



# **POST-TRAUMATIC GROWTH PROGRAM**

## **“UKRAINIAN CIRCLE 2024”**

**June-August 2024**

### **MODULE 1.**

### **Trauma and Healing**

Date: June 3 – June 15, 2024



## ABOUT THE UKRAINIAN PSYCHOLOGICAL CENTER «THE SOUL»

We are an officially registered non-profit organization in Ukraine.

Since the beginning of the war, we've provided over 200 free individual consultations and set up a Crisis Center to help those affected by the war. We've also held online and in-person psychological support groups throughout Europe and Ukraine.

The Ukrainian Circle program was born out of this experience. We successfully launched the first pilot project in the summer of 2023, designed as a psychological recovery holistic program for Ukrainians.

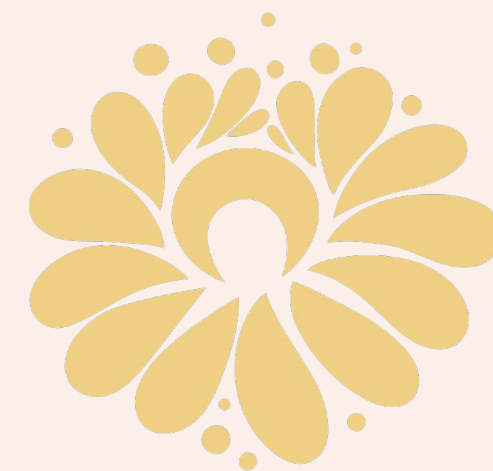
Thanks to the support of compassionate individuals, we could continue this project in 2024.

We wholeheartedly thank everyone who supports our work.  
Your help allows us to develop and continue psychological and spiritual  
recovery initiatives for Ukrainian people.

## ABOUT THE PROGRAM

"Ukrainian Circle 2024" is a free program available to all Ukrainians in need of psychological support and recovery, both in Ukraine and abroad.

Our goal is to help Ukrainians live, work, build relationships, and take care of themselves despite any circumstances. The inner strength and harmony of each individual will have a positive impact on those around them, leading to the restoration of Ukrainian society and the strengthening of the nation.



## OUR PRINCIPLES

The program is built on five key principles of post-traumatic growth, which help participants discover new strengths and meaning in life.

### 1. CONNECTION WITH OTHERS

Participants experience enhanced empathy, stronger relationships, and a deeper sense of closeness with others.

### 2. NEW OPPORTUNITIES

New interests and perspectives emerge, both in work and personal life.

### 3. PERSONAL STRENGTH

Development of confidence, which creates an inner foundation and a sense of self-reliance.

### 4. SPIRITUAL CHANGES

These are not necessarily religious but can include a philosophy of life, core beliefs, hope for the future, or clear goals.

### 5. APPRECIATION OF LIFE

Participants develop gratitude for the good things in life and a desire to help others.



## SCHEDULE OF "UKRAINIAN CIRCLE 2024"

Each module was dedicated to an important area of life. Step by step, these modules helped the participants restore their inner balance, strengthen mental health, and regain confidence in the future.

