The War in Ukraine has awakened hidden trauma layers and is adding new trauma, leading to increased stress, anxiety and suffering. We aim to prevent a continuing spiral that might take generations to heal by bringing psychosocial support to the situation now.

Our international and Ukrainian teams of therapists, coaches and consultants donate their time to offer 1:1 and Group Sessions with the goal of resourcing individuals and cultivating social stability. We also offer Supervision Calls for our teams of therapists.

This project serves as an intervention during the unfolding of events to minimize the increase of collective trauma. Together, we are building a global healing impulse which directs its efforts to support where the need is strong.
15.251+ PEOPLE BENEFITED FROM THE PROJECT SO FAR

“...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.
UKRAINE SUPPORT PROJECT - PSYCHOSOCIAL SUPPORT

1.498+ 1:1 SESSIONS OFFERED

78+ GROUP SESSIONS OFFERED

13,431+ SIGNED UP TO GROUP SESSIONS
93% of clients found their 1:1 session extremely or great deal rewarding.

3 points. Their stress levels dropped by an average of 3 points on a scale from 1-10.

84% of participants found their group session extremely or great deal worthwhile.
UKRAINE SUPPORT PROJECT - TEAM

40 UKRAINIAN THERAPISTS
40 ENGLISH & GERMAN THERAPISTS
20 SUPERVISION SESSIONS FOR TEAM
FREE PLACES IN TRAUMA-INFORMED LEADERSHIP TRAINING 2022

FREE PLACES IN TRAUMA-INFORMED WOMEN IN LEADERSHIP TRAINING 2023

FREE PLACES IN PSYCHOTRAUMA TRAINING FOR UKRAINIAN THERAPISTS

THE UKRAINE SUPPORT PROJECT - TRAINING
The therapist was able to return to me a sense of "life", a sense of the value of myself and my life, a sense that I have the right to live, act and enjoy life.

Oksana D.

I am grateful for the sincerity in this space because I can be myself and speak frankly, even about my unpleasant emotions.

Lyubov M.

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

Inna
THANK YOU!
IF YOU WOULD LIKE TO KNOW MORE...

Visit us at www.pocketproject.org
Contact us at info@pocketproject.org

Our capacity to build a community of practice, through relatedness, coherence and resourcing, enables us to create spaces of safety and compassion. Previously exiled energy can begin to show up. This is the first step towards a healing movement.

Kosha Joubert