



## Community of professionals of Ukraine in defense of the psychological health of people in difficult life situations

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The Division of Stress and Psychological Trauma of the National Psychological Association of Ukraine (DSIPT NPA) aims to create and maintain a single safe environment for professional communication between specialists and clients on issues of preventing the destructive impact of stress and psychological trauma on human life, in particular in the security and defense sector; support in difficult life situations; prevention of negative psychological manifestations and changes in behavior; creating conditions for the development of the resourcefulness of each individual to overcome the traumatic challenges of fate.

Members of the Division in cooperation with the Institute of Health Psychology (Volodymyr Voloshyn, Ukraine) organize and conduct numerous trainings on psychological work with acute (combat) stress, consequences of psychological trauma; learning self-regulation methods; exchange of leading and effective psychotherapeutic practices; scientific psychological research and education on psychological (behavioral) health; ethical standards for working with psychological trauma are being developed; scientific and practical conferences are organized and conducted; supervisory support is provided to specialists who work with crisis situations.

Today, the Division cooperates and supports international relations with various domestic and foreign state and public organizations, professional communities of more than 17 countries. In particular, Robert L. Leahy (USA), Arye Bursztyn (Israel), Caner Bingöl (Turkey), Roger Solomon (USA), Janae Weinhold (USA), Paul Miller (UK), Fabian Wilmers and many others. In addition, thorough support in the field of learning with loss is provided by Knut Andersen and Linda Hansen, Akershus university hospital (Norway); on an issue with an uncertain loss - Pauline Boss (USA); teaching the EMDR method - Eva Münker-Kramer (Austria) and Dolores Mosquera (Spain); works with manifestations of violence - Barbara Schmidiger (Switzerland) and Liz Scher (USA); self-help groups are conducted by Hans-Herрман Baertz (Germany) and others. Also, close cooperation in the direction of training and supervisory support is carried out thanks to the specialists of the leading Israeli organization in the field of providing psychological assistance Israel Trauma and Resilience Center NATAL (Israel).

In the conditions of a full-scale war, members of the DSiPT of the NPA provide comprehensive psychological assistance to all categories of the population, conducting stabilization meetings, support groups, working on helplines, etc. To date, more than 5,200 participants have already received stabilization support.