### MODULE 1

**UNDERSTANDING  
TRAUMA AND RESTORING  
WHOLENESS**

Dates: June 3 – 15, 2024

### MODULE 2

**MANAGING EMOTIONS  
AND ENERGY LEVELS**

Dates: June 17 – 29, 2024

### MODULE 3

**STRENGTHENING  
SELF-ESTEEM AND  
DECISION-MAKING  
ABILITY**

Dates: July 1 – 13, 2024

### MODULE 4

**BUILDING HARMONIOUS  
RELATIONSHIPS**

Dates: July 15 – 27, 2024

### MODULE 5

**FINANCIAL FREEDOM  
AND FULFILLMENT**

Dates: July 29 – August 10, 2024

### MODULE 6

**PLANNING THE FUTURE  
AND PERSONAL MEANING**

Dates: August 12 – 24, 2024



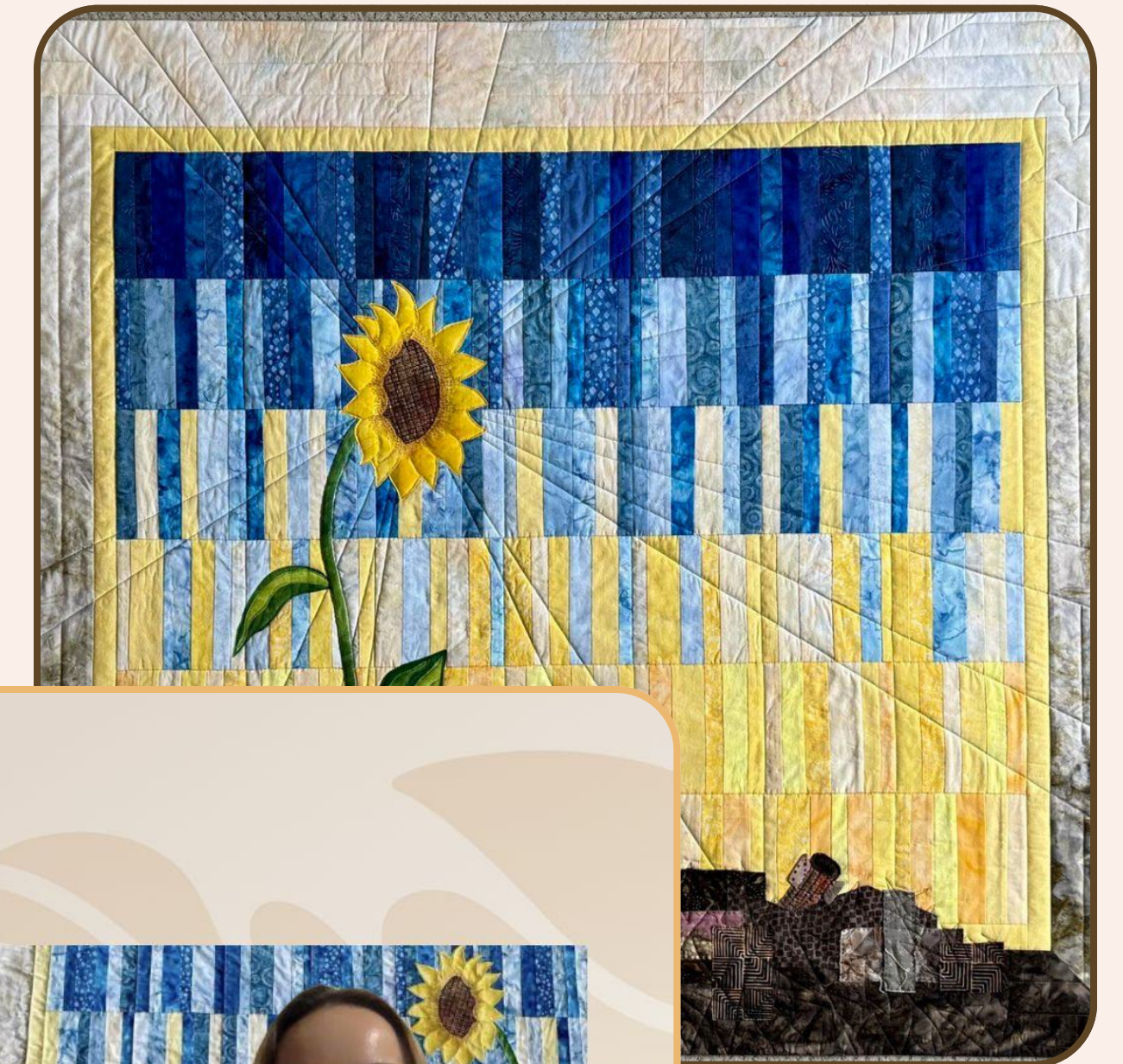
## OUR SYMBOLS

Despite the war, we work for peace. The sunflower, always reaching for the sun, has become a symbol of the resilience of the Ukrainian people and our ability to find light even in the darkest times.

The quilt, created by an American artist Cathy Berk, also symbolizes this struggle for peace. Its patterns weave together pain and hope: ruins, rockets, and a dove — the symbol of the peace we all long for.

The quilt, graciously donated to our Center, has become a symbol of hope, inspiring and enabling us to launch the free "Ukrainian Circle 2024" program for those in need of support.

