



Ukrainian
Umbrella
Association of
Psychotherapy



EAP
European Association
for Psychotherapy



UKRAINIAN AND EUROPEAN PSYCHOTHERAPY ALLIANCE SIXTH SYMPOSIUM IN PARTNERSHIP WITH DANSK PSYKOTERAPEUTFORENING

Friday November 15th 2024 09.30am – 16.00pm CET

“THE ROLE OF WOMEN IN THE TIME OF WAR”

Cost – Free. The Symposium will be held in Ukrainian and English with simultaneous translation of presentations. All times given are Central European Time (CET)

09.25 am Introduction to the technical details of the Symposium.

09.30 am **OPENING ADDRESSES:**

Patricia Hunt FRSA, Chair of the Ukrainian and European Psychotherapy Alliance,
Former President of the European Association for Psychotherapy

Professor Roman Kechur, Ukrainian Umbrella Association of Psychotherapy

Pia Clementsen, Chair of the Danish Association for Psychotherapy

Villy Sovndal MEP, Patron of Symposium, Former Minister for Foreign Affairs, Denmark

PRESENTATIONS:

9.55 am **Maryna Lanivska**, veteran contract soldier

“The Psycho-Emotional Demands on Women in the Army”

10.20 am **Olha Lypko**, member of the WAPP, UAPP and the Nomada Association who work with refugees

“A Woman on the Road”

10.45 am **Karen-Inge Karstoft**, Associate Professor of psychology

“Mental Health among Women Ukrainian Refugees in Denmark”

11.15 am **Valeria Pryhozhyzna**, Co-founder of the NGO “Crisis Psychological Assistance in Dnipro and Dnipropetrovsk Region”

“Women's Path Through War: Legacy of Strength or Challenges of Modernity”

11.45 am **COFFEE BREAK**

12 noon **SOCIODRAMA**

Conducted by **Olena Stupak** and **Professor Anastasiia Sklyaruk**

“Transformation of Women's Roles during the War”

1.30 pm **LUNCH**

2.00 pm **SMALL GROUP DISCUSSIONS**

2.30 pm **Lena Grigorieva**, manager of projects in support to mental health professionals in exile

“Women's Leadership in the Times of War and Oppression: Perspective from Life and Practice in Exile”

3.00 pm **ROUND TABLE OF ALL SPEAKERS**

Moderators: **Irena Bezic** and **Alexander Mironenko**

4.00pm **CLOSE OF THE SYMPOSIUM**

TO TAKE PART IN THIS FREE EVENT FOR PSYCHOTHERAPISTS IT IS NECESSARY TO REGISTER. PLEASE REGISTER BY 17.00 CET ON WEDNESDAY NOVEMBER 13TH 2024 BY VISITING THE OFFICIAL WEBSITE:

[LINK: UASYMPOSIUM.ONLINE](https://uasymposium.online)

A CERTIFICATE WILL BE SENT TO YOU AFTER THE SYMPOSIUM CONFIRMING YOUR ATTENDANCE.

UKRAINIAN AND EUROPEAN PSYCHOTHERAPY ALLIANCE SIXTH SYMPOSIUM IN PARTNERSHIP WITH DANSK PSYKOTERAPEUTFORENING

Friday November 15th 2024 09.30am – 16.00pm CET

“THE ROLE OF WOMEN IN THE TIME OF WAR”

For our Sixth Symposium the Ukrainian and European Psychotherapy Alliance we are exploring the vital theme of women in the time of war. We will explore the changed roles that women are forced to undertake; the invisibility of the roles women hold in the war; the challenges of being a woman at the front line, and the ongoing way in which women’s roles change through the influence of the war. We are delighted to be joined and supported by the Danish Council for Psychotherapy for this Sixth Symposium. We are honoured that Mr Villy Sovndal MEP from Brussels will be the Patron for our Symposium, and will give an address in the morning session.

Our Sixth Symposium includes a Sociodrama, which will be conducted by two experts in the field of Sociodrama in Ukraine – Olena Stupak and Anastasia Sklyaruk. They will conduct the Sociodrama with all the participants of the Symposium, and explore the psychosocial roles of women unfolding against the backdrop of the war.

We cordially invite European Psychotherapists to join with Ukrainian Psychotherapists in this Sixth Symposium, as it is vital for our Ukrainian colleagues that they have the opportunity to be connected with, and in relationship with, colleagues from other European countries as they face their challenging lives in the present, and prepare for their future. The benefit is felt by both Ukrainian and European Psychotherapists!

We welcome you!



Patricia Hunt FRSA
Chair of the Ukrainian and European Psychotherapy Alliance

SPEAKERS



VILLY SOVNDAL MEP, Patron of Symposium, Former Minister for Foreign Affairs, Denmark

“Ukraine, we stand by your side!”

It is so important that we Europeans make sure that Ukraine pulls out victorious from the Russian war of aggression. We must form a united front against Russian aggression.

