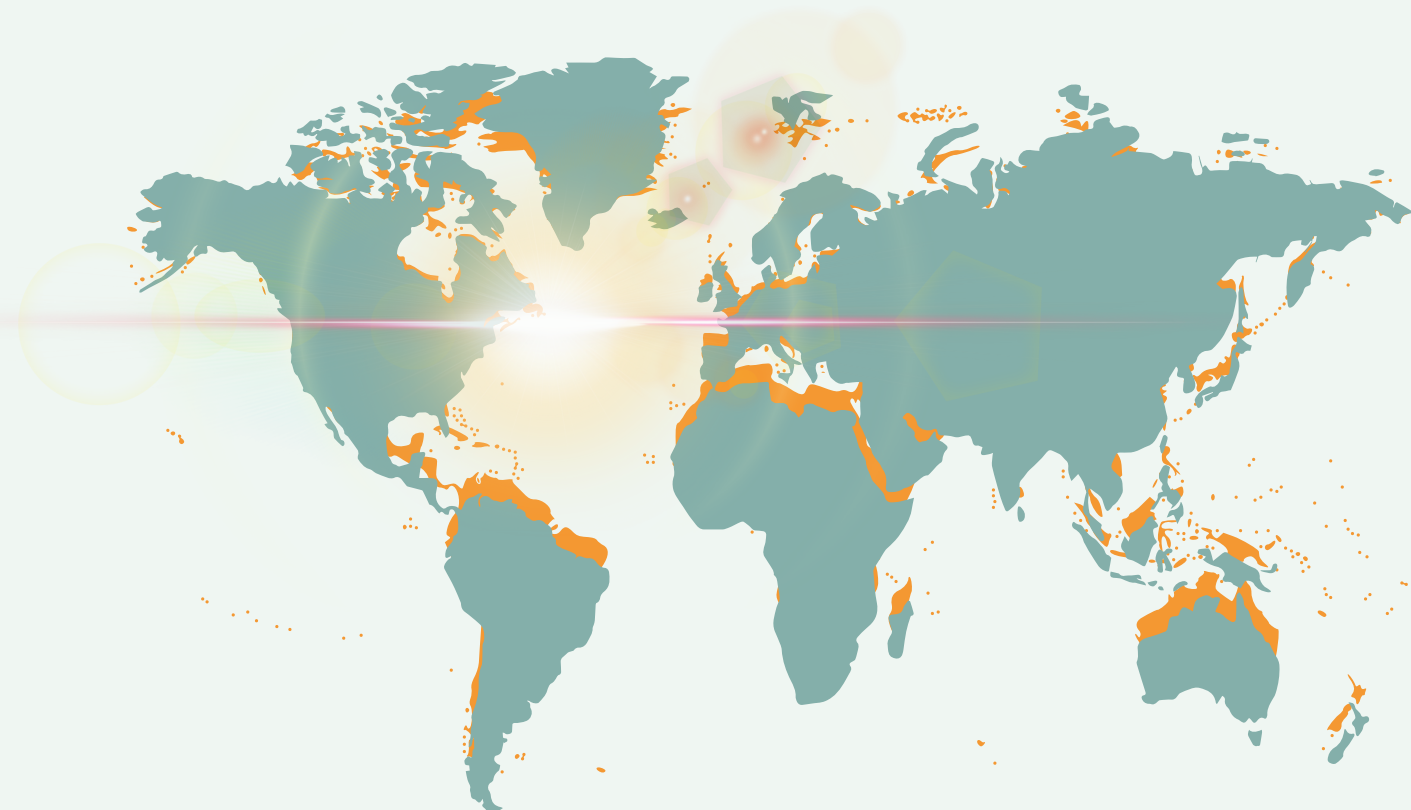
GROUP EXPERIENCE

32



FEEDBACK 1:1 SESSIONS

- **196** clients shared their feedback with us:
- **71.6%** of the respondents found **1:1 sessions** “extremely” or a “great deal” worthwhile;
- More than **40%** of the respondents shared that the dialogue and support were the best aspects of the session for them;
- People from **12** countries joined the **1:1 sessions**.



“Most of all I appreciate the safety of the presence that Britta offered, creating a strong sense of co-regulation and allowing the release of strong emotions not accessible when alone.”

- ELLIE D.

FEEDBACK GROUP CALLS

- More than **4945** participants signed up for the Ukraine Support Project group calls;
- **88%** of the respondents felt “**extremely**” or a “**great deal**” inspired after the calls;
- **94%** of the respondents found the calls “**extremely**” or a “**great deal**” worthwhile;
- People from at least **19 countries** joined the group calls.

💬 *“We are bigger together,
and we need each other to heal.
I really felt the truth of this.”*
Margareta F.

💬 *“Most of all I appreciate witnessing
individuals and **sharing collectively**,
meaning that we become
the solution together.”*
Nicki H.

FEEDBACK

- *It is very important to have a person with whom you can share your anxieties. But the reality is that my friends are either in Ukraine or in the Armed Forces. We can communicate, but the nature of our anxiety is hugely different. Abroad, without a circle of people, I can trust, being able to talk to a psychologist is salvation.*

Tetiana K.



☺☺ *Thank you for the sincere and frank communication, the opportunity to see hidden opportunities, to find my strengths and “superpower”.*
Iryna V.

☺☺ *We went in deep and touched on things that I had been avoiding for years, and it was a relief.*
Andrii A.

☺☺ *T. helped me to realize that despite the war, my own life continues. That’s why I have already started writing goals for the year and will continue the projects I almost stopped believing in because of the war.*
Anna A.

💬 I could not believe myself when, after several conversations, I did something I had never done before, I was so open, I talked like a friend.

Valentina V.

💬 I have hope now.

Alisa F.

💬 I appreciate the trusting atmosphere, the opportunity to analyze my situation and find a mechanism to change it.

Iryna V.



☑☑ *The support and ideas generated in the **discussion process were very inspiring.***

I really appreciate this because not everything can be shared with everyone, to avoid preconceived notions. Here, as in a confession, you can talk about everything and, at the same time, come to understand your attitude to certain things.

*There is the opportunity to understand and **choose which direction of investment of efforts and behavior is right** for me now. Thank you very much for V.'s help in understanding myself and still living on, not just existing!*

Alyona S.



Gefördert durch die
DEUTSCHE STIFTUNG
FÜR ENGAGEMENT
UND EHRENAMT



ALLIANCE
4UKRAINE

THE UKRAINE SUPPORT PROJECT

MANIFESTATION OF A GLOBAL SUPPORT PROJECT



[HTTPS://POCKETPROJECT.ORG/UKRAINE-SUPPORT-PROJECT/](https://pocketproject.org/ukraine-support-project/)