**This is our collective effort for a better future.**



THE SOUL  
Ukrainian Psychology Center

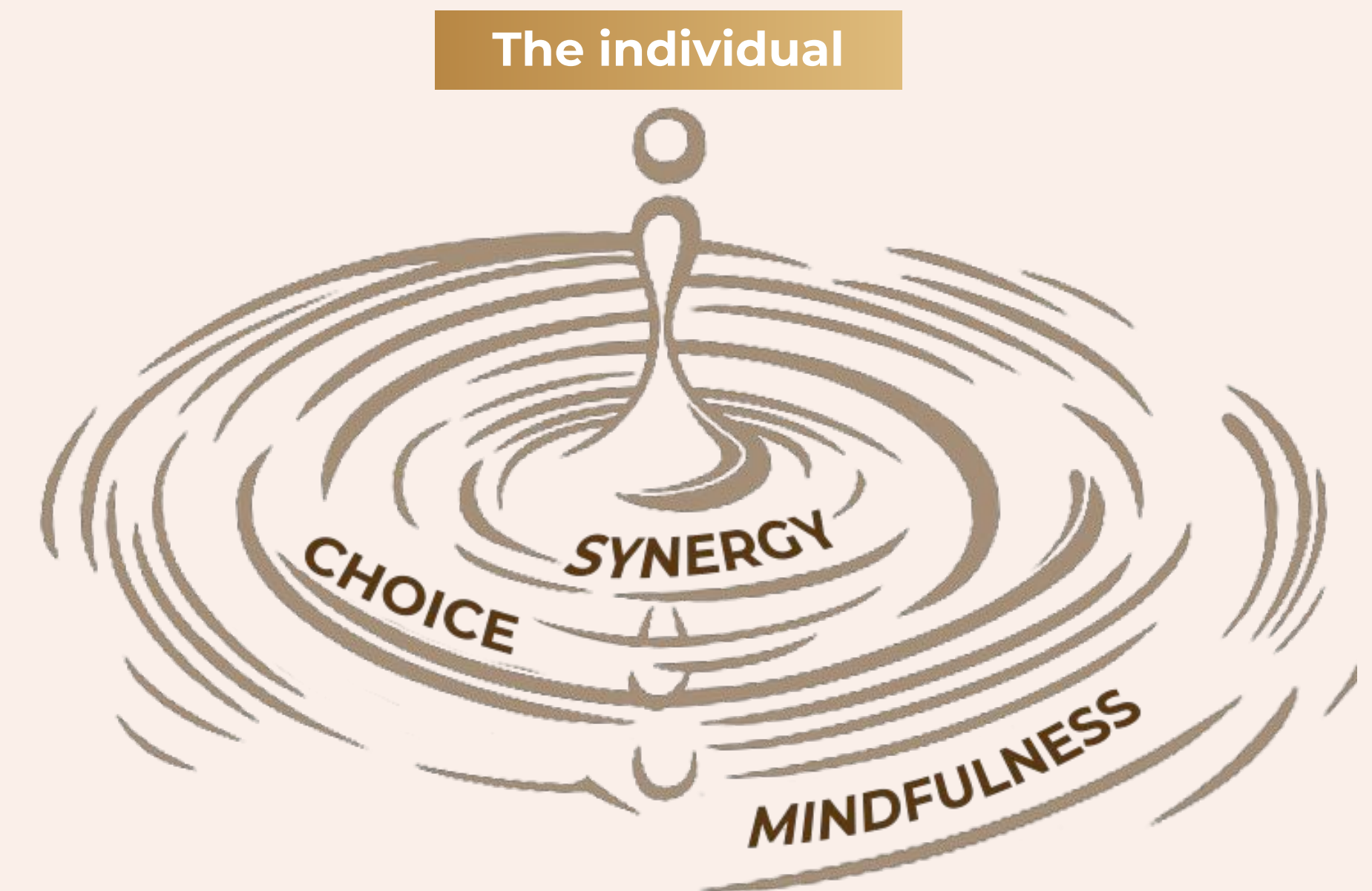


**A STORY OF LOVE,  
SUNFLOWERS, AND FAITH**



## OUR VALUES: A HAPPY PERSON CREATES A HAPPY WORLD

- 1. The individual.** A person's soul, choices, and values shape both their own life and their interactions with the world. This is about self-acceptance, self-reliance, and the freedom to be yourself while respecting others and being part of the community. That's why we work on the individual level.
- 2. Synergy.** When a person finds inner harmony, it strengthens relationships with loved ones and colleagues, and creates an environment for collective growth, healing and development. We believe in the ripple effect of compassion and care.
- 3. Choice.** A system starts with the individual. Changing one element of the system results in changes throughout the whole system. By working with individuals, we simultaneously impact families, communities, and society as a whole.
- 4. Mindfulness.** It's essential to live consciously, with an understanding of your nature of body, mind and spirit, and create peace and well-being but not destruction and suffering.



# HOW "UKRAINIAN CIRCLE 2024" TRANSFORMS LIVES



## 1. Practical self-help techniques

We equip people with effective tools to maintain psychological health and resilience.



## 2. Preservation and development of Ukrainian identity

By restoring historical memory, culture, and national values, we help people feel connected to their roots.



## 3. Post-traumatic growth

We implement global best practices that promote personal growth after traumatic events.