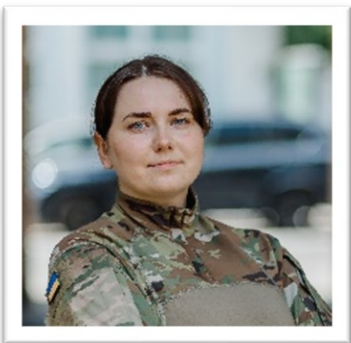
Putin has put himself at the head of an aggressive regime that is nullifying international law. Bombs and missiles are raining down on the Ukrainian population. It is an everyday life and a reality that creates massive stress, especially for women and children who are left behind from the front line to ensure that the wheels of society do not come to a standstill.

We cannot just stand by while this violent assault takes place. Of course, we must act in accordance with international law, but we cannot avoid the fact that we share a common destiny.

If we do not send a clear message to Putin and draw a line in Ukraine, I do not think he will stop there. I believe that we are facing a crucial point in the history of the merciless war of aggression that Russia is now engaged in for almost three years.

Therefore, we can and must do more to help Ukraine.

Villy Sovndal is a Member in the European Parliament, Former Minister for Foreign Affairs, Denmark. He had decided to give official patronage of the UUAP and EAP Sixth Joint Symposium, and will give an address in the morning session.



MARYNA LANIVSKA, Veteran Contract Soldier

Lecture “The Psycho-Emotional Demands on Women in the Army”

All my plans for my life, career and family were destroyed. All of this was put away in a small suitcase with an inscription “For Later”. I was gaining new experiences and plunging headlong into a new universe where there was no security, no happy future, and no confidence that everything will be fine. There was only belief in myself and my strength, hope and hard work, that could bring me the desired security and the longed-for prosperity in the future. I chose to be honest with myself and my family. I consciously made the choice to take off my rose-coloured glasses and see clearly what was happening.

War is a terrible uncontrollable occurrence, where I often feel like a grain of sand in a vast desert, carried by a storm to an unknown land. I often see myself as that small grain of sand that is in capable of doing anything. But despite everything I have gained a lot of valuable insights during the war and leaned what seems to be the most important thing : To appreciate life; to take time to take care of my health both physical and mental.

Marina Lanivksa was a contract soldier for three years. She returned home as a veteran, and tried to adapt to civilian life. After two years at the time of the full-scale invasion of Ukraine she was called back to the front again. She has now been at the front for two and a half years constantly, and she is still there.

SPEAKERS



OLHA LYPKO, Psychotherapist, Clinical Psychologist

Lecture “A Woman on the Road”

The issue of migration is always shrouded in debate and polarity of views. Especially when it comes to migration in times of war. Who is she, a migrant woman: a heroine or a traitor? What does she look like and what does she believe in; what challenges does she face. In 2022, many Ukrainian women went abroad for the first time in their lives. For the first time they bought tickets not for a planned holiday, but for a one-way trip.

When you decide to take this step, it seems that you have taken everything into account, and even imagine possible difficulties, prepare for them, and even enlist the support of others. But life makes its own adjustments from time to time. And you start from scratch, learn patience and acceptance, acquire a new profession, try to master a foreign language, and most importantly, you fight every day with your feelings of loneliness and guilt, nostalgia, and culture shock. War is always dualistic, it polarises everything - from society as a whole to your own inner aspirations. And it happens that when you leave home, you suddenly lose all your important connections, you cannot fully settle down in a new place, but you no feel like you are ‘one of us’ when you return.

Olha Lypko, Psychotherapist, Clinical Psychologist and member of the WAPP, UAPP and the Nomada Association who work with refugees. For seven years Olha worked with military personnel, veterans, and their families. Since 2022 she has been working with refugees and migrants. She crossed the border herself three times as a refugee – twice to Poland and once to the USA. Now she is working with women in Poland fleeing from the war.



KAREN-INGE KARSTOFT, Associate Professor of psychology

Lecture “Mental Health Among Women Ukrainian Refugees in Denmark”

The Russian invasion of Ukraine has driven millions of Ukrainians away from their homes. Among these, the majority have likely experienced war-related potentially traumatic events, and some will experience symptoms of posttraumatic stress disorder (PTSD). The aims of the study are to estimate the prevalence of PTSD and Complex PTSD (CPTSD) in displaced Ukrainians and examine associations between war- and other potentially traumatic exposures and (C)PTSD.

Research area:

(Complex) PTSD in Ukrainian refugees: Prevalence and association with acts of war in the Danish refugee cohort (DARECO). Journal of Affective Disorders, 2024-12 | Journal article. Contributors: K.-I. Karstoft; N. Korchakova; V.J. Koushede; T.A. Morton; A.A. Pedersen; S.A. Power; M.H. Thøgersen. DOI: 10.1016/j.jad.2024.08.170 <https://doi.org/10.1016/j.jad.2024.08.170>

Karen-Inge Karstoft, Associate Professor, Department of Psychology, University of Copenhagen; Senior Researcher, Research and Knowledge Centre, Danish Veteran Centre.

