

DONETSK IN-SERVICE TEACHER TRAINING
INSTITUTE STATE INSTITUTION OF HIGHER EDUCATION (Ukraine)
THE LITHUANIAN DEVELOPMENT COOPERATION AND HUMANITARIAN AID FUND
SOCIAL CHANGE INCUBATOR „DOMUS SOLIS“ (Lithuania)
UNIVERSITY OF EDUCATIONAL MANAGEMENT
NATIONAL ACADEMY OF EDUCATIONAL SCIENCES OF UKRAINE
SPACE OF SUSTAINABLE DEVELOPMENT AND PEACEBUILDING «SSDP» (Ukraine)
UKRAINIAN INSTITUTE OF POSITIVE CROSS-CULTURAL PSYCHOTHERAPY AND MANAGEMENT
STATE INSTITUTION “SCIENTIFIC AND PRACTICAL MEDICAL REHABILITATION AND DIAGNOSTIC
CENTRE OF THE MINISTRY OF HEALTH OF UKRAINE”
ALL-UKRAINIAN PROFESSIONAL PSYCHIATRIC LEAGUE
THE INTERNATIONAL ASSOCIATION FOR HUMAN VALUES «IAHV» (Belgium)
NATIONAL PEDAGOGICAL INSTITUTE OF THE CZECH REPUBLIC, META o.p.s. (Czechia)
LCC INTERNATIONAL UNIVERSITY (Lithuania)
INSTITUTE OF PSYCHOLOGY THE JOHN PAUL II CATHOLIC UNIVERSITY OF LUBLIN (Poland)
FIRST AID OF THE SOUL (USA), ALLIANT INTERNATIONAL UNIVERSITY (USA)
JEWISH FAMILY & CHILDREN'S SERVICE (USA)
ALL-UKRAINIAN ENVIRONMENTAL LEAGUE



INTERNATIONAL SCIENTIFIC AND PRACTICAL CONFERENCE
“SUPPORTING OF PSYCHOLOGICAL WELL-BEING OF THE INDIVIDUAL IN THE
WAR CONDITIONS: INTERNATIONAL EXPERIENCE AND UKRAINIAN REALITIES”

April 30, May 1, 2024
Kyiv, Ukraine



AN INFORMATION MESSAGE

Dear colleagues, we invite you to participate in the international scientific-practical conference “Supporting of Psychological Well-being of the Individual in the War Conditions: International Experience and Ukrainian Realities”.

Conference organizers: Donetsk In-Service Teacher Training Institute (Ukraine); Ukrainian Institute of Positive Cross-Cultural Psychotherapy and Management; The Lithuanian Development Cooperation and Humanitarian Aid Fund; Social Change Incubator „DOMUS SOLIS“ (Lithuania); State Institution of Higher Education University of Educational Management National Academy of Educational Sciences of Ukraine; Space of Sustainable Development and Peacebuilding «SSDP» (Ukraine); State Institution “Scientific and Practical Medical Rehabilitation and Diagnostic Centre of the Ministry of Health of Ukraine”; All-Ukrainian Professional Psychiatric League; LCC

International University (Lithuania); The International Association for Human Values «IAHV» (Belgium); Institute of Psychology The John Paul II Catholic University of Lublin (Poland); META o.p.s. (Czech Republic); National Pedagogical Institute of the Czech Republic; First Aid of the Soul (FAS); Jewish Family & Children's Service (USA); Alliant International University (USA); All-Ukrainian Environmental League.

The conference will take place on April 30, 2024, in a blended format. On May 1, 2024, within the framework of the conference, a scientific-practical seminar "Psychological-Pedagogical Support for Personal Development: Education, Security, Peace" will be organized. The conference will start at 10.00 am (Eastern European Time, Kyiv, Ukraine). The program of the conference's plenary session and the scientific-practical seminar is attached below.

To participate in the online conference, follow the link:

<https://us02web.zoom.us/j/88355422985?pwd=WDhjSnpsTkFWVEtRbDQ2SWF1c3k5UT09>
(Zoom Meeting ID: 883 5542 2985. Access code: 956173).