## 4. Breaking the cycle of transgenerational trauma

We work to prevent the transmission of war-related trauma to future generations, ensuring long-term psychological health and peace.



## 5. Fostering unity

Our goal is to bridge societal divides and promote unity among Ukrainians at home and abroad.



## 6. Ripple effect

By helping one person, we create a ripple of change that spreads to families, communities, and society as a whole.



**The Ukrainian Circle 2024 program started with 315 participants.**

**Many participants were already part of the project from last year's Ukrainian Circle.**

**During the program, 204 new participants joined, leading to a positive increase of approximately 64.8%.**

**The program concluded with 540 participants in the Telegram channel**

**This demonstrates a strong and growing engagement throughout the program.**





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psychology center

## MODULE 1: Trauma and Wholeness

This module explores the concept of trauma, its types, and its impact on the psyche, body, and relationships. We examine how traumatic events leave a mark on life and discuss methods for healing.

***Leading Psychologists for Module 1: Maria Vynnytska and Oleksandra Shymanova.***  
***Number of Posts in the Telegram Channel: 24.***  
***Duration of the Therapeutic Group "Trauma and Wholeness": 2 hours.***

The video of the therapy group  
is available for free.





## CONSTELLATIONS PRACTICE (SYSTEMATIC APPROACH) «YOU AND YOUR GOAL»

Participants were able to visualize how close their goals are, identify obstacles in their path, and understand what hinders their progress. This practice provided valuable insights into internal barriers and motivation, helping them better understand how to work towards achieving their desires.



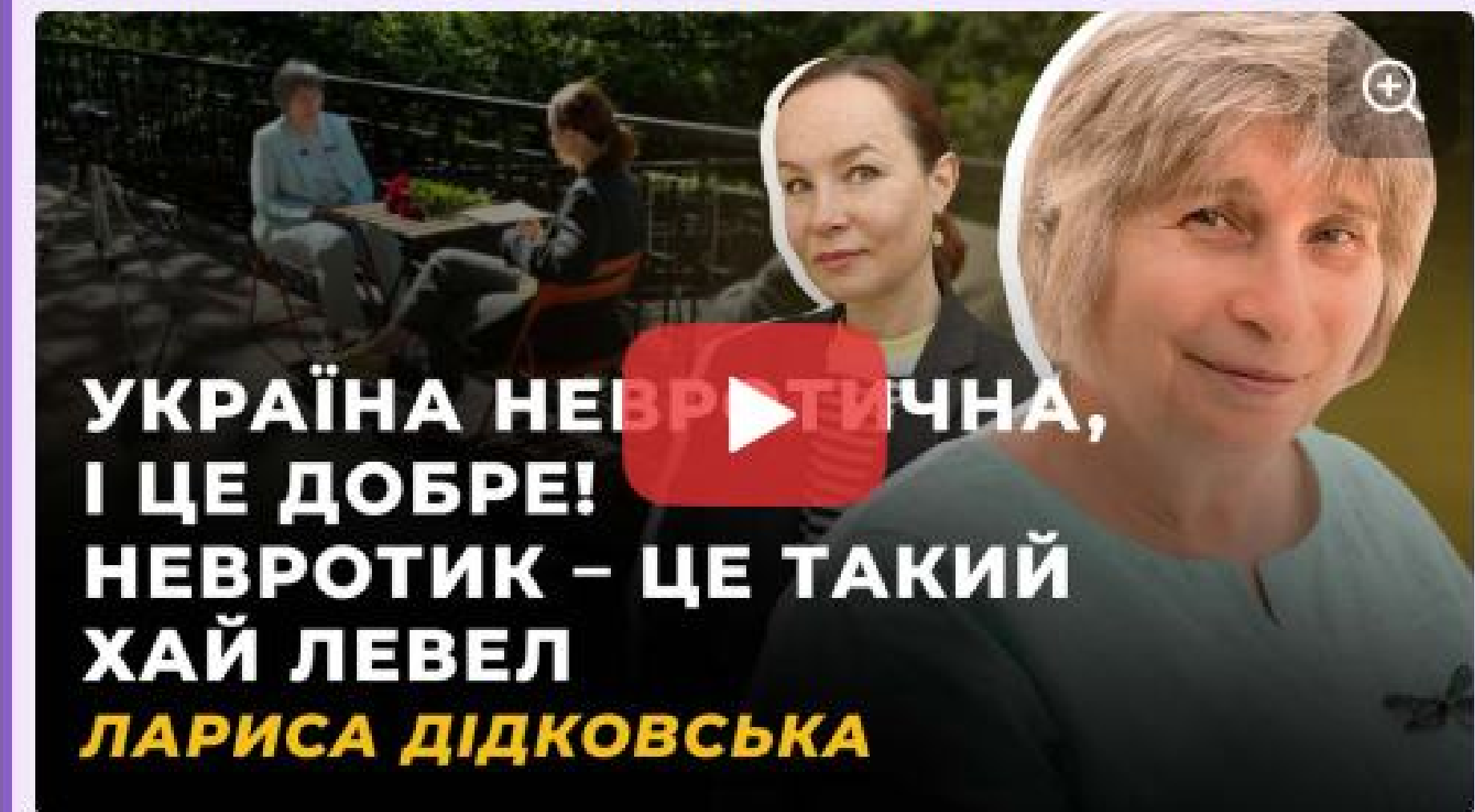
## LECTURE REVIEW: "NEUROSIS, PSYCHOSIS, AND THE SPACE IN-BETWEEN. BENIGN AGGRESSION. THE ART OF CONFLICT"

