

Ukrainian psychologists working in Estonia

The challenges we face

Nataliia Cheporniuk

- 2011-2013: psychologist at The National Toll Free Hotline on domestic violence, human trafficking prevention, protection of women's rights and child protection.
- 2014- 2016: worked as a social worker and psychologist with internally displaced refugees from Donetsk and Luhansk regions. Since 2016 I have focused more on private practice and trainings
- Experience as a psychotherapist exceeds 11 years
- Coaching experience - over 10 years

I am a war refugee from Ukraine myself

We ourselves face in our daily life the problems that our clients go through

Like other refugees, we are processing:

- Grieving
- Processes of adaptation and integration
- Distress
- PTSD
- Children and adults with mental health disorders
 - + secondary trauma
 - + burnout

Hard feelings

- Powerlessness
- Anxiety
- Grief

Grieving

- Every refugee experiences loss in one way or another: loss of familiar surroundings, familiar services, job, status, loved ones, home.
- Many refugees have not only not lived through the grieving process, but they do not realize that they are feeling loss.
- Losses persist

Adaptation and integration

1. Adapting to a new culture
(judgment, frustrations, not knowing the rules)
2. Language barrier
3. Different system of education and social protection
4. Social integration (bullying)
5. Mental health
6. Learning and working

Challenges of adaptation and integration

- Adaptation, not integration
- Different clients are in different stages of adaptation
- Ukrainians continue arriving in Estonia

Support strategy

- Individual
- Group
- Community activation

Children and adults with mental health disorders

- PTSD
- Distress exacerbates mental health problems
- Diagnosis becomes more difficult due to language barriers
- Shortage of specialists
- Waiting lists to see a psychiatrist start at 6 months

General challenges

- Secondary trauma
- Burnout
- Resonance

Resources

- Supervision
- Personal therapy
- Mutual support
- Self-recovery