



Online event hosted by the
European Federation of Psychologists' Associations (EFPA)
National Psychological Association of Ukraine (NPA Ukraine)



The War in Europe

What can Psychology and Psychological Communities Say and Do?

Welcome to the webinar!

We will start in a few minutes...





PSYCHOLOGICAL SUPPORT HOTLINE:

**building bridges between
Ukrainians abroad**



**MINISTRY OF
FOREIGN AFFAIRS
OF DENMARK**



In partnership with
Canada



**Valeriia Palii, PhD,
NPA president**

JUST FEW NUMBERS

14 psychologists

3 admins

2 psychiatrists

2 supervisors

22 countries

7876
consultations

6472
psychological

1055
social

349
psychiatric
(launched in May 2023)

data are given as of 01.12.23



- **voice navigation**
- **first connection with administrators**
- **sms**
- **video calls**
- **feedback**
- **call blocking**
- **full online**



Steps to the Future: Prevention of Corruption

Nadiia Diatel,
Master of Psychology, NPA Coordinator, Institute for Social and Political Psychology, NAES Ukraine

STEPS TO THE FUTURE: PREVENTION OF CORRUPTION

National Psychological Association of Ukraine and
National Agency for the Prevention of Corruption

Trainings for NACP officers

28 officers

Establishing Psychological Contact
With Whistleblowers and
Obtaining Information From Them
During and After the War

Trainings for psychologists

29 psychologists

Psychological Assistance to Whistleblowers
During and After the War



ФУНДАЦІЯ
ІНСТИТУЦІЙНОГО
РОЗВИТКУ



STEPS TO THE FUTURE: PREVENTION OF CORRUPTION

Trainings for NACP officers

- Ethical principles
- Personality assessment
- Psychoeducation of the whistleblower
- Establishing a contact
- Interviewing
- Tips on questioning
- Prevention of misunderstandings
- Monitoring of psycho-emotional state afterwards

Trainings for psychologists

- Context of working with Whistleblowers
 - Possible consequences
 - Social and cultural factors of influence
 - Admission criteria and competences
 - Ethics
 - Diagnostics and general assessment
 - Specifics of counselling or therapy
 - Monitoring of results
 - Self-assessment of your own work readiness and burnout prevention
 - Cooperation with NACP officers
-



Mental Health Legislation in Ukraine: moving psychologists out of the shadow

Vitalii Klymchuk,
PhD, ScD, PGDip in GMH, National Psychological Association (vice-president); Mental Health for Ukraine Project; University of Luxembourg



Division of psychology of eating behavior: how we support Ukrainians?

Yuliia Bryhadyr,
Master of Psychology, NPA (Member of Eating Disorder Division), Mental Health expert in MH4U project

Founded in 2021 by Sandal Olha

22 members for November 2023

Main achievements:

1. Created Guide “FOOD BEHAVIOR IN WARTIME CONDITIONS” 2022
2. Held a support group sessions for people with eating disorder (7 groups, 58 registered participants, 5-10 attendees each group)
3. Conducted research about money in the professional activity of a psychologist/psychotherapist in 2021 by Sandal Olha and NPA
4. Intervisions for division members (5 groups)

eatdivizionnpa@gmail.com

Division of eating disorder
From NPA





Psychological support of pregnant women, young mothers and women in need in Ukraine and during forced migration

Vitalina Ustenko ,
Master of Psychology, Moderator of NPA group "Psychological Support for Pregnant Women, Young Mothers, and Women Facing Domestic Violence"

Vitalina Ustenko

**Moderator of working group of the National
psychological association named "Psychological
Support for Pregnant Women, Young Mothers, and
Women Facing Domestic Violence"**

High Level of Risk

Importance of Replenishing the Gene Pool

Lack of Support and Resources

Social Isolation and Mental Health Issues

Need for Specialized Support

www.mama-help.org



1. ДВІ ГРУПОВІ СУПЕРВІЗІЇ З НАШИМИ ЗАСНОВНИЦЯМИ І ВЕДУЧИМИ ТРЕНІНГУ
2. БОНУСНА СУПЕРВІЗІЯ ВІД ДР. ДЖЕЙН ХЕНЛІ

ДЖЕЙН ХЕНЛІ - це спеціалізована дипломована психолог з 20 років досвіду роботи в консультативній та тренувальній сферах. Вона працює з клієнтами з різноманітними проблемами, включаючи депресію, тривожність, проблеми з самоцінністю, проблеми з довірою, проблеми з дітьми, проблеми з міжособистісними стосунками та інші. Вона працює з клієнтами з різних культур та національностей, а також з клієнтами з різноманітними проблемами з психічним здоров'ям.