Participants learned how stable self-esteem impacts mental health, how to manage aggression, and how to resolve conflicts effectively. This lecture provided tools for better self-understanding and maintaining emotional balance.

YouTube

НЕВРОЗ, ПСИХОЗ І ТЕ, ЩО ПОСЕРЕДИНІ. ДОБРОЯКІСНА  
АГРЕСІЯ. МИСТЕЦТВО КОНФЛІКТУ | Жовті Кеди

Лариса Дідковська, психотерапевтка, ректорка Українського  
вільного університету, очільниця Української Асоціації Гешт...





## IN-DEPTH EXPLORATION OF TRAUMA

We explored the factors that influence how people cope with trauma and what helps them do so. Participants gained a deeper understanding of their own experiences and emotional responses.



💔 Різновидів травматичних подій є понад 100 і більше . Психіка потерпає від тих випробовувань, із якими вона зустрічається. 💔

🧐!?! Виникає доречне питання: чому одні люди пораються від потрясінь більш-менш нормально, інші дуже від них потерпають.

✅✅✅ Тут треба знати про чинники, за якими треба визначати це. ✅✅✅

💎 1й чинник - це ІНТЕНСИВНІСТЬ травмуючої події (чи ми впали, і забили коліно, чи в наш дім вдерлися та понищили, ступінь руйнації та деструктивного впливу різна);

💎 2е важливі ІВАШІ ІНДИВІДУАЛЬНІ ПСИХОЛОГІЧНІ ОСОБЛИВОСТІ - тип темпераменту, нервової системи, та способи подолання (як ви обходитеся із негативними подіями в своєму житті "реакції бій-біжи-завмри");

💎 і нарешті, найважливіше "біда, розділена вдвох, стає вдвічі меншою" (Л. Дідковська) . Чи маємо ми ресурсне оточення, для того, щоб собі з цим порадити? Комуś є з ким розділити біду, а хтось залишається із нею сам на сам.

👉👉 Визначте і напишіть нам, який з чинників для вас найвпливовіший, який служить, і допомагає + , і який "в мінусі"? —





# IN-DEPTH EXPLORATION OF TRAUMA

To support this process, we have curated a selection of books on trauma. This literature aids in better understanding one's experiences and offers pathways to healing and restoring inner balance.





## 7 AREAS AFFECTED BY TRAUMA

In the upcoming posts, participants gained valuable insights into the 7 key areas that trauma can impact:

1. *Emotional Well-Being*
2. *Physical Health*
3. *Interpersonal Relationships*
4. *Work and Career*
5. *Self-Esteem and Self-Respect*
6. *Personal Development*
7. *Spirituality and Worldview*

Understanding the impact of trauma is the first step towards healing.





## POLL: "WHICH AREAS OF YOUR LIFE DO YOU THINK ARE MOST AFFECTED BY YOUR PSYCHOLOGICAL TRAUMA?"

The most common responses were:

