



POCKET PROJECT
RESTORING A FRAGMENTED WORLD

THE UKRAINE SUPPORT PROJECT

PHASE III: 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.

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PHASE III: JANUARY- MAY 2023

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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 Ukrainian psychologists and therapists who lead these sessions and receive small honoraria.

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”*.

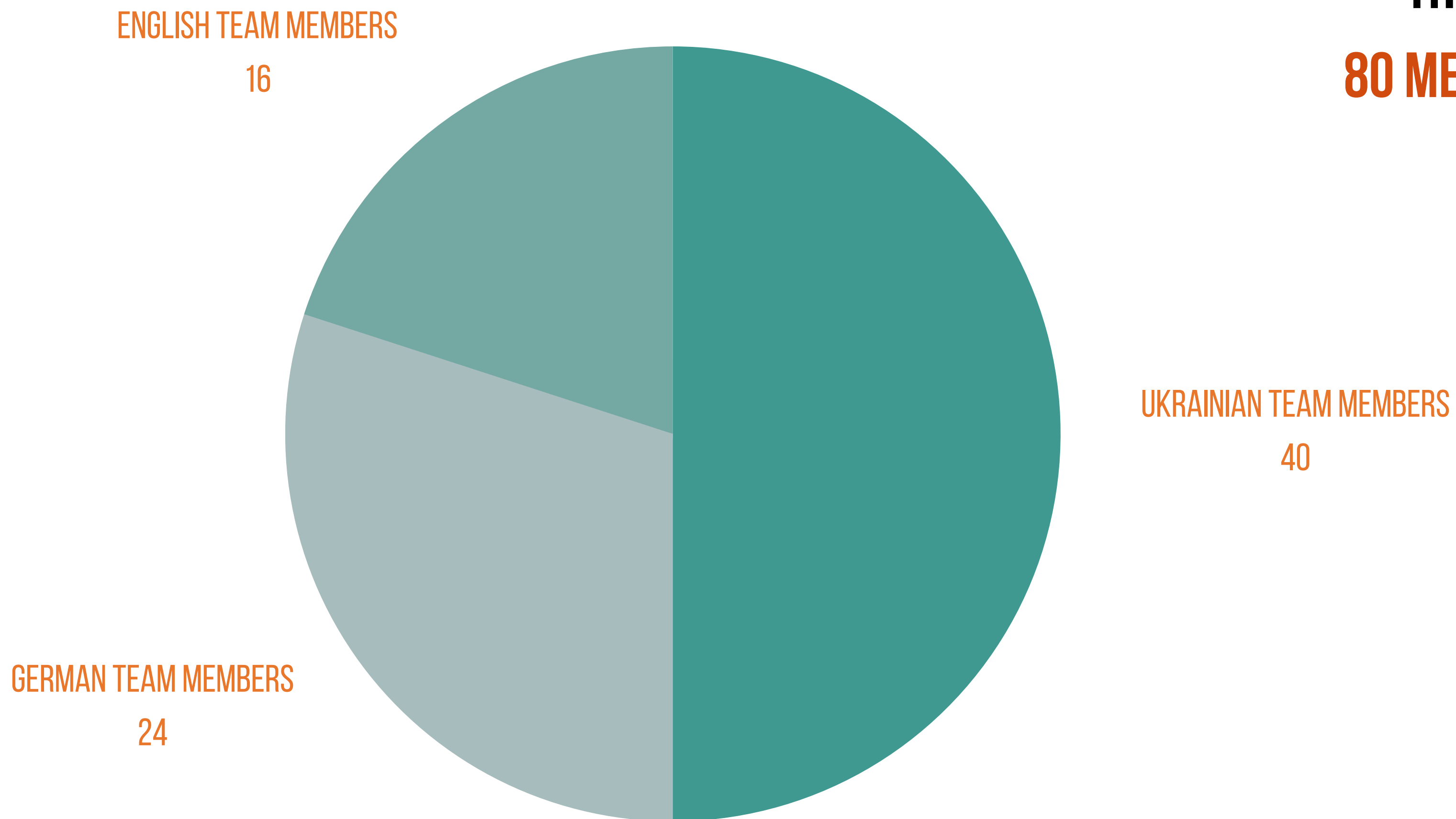
Installation of feedback loops for both 1:1 and group sessions.

Help 300 people directly with our offers.