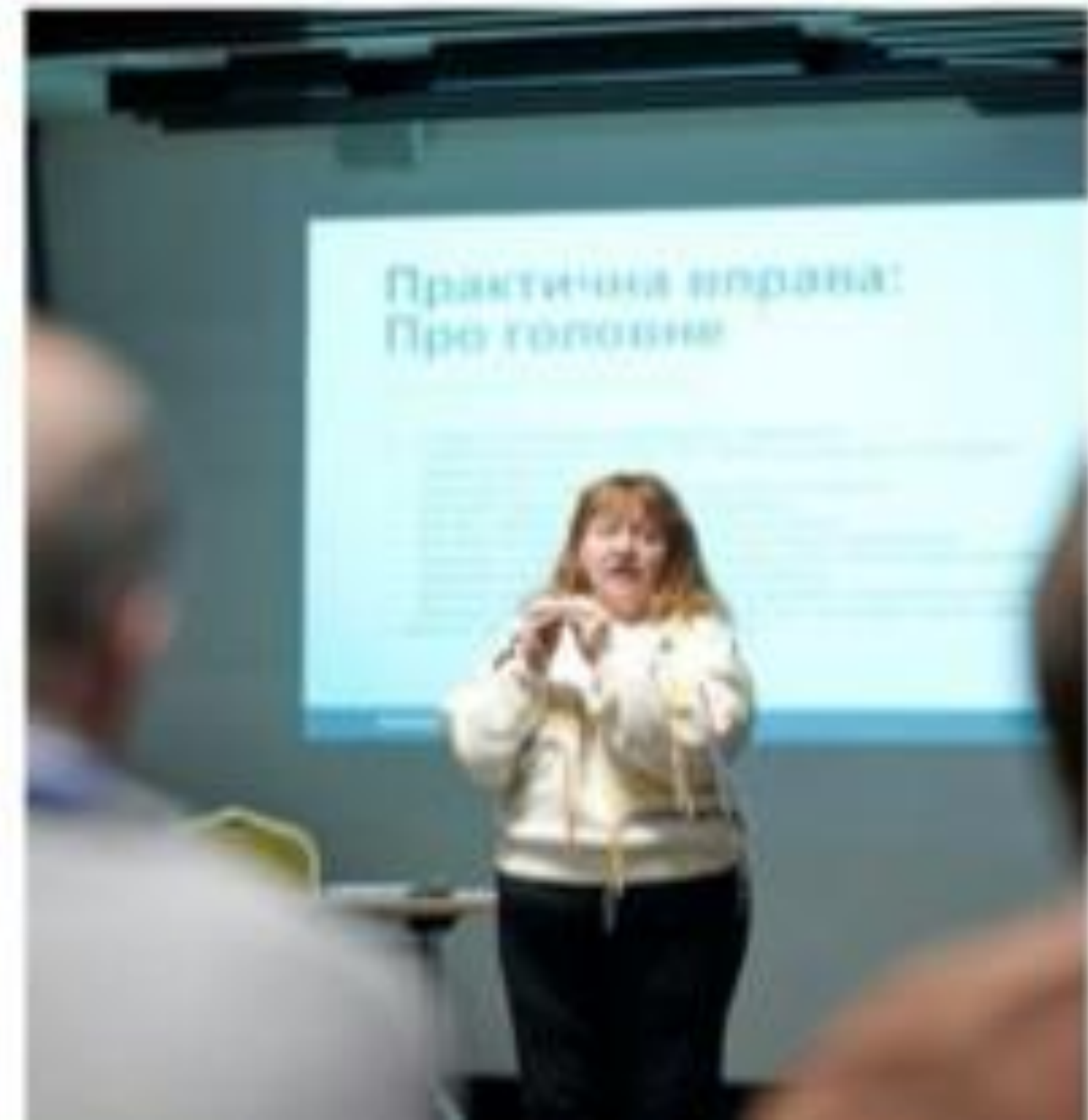
Features Of Work With People Who Have Disabilities For Employment Services