**56%** — Interpersonal relationships, the ability to love, be close, and trust.

**53%** — Work, career, professional fulfillment, and earning capacity.

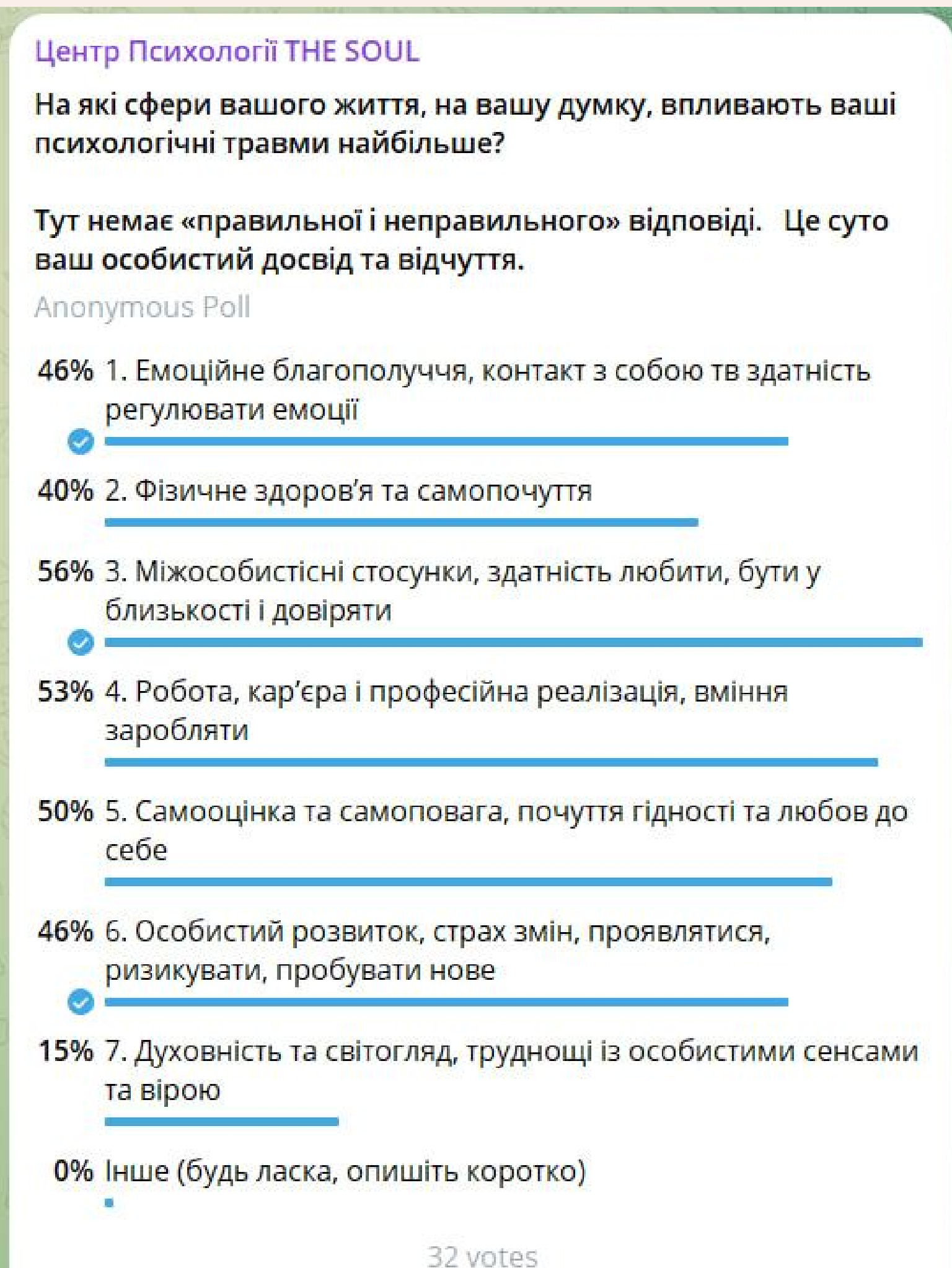
**50%** — Self-esteem and self-respect, sense of dignity, and self-love.

**46%** — Personal development, fear of change, self-expression, taking risks, trying new things.

**46%** — Emotional well-being, self-awareness, and emotional regulation.

**40%** — Physical health and well-being.

**Number of participants: 32.**





## ARTICLE ON SECONDARY TRAUMA

The article "How to recognize witness trauma and other types of secondary trauma" helped participants understand that traumatic events affect not only those who directly experience them but also those who witness them or even just hear about them.



**NV**  
Важливі симптоми. Як розпізнати травму свідка та інші типи вторинної травматизації  
Навіть якщо ви не були безпосереднім учасником травматичних подій, вам може знадобитися психологічна д...

**Марія Винницька**  
Психоаналітик, бізнес-коуч

**НВ** ПОГЛЯДИ

⚡ INSTANT VIEW

👍 9 🙏 3 ❤️ 1

👁 172 Mariya V..., edited 14:51

## THERAPEUTIC GROUP: "TRAUMA AND WHOLENESS"

The Zoom meeting with psychologists took place at 11:00 AM on Saturday, June 15, 2024.