The link to the broadcast is <https://www.youtube.com/watch?v=R-mxtR9ZxwY>

You can read the conference program in detail on the website: <https://sites.google.com/ippo.dn.ua/conference-30-04-2024/>

The objective of the Conference is to strengthen the scientific and methodological support for the training of psychological service specialists and teaching staff to provide basic psychological support to children who have experienced psychological trauma. It also aims to study the successful experience of implementing a multi-level system of providing psychological support to participants in the educational process and introducing response protocols and clear referral algorithms for receiving specialized assistance. The conference will focus on the following areas of work:

1. "Supporting Psychological Health of Individual in Times of War";
2. "Psychological Aspects of Rehabilitation and Support of Individuals in an Inclusive Environment";
3. "Technologies for Psychological Support in Constructing Behavioral Models of Individuals in Unfavorable Life Circumstances";
4. "Psychological Support and Rehabilitation of Children Using the Potential of Natural Ecosystems and Recreational Opportunities of Nature Reserves";
5. "Professional Development of Practical Psychologists in Educational Institutions on Mental Health and Psychosocial Support in Armed Conflict Conditions".

Scientists, doctoral students, graduate students, heads and pedagogical staff of educational institutions, students, specialists in the field of adult education, specialists in the field of mental health preservation and psychosocial support, representatives of voluntary, public, humanitarian organizations are invited to participate.

The primary languages of the conference are Ukrainian and English

Based on the conference proceedings, the collection of abstracts from the conference participants is about to be published.

To participate in the conference, you must register and send scientific abstracts before April 26, 2024 via the link <https://forms.gle/xiZceyZyzBt58fxt8>.

The Financial Donor for The Event: The Lithuanian Development Cooperation And Humanitarian Aid Fund, under The Project: Trauma Informed Care rehabilitation services – assistance to persons affected by the unprovoked war against Ukraine“.

Contact person:

Malieiev Denys, e-mail: maleev@ippo.dn.ua

PROGRAM OF THE PLENARY PART OF THE CONFERENCE

1. Tatiana Glebova, Ph.D., Licensed Marriage and Family Therapist (California), AAMFT Approved Supervisor and Clinical Fellow, Professor in Couple & Family Therapy Program (Sacramento Branch), Alliant International University/California School of Professional Psychology

Topic of speech: «*Strengthening relational well-being as a resilience factor in the war situation*».

2. Nathalie Robelot Timtchenko, MA-ET, Expressive Arts Psychotherapist, Founder & Executive Director of First Aid of the Soul (USA). She is a professional member of the International Expressive Arts Therapy Association [IEATA] and the European Federation of Art Therapy [EFAT]. Founded and directs First Aid of the Soul which offers free psychosocial and emotional support services to those being affected by Russia's war against Ukraine.

Topic of speech: «*First Aid of the Soul: Mental health support for Ukraine*»

3. Julia Gorbaniuk, Ph.D., Associate Professor Department of Emotions and Motivation Psychology Institute of Psychology The John Paul II Catholic University of Lublin

Topic of speech: «*A model of supporting the psychosocial functioning of children-war refugees in Poland in a temporal perspective*»

4. Oleh Panchenko, Doctor of Medicine, Doctor of Philosophy, Doctor of Science in Public Administration, professor, Honoured Doctor of Ukraine, Academician Academy of Sciences of the Higher School of Ukraine, Academician The National Academy of Sciences of Ukraine, full member of the European Academy of Natural Sciences (Hannover, Germany), General Director, Chief Researcher of the State Institution "Scientific and Practical Medical Rehabilitation and Diagnostic Centre of the Ministry of Health of Ukraine", President Public organisation "All-Ukrainian Professional Psychiatric League".

Topic of the speech: "*Informational and psychological danger as a challenge of hybrid war*".

5. Valentyna Poul, Ph.D. in Psychology, Associate Professor, Head of the Department of Pedagogy and Psychology at the Donetsk In-Service Teacher Training Institute; certified trainer-supervisor, senior consultant in the Problem Management Plus program of individual psychological assistance for adults experiencing distress at Medicos del Mundo.