SPEAKERS



VALERIA PRYHOZHYNNA, Psychotherapist, Psychologist

Lecture “Women's Path Through War: Legacy of Strength or Challenges of Modernity”

I will explore the experience that a modern woman faces in the realities of the war in Ukraine. On the one hand, this experience is something new that needs to be mastered and included in the picture of the world anew. On the other hand, this experience permeates the entire Ukrainian history, and many generations of Ukrainians have encountered it in their lives and passed it on to their descendants.

This is an experience of indomitability, struggle, and strength, but also loss, grief, devastation, sadness. Reality is pressing all the time and requires quick and difficult decisions. The ability to acquire new knowledge becomes crucial. It used to take years, now it can be days and months. The amount of information that needs to be constantly monitored is impressive. The number of tasks is extremely high. The need to combine many roles in conditions of constant stress often leads to depression, burnout, and other complex consequences.

Valeria Pryhozhyzna, Psychotherapist, Psychologist, Head of the Personality-Centered Therapy section of the UUAP. Co-founder of the NGO "Crisis Psychological Assistance in Dnipro and Dnipropetrovsk Region".

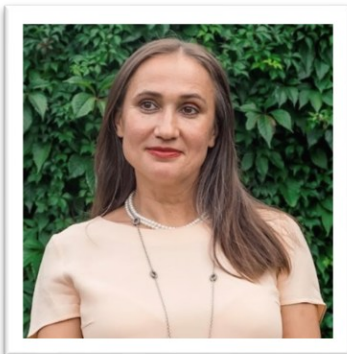


OLENA STUPAK, Registered Psychotherapist of the UAAP in the field of psychodrama, training therapist, supervisor of the UUAP. Head of the Psychodrama Section of the UUAP. Full member of the NGO "Ukrainian Association of Specialists in Overcoming the Consequences of Psychotraumatic Events"

ANASTASIA SKLYARUK, Doctor of Psychological Sciences, Professor of the Department of Practical Psychology of the Classic Private University, Registered Psychotherapist of the UUAP in the field of psychodrama

Sociodramatic study “Transformation of Women's Roles during the War”

The creator of sociodrama as an experimental method of resolving group and social conflicts is Jacob Moreno (1889–1974). Moreno believed that sociodrama "opens the door to new cognitive and experimental possibilities of transformation, paving the way for the restructuring of society."

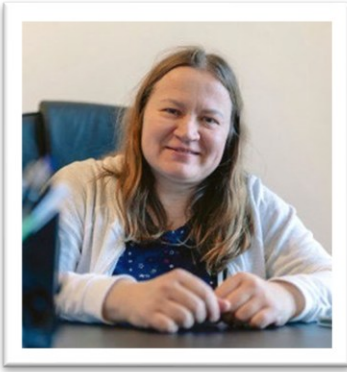


Sociodrama is a method of studying society, large social groups. The Psychodrama Section of the USP conducts sociodramatic research in order to monitor social attitudes and identify current psychosocial issues. Past research on the second anniversary of the full-scale invasion showed

significant changes in psychosocial gender roles and functions. Therefore, the focus of our attention is to explore old and new roles among men and women.

At this Symposium, together with the participants, we will be happy to explore the psychosocial roles of women unfolding against the backdrop of the war and hear their main theses.

SPEAKERS



LENA GRIGORIEVA, manager of projects in support to mental health professionals in exile

Lecture “Women’s Leadership in the Times of War and Oppression: Perspective from Life and Practice in Exile”

In these times when men are at frontline (Ukraine) and/or in prison (Belarus) women have to take the leadership in family life, work and often even politics in order to keep going, following not only the survival needs but also the ideology shared together.

Mental health professional in exile is a special category of people: from one side they are professionals but from the other side they are women experiencing the same challenges the clients come with.

Lena Grigorieva while living in Belarus used to be a co-founder of Minsk Gestalt Institute, chair of national association of psychotherapists, leader of a number of projects in the field of professional training. Everything got closed down and she had to leave the country in an emergent situation. She lived in Lithuania, then Georgia and currently lives and practices in Poland. On all her migrant way she got connected to professionals in exile, received support from them and when she came to Poland, she was strong enough to start a number of activities supporting psychologists and psychotherapists in exile. Her personal story is an example of women’s leadership at large extent and she learns a lot from those stories brought up by clients from Ukraine and Belarus into her therapy on daily basis.

Lena Grigorieva, Director of New Gestalt Voices (UK), Gestalt Maverick Group (Europe), trainer at Lodzka Szkola Gestalt (Poland), member of EAGT Human Rights and Social Responsibility Committee, member of IAAGT Regional Development Funding Committee, manager of projects in support to mental health professionals in exile.