### Session Leaders:



Mariya  
Vynnytska



Oleksandra  
Shymanova

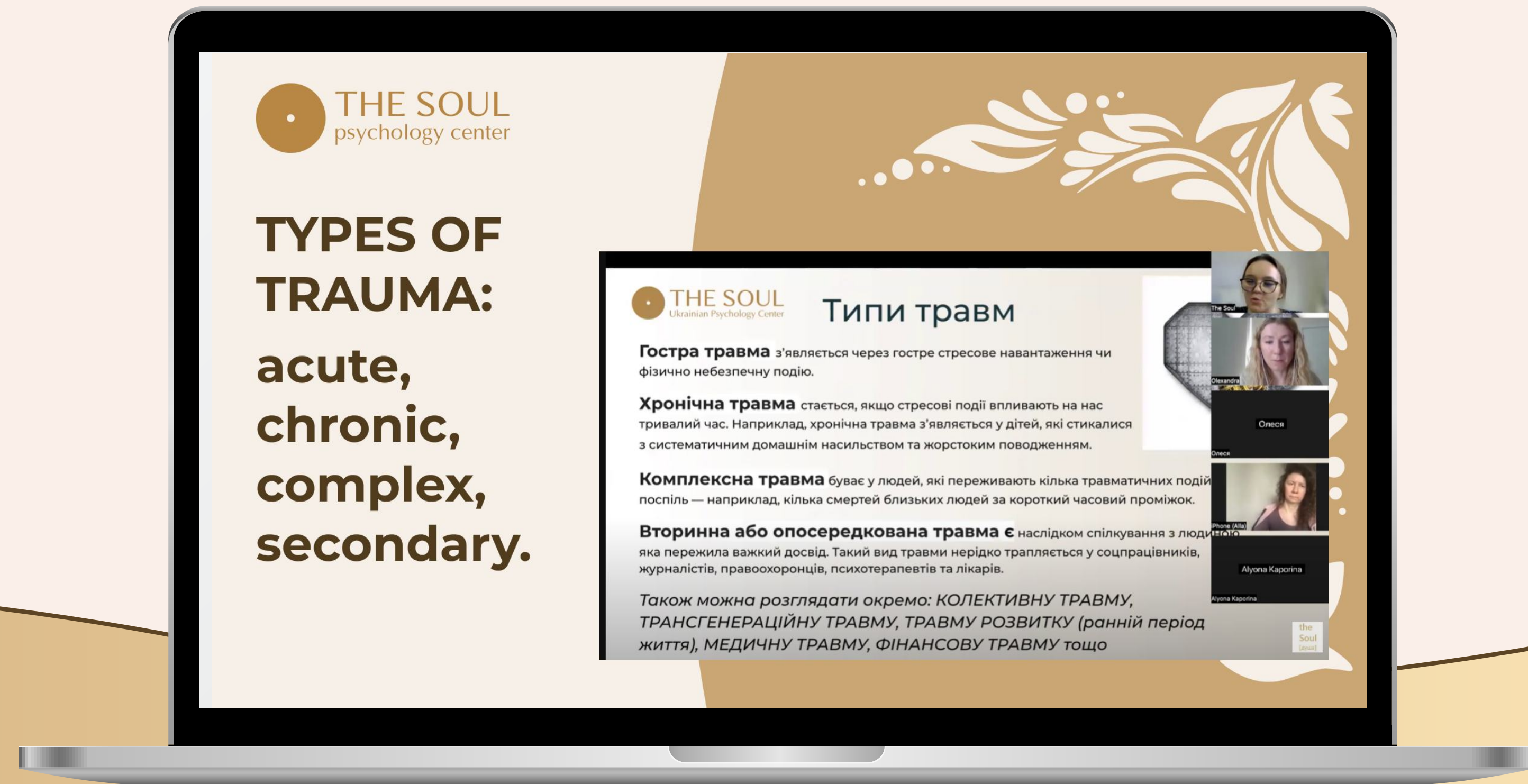






In the first part of the therapeutic group, we explored how trauma affects various aspects of our lives — ranging from physical health to emotional well-being and relationships.

This helps participants recognize the changes needed for healing and returning to a whole and fulfilling life.





Using Franz Rupert's model of psychological fragmentation, participants visually observed what happens to the psyche during a traumatic event and where fragments of oneself can "disappear".



## THE MODEL OF THE SPLIT OF THE HUMAN PSYCHE

according to  
Franz Ruppert.

