



POCKET PROJECT
RESTORING A FRAGMENTED WORLD

A HEALING IMPULSE FOR UKRAINE - OUR COLLECTIVE IMPACT

MAY 2022 - OCTOBER 2023



TRAUMA RELIEF PROJECT - UKRAINE

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.

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I was amazed at how easily and accessible the facilitator gave complex and difficult meanings during the course. It is essential to be a part of such a coherent group atmosphere during these challenging months.

Maya P.



TRAUMA RELIEF PROJECT - UKRAINE - IMPACT

17.200+

**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.



TRAUMA RELIEF PROJECT - UKRAINE - PSYCHOSOCIAL SUPPORT



2.200+

**1:1 SESSIONS
OFFERED**

100+

**GROUP SESSIONS
OFFERED**

14.700+

**SIGNED UP TO GROUP
SESSIONS**



TRAUMA RELIEF PROJECT - UKRAINE - FEEDBACK FORMS



96%

**OF CLIENTS FOUND
THEIR 1:1 SESSION
EXTREMELY OR A
GREAT DEAL
WORTHWHILE**

3 PTS.

**THEIR STRESS LEVELS
DROPPED BY AN
AVERAGE OF 3 POINTS
ON A SCALE FROM 1-10**

87%

**OF PARTICIPANTS
FOUND THEIR GROUP
SESSION EXTREMELY
OR GREAT DEAL
INSPIRING**



TRAUMA RELIEF PROJECT - UKRAINE - TEAM



40

UKRAINIAN
THERAPISTS

40

ENGLISH & GERMAN
THERAPISTS

25

SUPERVISION
SESSIONS FOR TEAM



TRAUMA RELIEF PROJECT - UKRAINE - TRAINING



110

**FREE PLACES IN
TRAUMA-INFORMED
LEADERSHIP TRAINING
2022**

80

**FREE PLACES IN
TRAUMA-INFORMED
WOMEN IN
LEADERSHIP TRAINING
2023**

65

**FREE PLACES IN
PSYCHOTRAUMA
TRAINING FOR
UKRAINIAN
THERAPISTS**



“

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'm 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



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