Topic of speech: «*Integral approach in supporting a child's personality: universal skills of adaptation to unfavorable life circumstances during the war*»

6. Katrien Hertog, PhD, Dr., International Director IAHV Peacebuilding Programs Director IAHV Belgium

Topic of speech: «*Trauma-Relief, Resilience and Empowerment for war-affected populations through IAHV's innovative, evidence-based, scalable approach*»

7. Irena Blazevice Pranskeviciute, Social change incubator „Domus solis“. Ph.D. with research focus on organizational and community resilience to shocks. Researcher at international research institutes EMES and OECD. Somatic Therapy practitioner, author of several training methodologies in area of mental health development of children and adults. Facilitator for large system scale processes and organizational consultant in area of transformation and organisational culture. She leads the international project, aimed at supporting Ukraine in area of mental health: Trauma Informed Care rehabilitation services – assistance to persons affected by the unprovoked war against Ukraine“.

Topic of speech: «*Building resilience and post-shock growth. Complex methodology for psychological rehabilitation and social reintegration of people affected by the war*».

8. Jurgita Babarskienė Psichologijos katedros lektorė, Assistant professor, Department of Psychology LCC International University; **Gina Levickienė**, Assistant professor, Department of

Psychology LCC International University; **Barbara Ninowsky**, Senior Student in Psychology at LCC International University

Topic of speech: *«Supporting students' psychological well-being and resilience during times of war: Insights from an international university in Lithuania»*

9. Natálie Schneider, MS in psychology, regional coordinator for work with children of foreigners, regional employee of Meta ops, regional consultant of National Pedagogical Institute of the Czech Republic of the Ustec region

Topic of speech: *«Integration and adaptation of children from Ukraine in the Czech Republic»*

10. Yana Hadravova, MS in the field of public health, manager of the national group of psychosocial support and head of the EU4Health, Crisis intervention and PEER project, manager of the MHPSS of the Czech Red Cross.

Malieieva Oksana, Ph.D. in Psychology, Associate Professor of the Department of Pedagogy and Psychology of the Donetsk Regional Institute of Postgraduate Pedagogical Education. Facilitator of the International Child Development Program (ICDP), certified consultant of the program of individual psychological assistance to adults in a state of distress "Problem Management +" (WHO, "Doctors of the World" / MdM), trainer of the NGO "La Strada-Ukraine", consultant for providing psychological support in within the framework of the #hlavunadvodou project (Czech Republic), an expert in the training of psychologists and social workers within the framework of the initiative "ReBoost: a public center for rapid response and recovery of Territorial Communities of Ukraine" with the support of the "Special Program of Support for Ukraine" project (GIZ on behalf of the German government).

Topic of speech: *«Provision of high-quality and timely psychological first aid to victims in crisis situations».*

11. Natalia Khanetska Ph. D. in Psychology, Associate Professor of the Department of Psychology and Pedagogy, National University of Khmelnytskyi, psychotherapist using the method of positive psychotherapy (register of the Ukrainian Union of Psychotherapists, the Ukrainian Association of Positive Psychotherapy (UAPP), the World Association of Positive Psychotherapy (WAPP), the European Association of Psychotherapy (EAR)), Basic and Master Course Trainer for Positive Psychotherapy WAPP, member of the WAPP committee on training standards, head of the positive psychotherapy section, supervisor of the Khmelnytskyi branch of the of the Ukrainian Union of Psychotherapists, coordinator of the Khmelnytskyi Psychology Center.

Topic of speech: *«Challenges of working as a psychotherapist during wartime».*

12. Tetyana Tymochko, Head of the All-Ukrainian Environmental League. Head of the project "Psychological Support of Children Using the Potential of Natural" The author of the program "Ecological trails of the native land of Ukraine"

Topic of speech: *«Psychological support of children who suffered as a result of hostilities, using the potential of nature».*

13. Anastasiia Kabantseva, candidate of psychological sciences, Head of the Department of Clinical Psychology, Scientific Secretary of the State Institution "Scientific and Practical Medical Rehabilitation and Diagnostic Centre of the Ministry of Health of Ukraine".

Topic of the speech: *"Organizational principles of clinical psychology in the referral system for the provision of professional medical and psychological assistance".*

14. Larisa Rybyk, Ph.D. in Psychology, Specialist in grief and bereavement. Head of the International Association of Psychologists for Work with Grief and Bereavement, The author of a proven program of psychological assistance when experiencing the loss of a loved one and self-help tools for the bereaved. Author and presenter of training courses for psychologists "Grief Therapy".

