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.



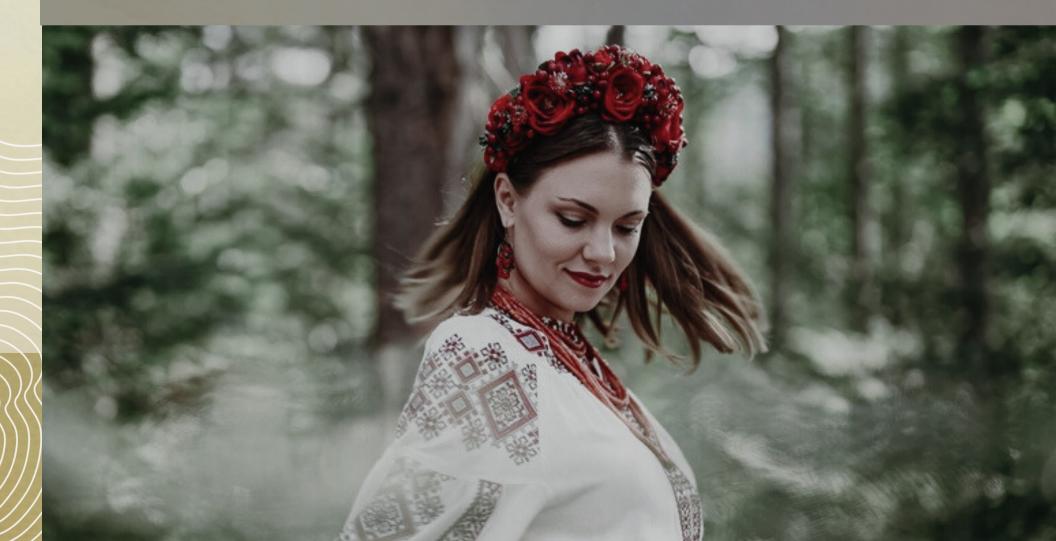
TRAUMA RELIEF PROJECT - UKRAINE - IMPACT

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.



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Tetiana K.

TRAUMA RELIEF PROJECT - UKRAINE - PSYCHOSOCIAL SUPPORT

-2.200+100+

1:1 SESSIONS OFFERED

GROUP SESSIONS

OFFERED

SIGNED UP TO GROUP SESSIONS

14.700#

TRAUMA RELIEF PROJECT - UKRAINE - FEEDBACK FORMS

96%

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

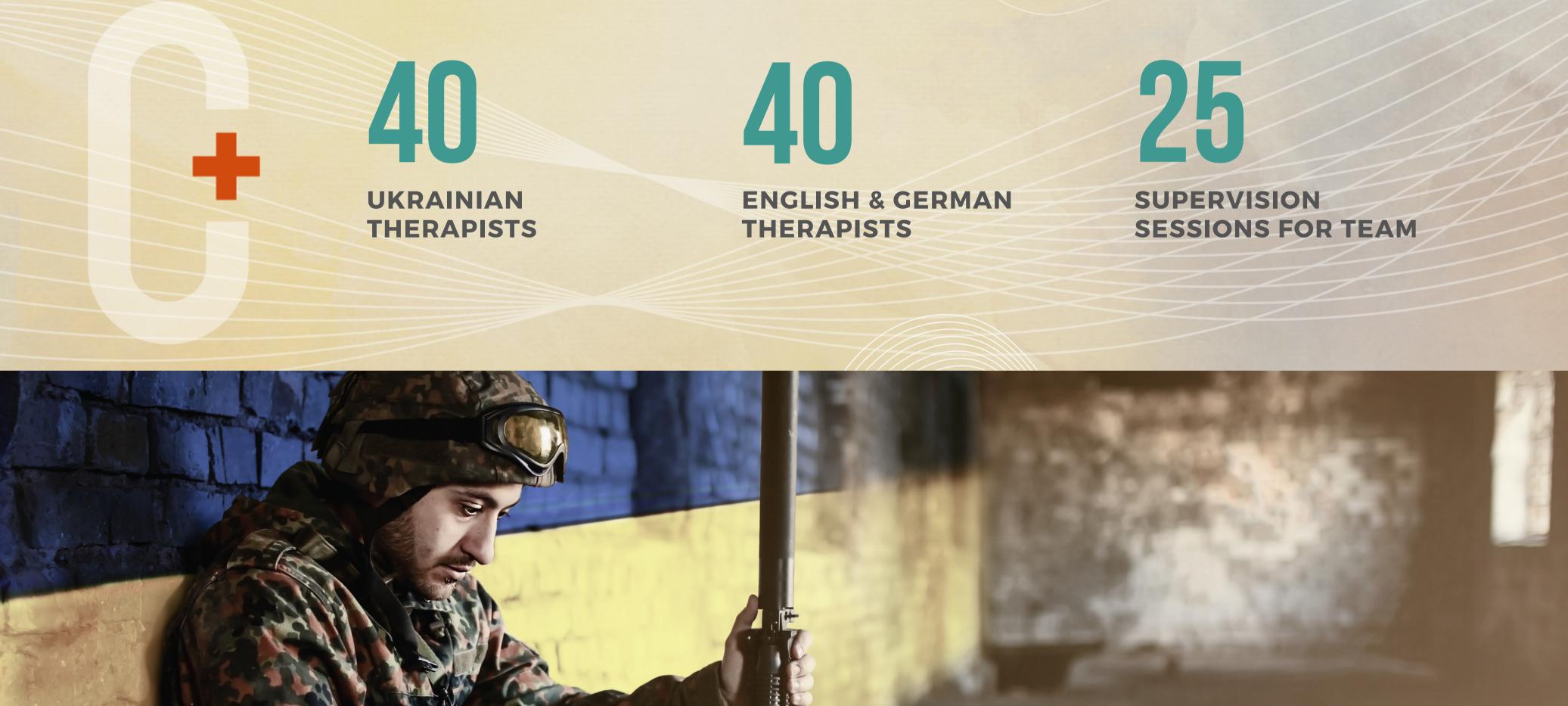
3 PTS.

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



TRAUMA RELIEF PROJECT - UKRAINE - TRAINING

110

+

116202011

FREE PLACES IN TRAUMA-INFORMED LEADERSHIP TRAINING 2022

FREE PLACES IN TRAUMA-INFORMED WOMEN IN LEADERSHIP TRAINING 2023

80

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'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 <u>www.pocketproject.org</u> Contact us at <u>info@pocketproject.org</u>



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