National Psychological Association of Ukraine
2023

Ganna Naydonova,
Mental Health Division Moderator, NPA







Providing the needs of psychologists for rapid and quality psychological assessment during the war period

Oleg Burlachuk,
Master of Psychology, secretary NPA



[Click to view video](#)

Providing the needs of 🇺🇦 psychologists for rapid and quality psychological assessment during the war period

Objective:

to provide rapid access to popular screening methods by referral: PTSD, trauma, depression for Ukrainian psychologists

- No charge
- Minimal resources
- Remote work

Recourses:

- Freely available screenings
- Screening from publishers
 - Agreements for a no-payment period.
- Trainings from authors
- Digital test platform by



Results for 16 months

12+ Screenings

5000 + Users

7500 + Tests used

We are looking
for new
collaboration!

oleg.burlachuk@gmail.com





War challenges for the ethics of psychological support

Svitlana Chunikhina,
Master of Psychology, secretary NPAPhD, National Psychological Association (Head of the Ethics Committee), Institute for
Social and Political Psychology, NAES Ukraine

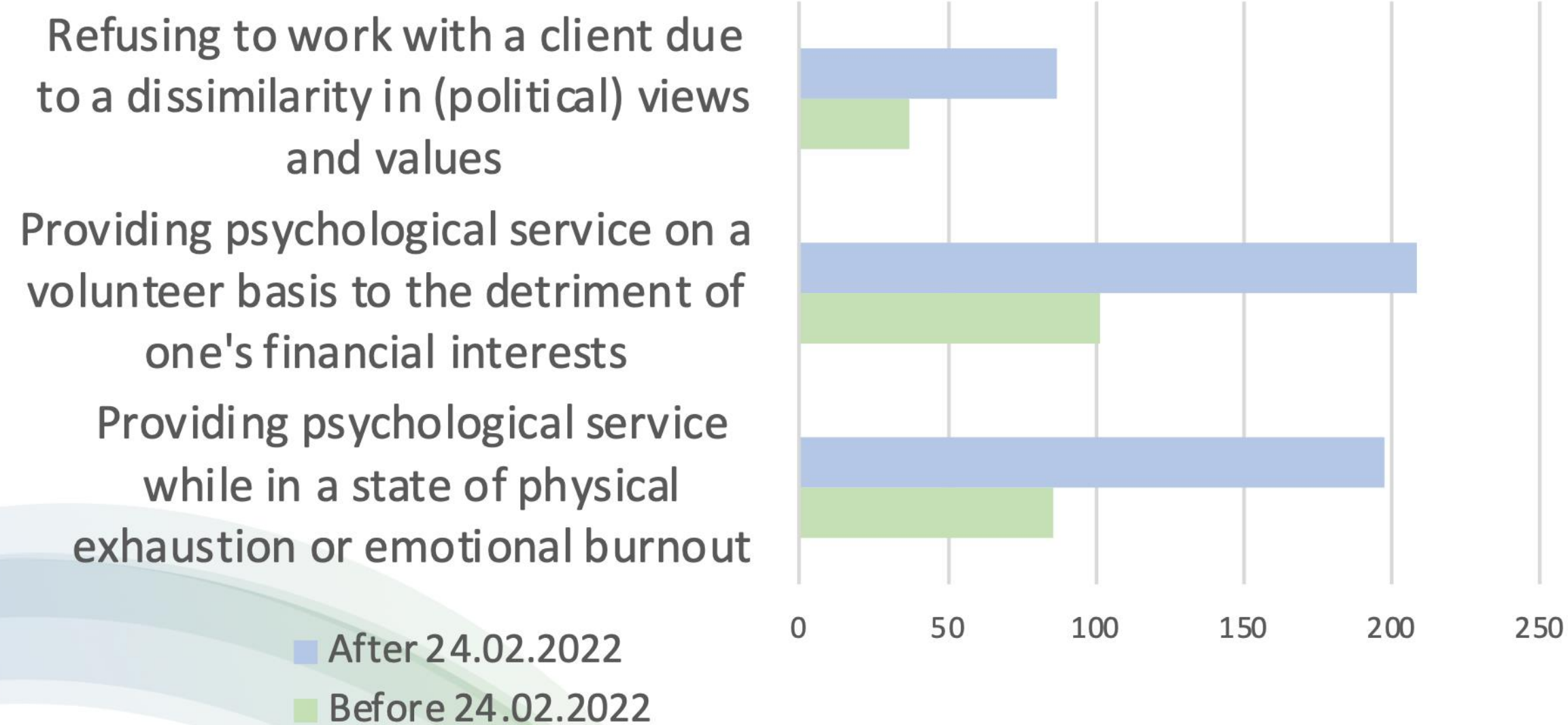
War challenges for the ethics of psychological support