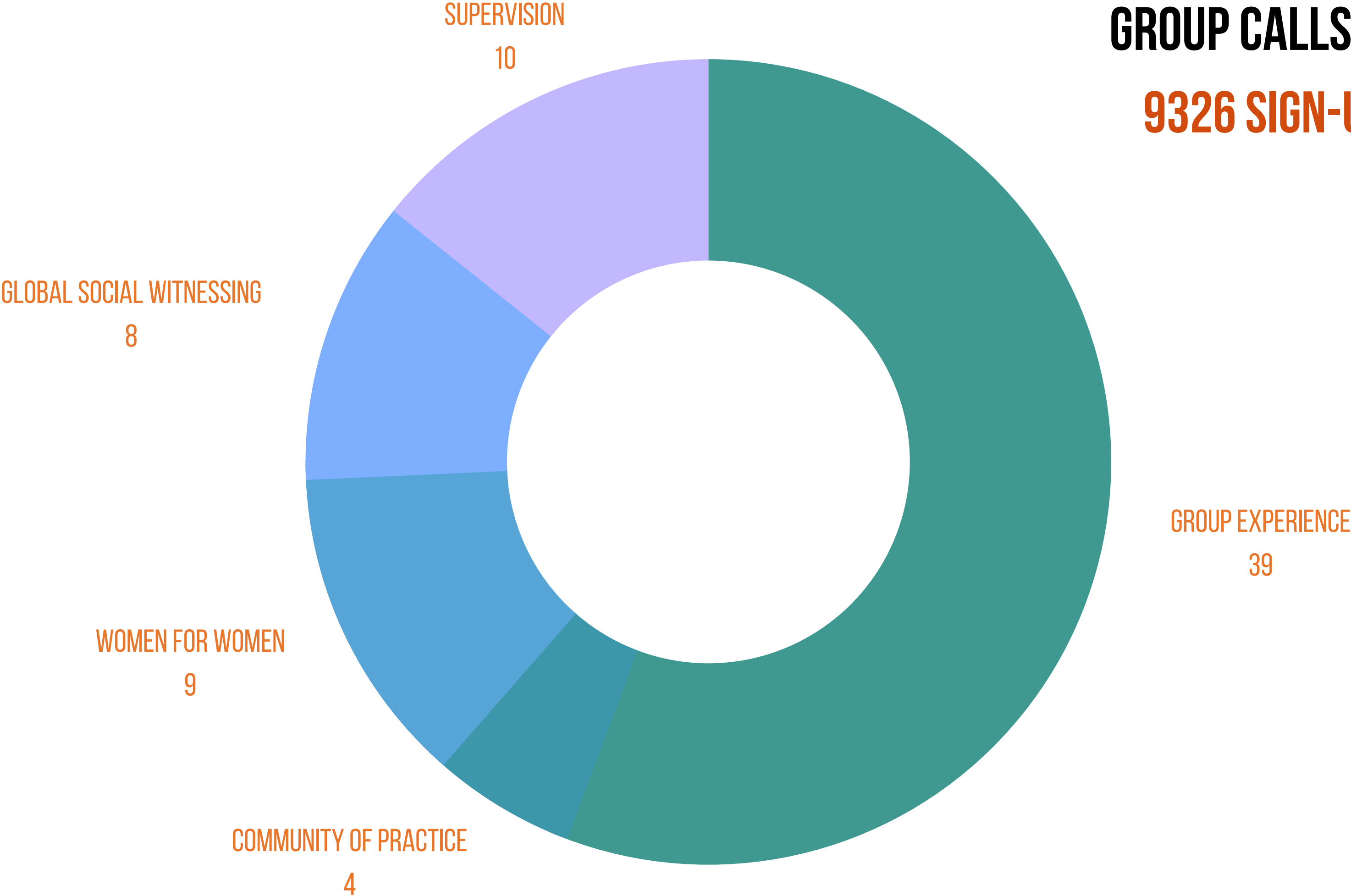
THE TEAM

80 MEMBERS

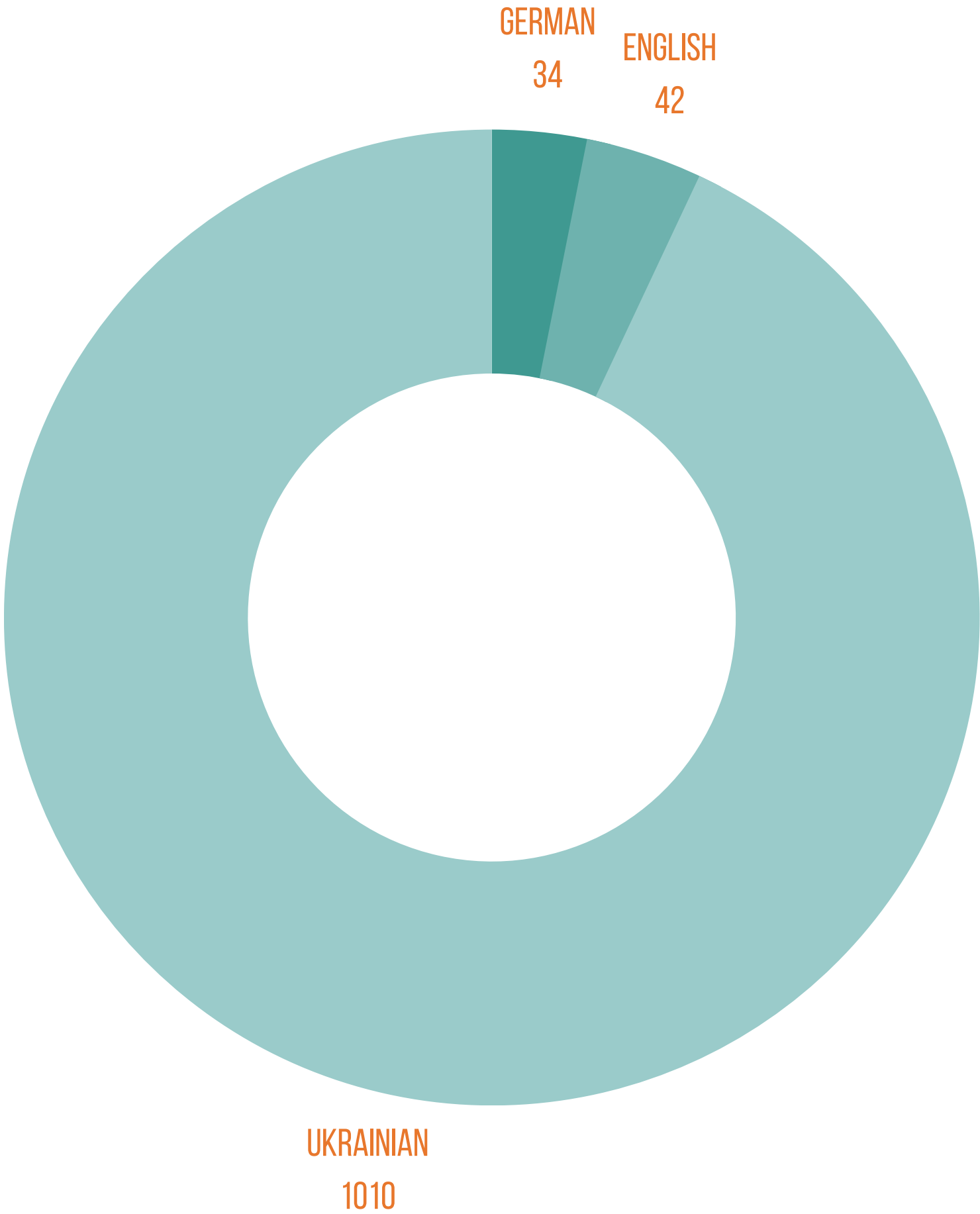




GROUP CALLS 70
9326 SIGN-UPS



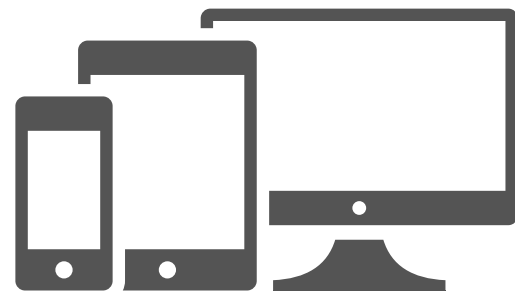
WE OFFERED 1010 + 1:1 SESSIONS



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.

IMPACT



1:1 SESSIONS

- **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.





FEEDBACK

●● *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.

💬 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.

💬 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 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.

☺☺ *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.

“ 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.



Gefördert durch die
DEUTSCHE STIFTUNG
FÜR ENGAGEMENT
UND EHRENAMT



ALLIANCE
4UKRAINE

THE UKRAINE SUPPORT PROJECT

MANIFESTATION OF A GLOBAL SUPPORT PROJECT



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