THE UKRAINE SUPPORT PROJECT

PHASE III: INSIGHTS
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**.
PHASE III: JANUARY-MAY 2023
PHASE III: **AIM**

40 x **1:1 sessions** to support the psychosocial health of Ukrainian refugees, including refugees from third countries and people supporting Ukrainian refugees.

18 x **group calls** to support psychosocial health and deeper understanding, compassion, and integration of the war experience (acute and historical).

Accompaniment and supervision for **40 professionally trained German and English-speaking psychologists, therapists, and coaches** who run these sessions voluntarily. Translation of many of the sessions. Production of 3 videos: “**Introduction to Basic Skills**”.

**Installation of feedback loops for both 1:1 and group sessions.**

Help **300 people directly with our offers.**
THE TEAM
80 MEMBERS

Ukrainian Team Members
40

German Team Members
24

English Team Members
16
GROUP CALLS 70
9326 SIGN-UPS

GROUP EXPERIENCE 39

GLOBAL SOCIAL WITNESSING 8
WOMEN FOR WOMEN 9
COMMUNITY OF PRACTICE 4
SUPERVISION 10
WE OFFERED 1010+ 1:1 SESSIONS
IMPACT  GROUP CALLS

- More than 6182 participants signed up for the Ukraine Support Project group calls;
- 77% of the respondents felt “extremely” or a “great deal” inspired after the calls;
- 84% of the respondents found the calls “extremely” or a “great deal” worthwhile;
- People from at least 20 countries joined the group calls.
• **1031 clients** shared their feedback with us;
• **93%** of the respondents found **1:1 sessions** “extremely” or a “great deal” worthwhile;
• Most respondents shared that the established trust, sincerity, and face-to-face support were the best aspects of the conversation for them;
• People from **32 countries** joined the 1:1 sessions.
It is important for me to be able to separate my own childhood trauma from the comprehension and acceptance of the trauma of the entire nation.

Lidia V.

I had the feeling that all my emotions were accepted. I appreciated the opportunity to work through my own traumas in order to have the resources to help others.

Anonymous
I have Gratitude for the attention, patience, contact, sincerity and the opportunity to communicate in my native language.

Inna

I’m glad that the therapist provided me with a safe, resonant space in which we could communicate openly.

Lidia V.

I appreciate the opportunity to be heard in a foreign country.

Lyudmila P.
The conversation was pleasant, I felt I had a sincere friend who could feel and see changes in me. I began to talk to her mentally, wanting to steer myself in the right direction for a full life.

Anonymous

I heard that what I am experiencing and living has become “normal” and that was very important to realise. I had not even considered the issue from this side.

Alyona S.

I really understand myself and my feelings more, and thanks to this I can be a more effective person, while before even basic needs were difficult to fulfill.

Alyona S.
We went in deep and touched on things that I had been avoiding for years, and it was a relief.

Andrii A.

Iryna V. thanked me for the sincere and frank communication, the opportunity to see hidden opportunities, to find my strengths and “superpower”.

Anna A. 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.
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.
O. gave me a clear explanation of my condition. I really liked how she competently described the neurophysiology of stress. Her advice on how to help myself in this situation was also valuable.

Olha K.

I really like the fact that the psychologist does not try to support self-pity, but motivates me to take action.

Alina M.
THE UKRAINE SUPPORT PROJECT
MANIFESTATION OF A GLOBAL SUPPORT PROJECT

HTTPS://POCKETPROJECT.ORG/UKRAINE-SUPPORT-PROJECT/