Methodology:

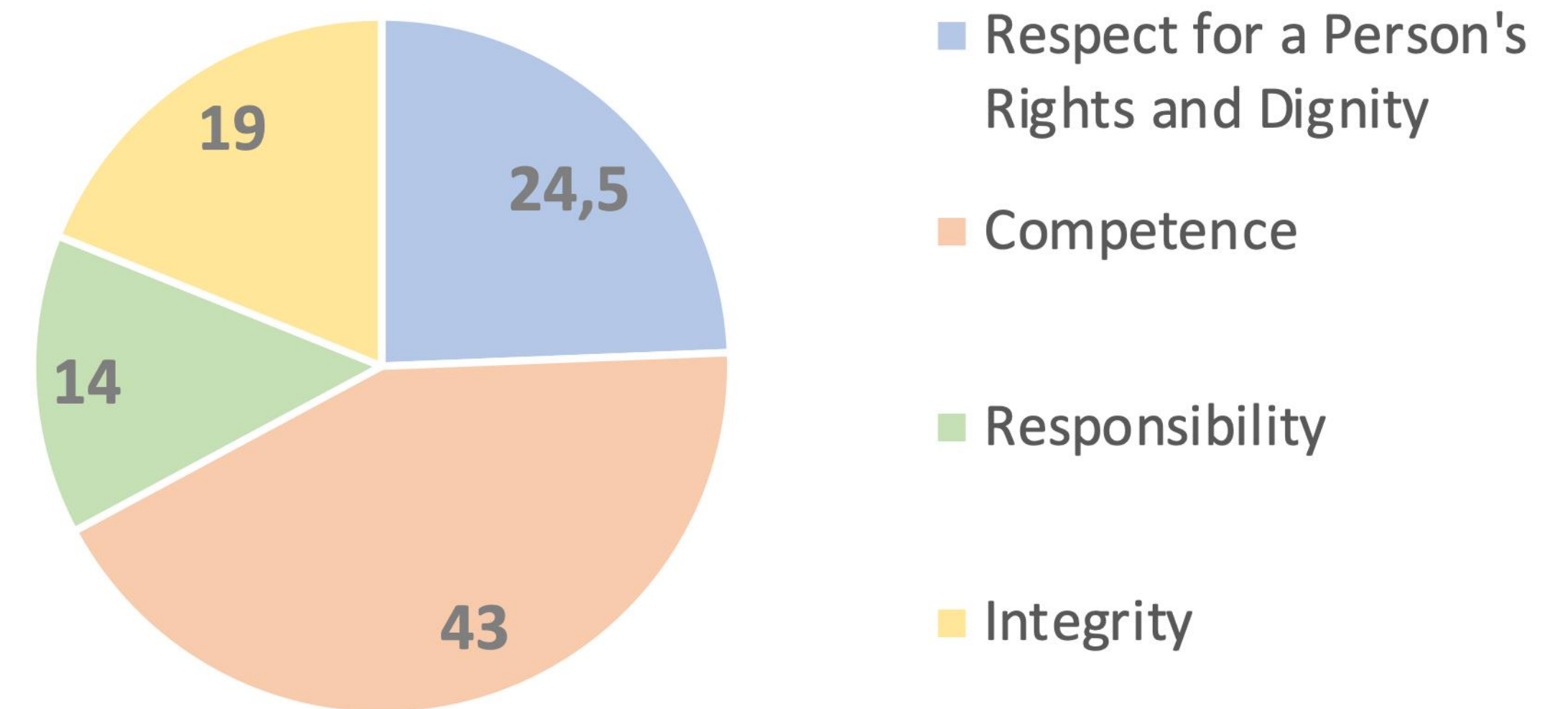
- Online-interview (12-item Google form)
- N=306
 - 269 female;
 - 234 NPA members;
 - 247 are permanently in Ukraine;
 - 113 have close relatives in the Armed Forces of Ukraine
 - 130 have more than 11 years of practical experience;
 - 105 had no practice until February 24, 2022