Topic of the speech: *«Sorrow of war. How can we support those who have lost loved ones?»*

15. Alina Vitkauskienė, Senior Student in Psychology at LCC International University. Certified NLP practitioner.

Topic of speech: *«Addressing Stigma: Ways to reduce stigma around mental health and seeking help for people from cultures where mental illness is taboo, especially in the war conditions».*

PROGRAM OF THE PRACTICAL SEMINARS & WORKSHOPS

1. Marina Livshits, Psy.D. Newton, MA USA, she provided international domestic violence and trauma-informed agency consultations through the U.S. Department of Justice-sponsored programs and in her leadership positions at non-profit organizations. She holds a Certificate in Multicultural Assessment and Treatment from the NYU Langone Hospital-Brooklyn. She served on the Immigrant and Refugee Subcommittee of the Governor's Commission on Domestic Violence and Sexual Assault. Marina was recognized for her work with trafficked women by the Massachusetts Office of Victim Assistance (MOVA) with an Innovation Award. She has a busy private practice in Newton, MA. Her clinical work with trauma-affected individuals is focused on coping, self-compassion and upholding the strength of the human spirit.

Elizabeth Schon Vainer, M.S., Waltham, MA, director of Journey to Safety (JTS) the domestic abuse program of Jewish Family & Children's Service and oversees all aspects of the program including direct services advocacy, information and referral services and outreach, awareness raising and prevention education for teens and adults. She worked at the Children's Advocacy Center of Suffolk County (CAC). Elizabeth has a significant track record of building and creating collaborations with varied disciplines and organizations, holds an MS in Organization and Management from Antioch University in Keene, NH. And a BSW from the University of Tel Aviv School of Social Work.

Theme: *«When the War Hits Home: Effective Domestic Violence Prevention and Intervention Methods in Educational Settings»*

Abstract. Family violence, including intimate partner violence and violence against children is a prevalent problem that knows no geographic, political, or racial boundaries. Estimates published by World Health Organization (WHO) indicate that globally about 1 in 3 (30%) of women worldwide have been subjected to either physical and/or sexual intimate partner violence (IPV). Child exposure to domestic violence is estimated at least 50%. In addition, teen dating violence, another form of intimate partner violence, is also prevalent with surveys in the United States placing it at 19%.

Although there is evidence that rates of family violence are higher in areas of armed conflict than in non-conflict-affected settings, there is a lack of systemic reviews of this pernicious problem. Addressing family violence and teen dating violence during the war time and in school settings that are virtual is a complex undertaking and often there is no precedent or a road map.

This workshop will provide the participants with effective, practice-tested methods of engaging the school community as a whole in creating awareness and interventions with students affected by family violence. Specifically, the workshop participants will learn about methods used by domestic violence programs that has forged connections with schools to address the impact of violence in the home and teen dating violence among peers. Using interactive exercises and activities participants will explore ways of applying the US model to the Ukrainian reality of virtual instruction as well as the context of the war – military families, dislocated families, bereaved families.

2. Tatiana Glebova, Ph.D., Licensed Marriage and Family Therapist (California), AAMFT Approved Supervisor and Clinical Fellow, Professor in Couple & Family Therapy Program (Sacramento Branch), Alliant International University/California School of Professional Psychology. She has published more than 30 articles and book chapters and has made numerous professional presentations at national and international conferences on various topics, including family therapy process and training, family relationships, international family therapy, contextual therapy, sociocultural trauma and clinical work with immigrant families. Along with her academic work, she is a practicing family therapist working with immigrant families.

Theme: *«Strengthening relational well-being as a resilience factor in the war situation»*

Abstract. One of the immediate and long-term «casualty» of war is a disruptive effect on human connections within and outside a family. At the same time, fair and trustworthy relationships, the «relational immune system», is a critical protective and resilience factor. In this presentation I will provide a brief research summary on the importance of strengthening relational well-being to decrease negative effects of sociocultural traumas on children and their parents as well as burnout among professionals working with them.