Key findings

The most actualizing ethical violations and moral dilemmas in psychological practice: before and during a full-scale war



The most vulnerable ethical principles in professional practice during full-scale war (%)





Standing Committee Crisis, Disaster and Trauma Psychology

Since 1997

Members are representatives of the National Associations from the different
European Countries



Vision and Mission

- Focus on the psychological input on disaster planning and disaster response
- Leading in Europe in providing direction to psychologists in the development and delivery of
 - expertise in crisis, disaster and trauma psychology
 - psychosocial crisis management
 - individual and community resilience building
 - operational and emergency psychology
 - evidence-based post trauma interventionsto provide and mediate evidence based, best practices and to seek consensus on common European values and standards.



Structure and activities

- 2 meetings a year, online and in person, visiting different countries
- Symposium in the hosting country
 - Exchange of knowledge and expertise between members and national colleagues
 - Connecting to the colleagues in the hosting country
 - Connecting to high profile policy makers
- At the moment 20 members representing 18 European Countries, Association for EMDR and 1 student representative

Activities in relation to the war in Ukraine



- Since February 2022
- 5 Standing Committee meetings
- 2 Symposia: Luxembourg and Nicosia Cyprus
- During meetings exchange between members on the psychosocial support of the refugees in the different European countries
- 4 expert presentations on the topics: psychosocial support services in conflict-affected areas, mental health in times of war, supporting the needs of victims of war from the EMDR perspective, strategic crisis communication



First reports from Ukraine

- Meeting hosted by the National Psychologist Associations Ukraine May 2022 (online)
- Huge support for Ukrainian refugees in all European Countries
- Partnership between National Psychological Association Ukraine and Ukrainian Government to expand psychosocial support system
- European Funding made available
- Traumatization among large parts of the population
- But also resilience and felt solidarity from Europe



Refugees in Europe

- Exchange among the members
- Facilitation of entry, priority visa status
- Offering support systems, access to social services
- Communities offering tremendous support
- Psychosocial support for students
- Systems were challenged and overwhelmed in some countries
- Reliving trauma through earlier Russian occupation
- Some centralized government approach, some more by local communities



Expert presentations

- “Mental Health and Psychosocial Support Services Development”
 - Vitalii Klymchuk – vice president National Psychological Association Ukraine, Expert Mental Health policies development, Mental Health for Ukraine Project
- Resources needed: training, human resources, financial resources, examples were given
- Active coordination needed: Mental Health and Psychosocial Support Technical Working group, with partners and guidelines



Expert Presentations

- “Mental Health of Refugees in Time of War”
 - Viktoriia Gorbunova, Zhytomyr State Ivan Franko University Ukraine, University of Luxembourg
- Number of refugees over 8 mln. (May 2023)
- Demographics with exact data, majority women and children
- Reports on mental health status with exact data, 73% deterioration of mental health
- Data on need for counseling, on average 15%
- Reported feelings: anxiety, emotional instability, sleep problems, exhaustion



Expert presentations

- “Supporting the needs of victims of war, EMDR Europe”
 - Andreea Apostol, EMDR Europe trainer, EMDR Romania Vice-President, 112 Emergency Psychologist Barcelona
- Providing specialized psychological aid and support
- Providing online psychological support to psychologists to stabilize them and facilitate the processing of the most traumatic moments for them
- Then they provide psychological first aid to the Ukrainian population



Expert presentations

- “Strategic Crisis Communication- lessons from the Czech Republic”
 - Stepan Vymetal, Ministry of Interior Czech Republic, Crisis, Disaster and Trauma Psychology Section of the Czech-Moravian Psychology Association
- Strengthen the sense of security of the citizens
- Increasing awareness and understanding
- Preventing the creation and spreading of misinformation and disinformation
- Development of cooperation and mutual communication support with state, public and private actors and non-governmental actors

Contact



- Magda Rooze, magda@roozeconsultancy.eu
- If you want to join our Standing Committee contact your National Psychological Association