3. Marlene Kenney, MA, LICSW, PhD Candidate, Licensed Independent Clinical Social Worker and holds a Master's Degree in Anthropology. She practices community trauma response and EMDR psychotherapy in Massachusetts. Marlene consults and trains organizations and municipalities across the United States and internationally on trauma informed care, EMDR early interventions, and best practices in responding to collective trauma and grief, as well as delivering direct service in schools, hospitals and organizations post critical incidents. She is a National Child Traumatic Stress Network certified national trainer in Psychological First Aid and Post Traumatic Stress Management trainer for the National Child Traumatic Stress Network. She has worked with the Massachusetts Department of Public Health, Boston Resilience Center, Federal Emergency Management (FEMA/Mass Support) and is a member of the Riverside Trauma Center Critical Incident Team, as well as the EMDR Humanitarian Assistance Programs.

Theme: «*Trauma-informed Care for Students Psychological First Aid: Basics*»

Abstract. This workshop provides a foundational exploration of essential principles in supporting students' mental well-being. Delving into the basics of psychological first aid, participants will gain insights into trauma-informed approaches, fostering a supportive environment for students facing emotional challenges. The session emphasizes that psychological first aid and post-traumatic stress management are rooted in the trauma response approach. This comprehensive session equips educators and support staff with crucial tools to provide compassionate care and promote psychological resilience in educational settings.

4. Wendy Bradley, MS, ATR-BC, CLAT, Director of Supervision, Board Member of First Aid of the Soul, certified, licensed art therapist with over 25 years of experience working directly with children and families in pediatric and psychiatric hospitals, and in school-based systems. She has facilitated creative arts therapy and psycho-educational groups for children, teens, and parents, and worked as a manager of an early intervention city-wide program. for young children. She is also an adjunct professor at Quinebaug Valley Community College.

Theme: «*Creative Learning Approaches Amidst Ongoing Conflict Understanding Trauma in Children*»

Abstract. This workshop offers a profound exploration of working with bereaved children, families in crisis, and children experiencing trauma. Focused on practical experiences, the session provides insights into employing creative learning approaches to support these vulnerable populations. Additionally, the presentation addresses the unique challenges faced by caregivers in crisis and offers strategies to assist them in caring (parenting) during tumultuous times. Join us for a session that delves into real-world experiences, providing valuable perspectives on navigating trauma in children within the context of ongoing conflict.

5. Valentyna Poul, Ph.D. in Psychology, Associate Professor, Head of the Department of Pedagogy and Psychology at the Donetsk In-Service Teacher Training Institute; certified trainer-supervisor, senior consultant in the Problem Management Plus program of individual psychological assistance for adults experiencing distress at Medicos del Mundo. Valentyna is a trainer-supervisor on the organization of an inclusive educational environment in educational institutions, preventing violence against children. For the past 20 years, she has been working on forming models of volitional behavior in preschool and primary school children, psychological and pedagogical assistance, and support for the professional development of teachers during the armed conflict. In addition, Valentyna has many years of experience in counseling children and adults in difficult life circumstances.

Theme: «*Cross-cutting skills of Adaptation and Recovery for Child, Junior, Teenager: Realities of the Experience's psychological and pedagogical Support of Students in the War Conditions*»

Abstract. The issue of introducing the implementation of timely, mobile, and flexible responses to the needs of children, which affect the change of their attitude and stimulate the need to define new goals and master integral competence – the ability to solve various life situations, restore their psycho-emotional state in unfavorable circumstances. The experience of psychological and pedagogical support of education seekers during military actions based on an integral approach by forming cross-cutting skills (CCS) of adaptation to unfavorable life circumstances.

This seminar will provide the participants with five cross-cutting skills for Child, Junior, Teenager to adapt and resume their activities in unfavorable life situations, which include: the ability to recover from hyper anxiety, anxiety, fear; the ability to look for different ways to deal with a situation that worries the child; the ability to regain strength through favorite activities; ability to ask for help resolving situations; the ability to help others and involve friends into common games and activities.

6. Irena Blazevice Pranskeviciute, Social change incubator „Domus solis“. Ph.D. with research focus on organizational and community resilience to shocks. Researcher at international research institutes EMES and OECD. Somatic Therapy practitioner, author of several training methodologies in area of mental health development of children and adults. Facilitator for large system scale processes and organizational consultant in area of transformation and organisational culture. Since 2022 actively involved in supporting Ukrainian refugees: opened a school for refugee children, community co-living spaces and community support and integration programmes. She leads the international project, aimed at supporting Ukraine in area of mental health: Trauma Informed Care rehabilitation services – assistance to persons affected by the unprovoked war against Ukraine“.

Theme: *«Pathway to Resilience and Post-traumatic growth»*

Abstract. This workshop will present complex methodology for psychological rehabilitation and social reintegration of people affected by the war. The particular practices, presented at the session will focus on building resilience and post-traumatic growth on community level. The participants will get acquainted to post-traumatic growth concept, and factors supporting such growth. They will get practical guidelines how to facilitate and to unravel potential of post traumatic growth in the group.

7. Liudmyla Ostapchuk, psychologist-psychotherapist, member of WAPP, UAPP, UUP, EMDR-Ukraine, private practice, work in NGOs "Ukrainian Institute of Positive Psychotherapy and Management", "Eleos-Ukraine", "Mental Health for Business".

Theme: *«Experience of a psychologist-psychotherapist in the rehabilitation process of women affected by war crimes».*

Abstract. The war in Ukraine unexpectedly presented new challenges to our specialists in the field of mental health. The presentation is devoted to the practical experience of the work of a psychologist in a shelter in the first years of the war in the process of rehabilitation of women who suffered from war crimes, injuries and crisis situations. Emphasis is placed on the psychologist's own algorithm for working with victims through the lens of N. Pezeshkian positive psychotherapy methodology integrated with EMDR trauma therapy tools. The generalized results of the cases are also given, taking into account the peculiarities of the mental structure of the individual and emphasizing the importance of preventing professional burnout and secondary traumatization.

8. Larisa Rybyk, Ph.D. in Psychology, Specialist in grief and bereavement. Head of the International Association of Psychologists for Work with Grief and Bereavement, The author of a proven program of psychological assistance when experiencing the loss of a loved one and self-help tools for the bereaved. Author and presenter of training courses for psychologists "Grief Therapy".

Theme: "How to Talk to Children Under 6 About Grief".

Abstract. This seminar will propose a discussion on the protocol for communicating loss and providing psychological support based on the Tale of the Little Fox (a story for children experiencing loss).

REQUIREMENTS TO ABSTRACTS

Please note, that volume of the paper is 3-5 full pages, maximum number of authors of the paper are 3 persons.

The Conference materials will be published online in PDF. Every article will be published online with [DOI](#).

The Times New Roman 12pt font should be used for main text with line spacing 1,0. Paragraph indent should be 10 mm. The page margins and size are given:

Paper size A4: (210×297)

Inside margin: 15mm

Outside margin: 25mm

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Title must be written using 14pt, bold, center. Author's names (without affiliation) should be typed using 12pt font, center. Author's affiliation (institution, address, e-mail) should be given using 10pt font, center. Provide author ORCID ID (if any).

In the beginning of the paper abstract and keywords should be given. Abstract should be about 50 words. Please, use 11pt bold italic font for an abstract and 11pt font for the keywords.

Paper text has to be divided in a number of sections. Section titles should be typed using 12pt, bold, center. For numbering (if it is needed) use Roman number.

All figures must be stored in *.tiff or *.jpg format with the minimum resolution of 300 dpi and sent in attachment together with the paper in one archive (.rar, .zip and .7z allowed). Each figure must have a caption under the figure. For figure captions 12pt, centered font should be used.

Tables must have caption located above the table. Table captions should be written using 12pt font.

When you refer to an equation, a figure, a table, a section or literature references in the text of the paper please use the following expressing: Eq. (1), Eqs. (1) and (2); Fig. 1, Figs. 1 and 2; Table 1, Tables 1 and 2; «Section», [1], [2] (for references).

Proper references formatting is essential for conference papers inclusion in the different bibliographic databases. **Attention! References should be in English only and laid out according to APA style requirements, please use information from the website:**

<https://apastyle.apa.org/instructional-aids/reference-guide.pdf>

The organizational fee for participation in the conference is 10 EUR and covers the costs of editing, typesetting theses, and preparing participant certificates. The purpose of payment must be specified in the receipt: "For participation in the conference (surname and first name of the participant)".

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