THE SOUL  
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Розкол психіки за Францом Рупертом

Раскол психики после травматического опыта

Травмована частина

Виснажлива частина

Здорова частина

© PROF. DR. FRANZ RUPPERT

THE SOUL  
Ukrainian Psychology Center

Олеся

Алиона Капорина



## PRACTICE: "LIFE LINE"



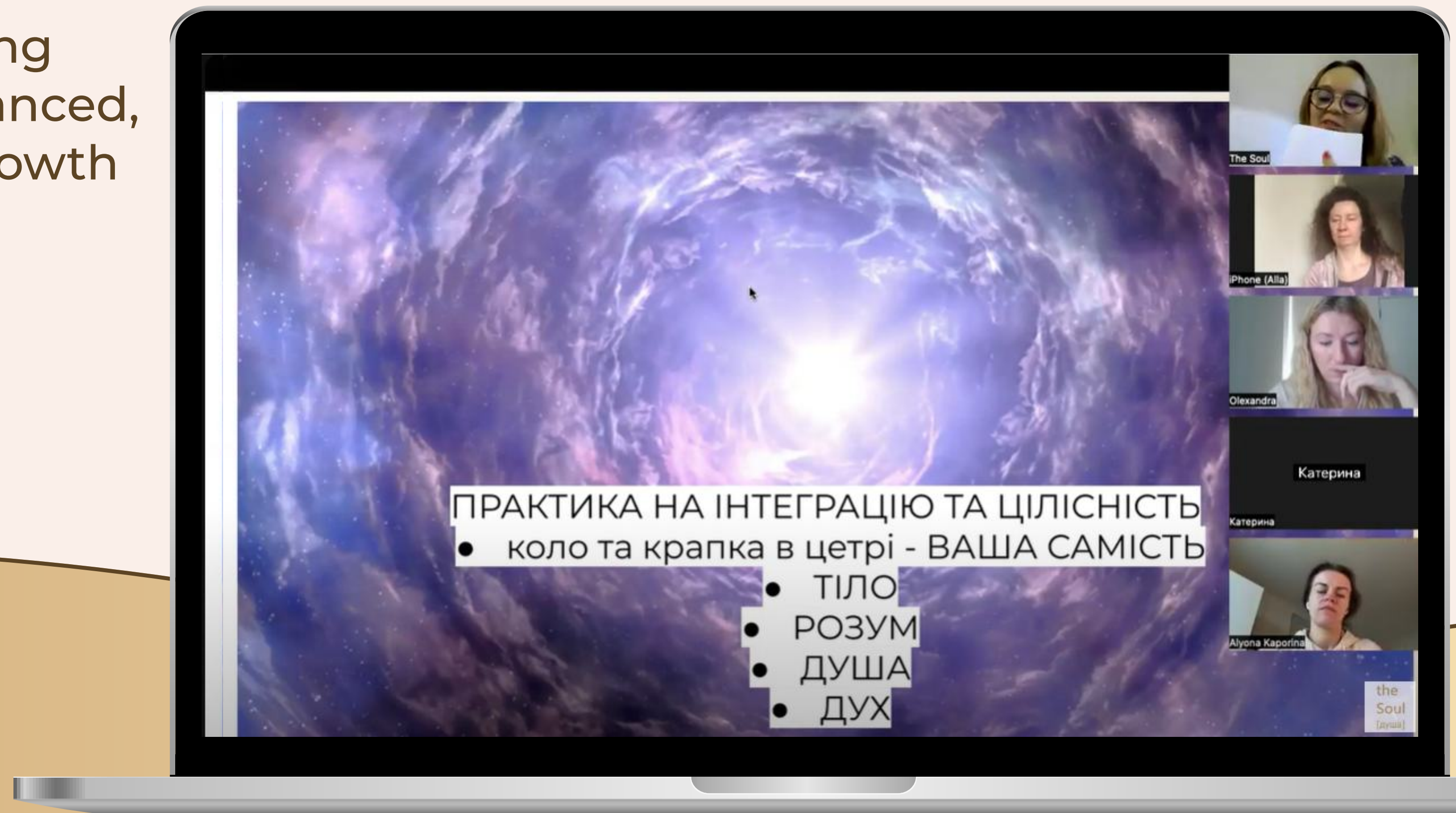
This practice helped participants locate and reclaim lost parts of themselves that had been separated due to traumatic events. By focusing on their own sensations rather than the trauma itself, they learned to restore connection with those aspects of their soul that need healing.



# INTEGRATION AND WHOLENESS PRACTICE



This practice focuses on uniting all aspects of one's personality — body, mind, soul, and spirit — into a cohesive whole. It provides tools for restoring wholeness and helping individuals feel complete and balanced, a crucial step towards personal growth and a harmonious life.



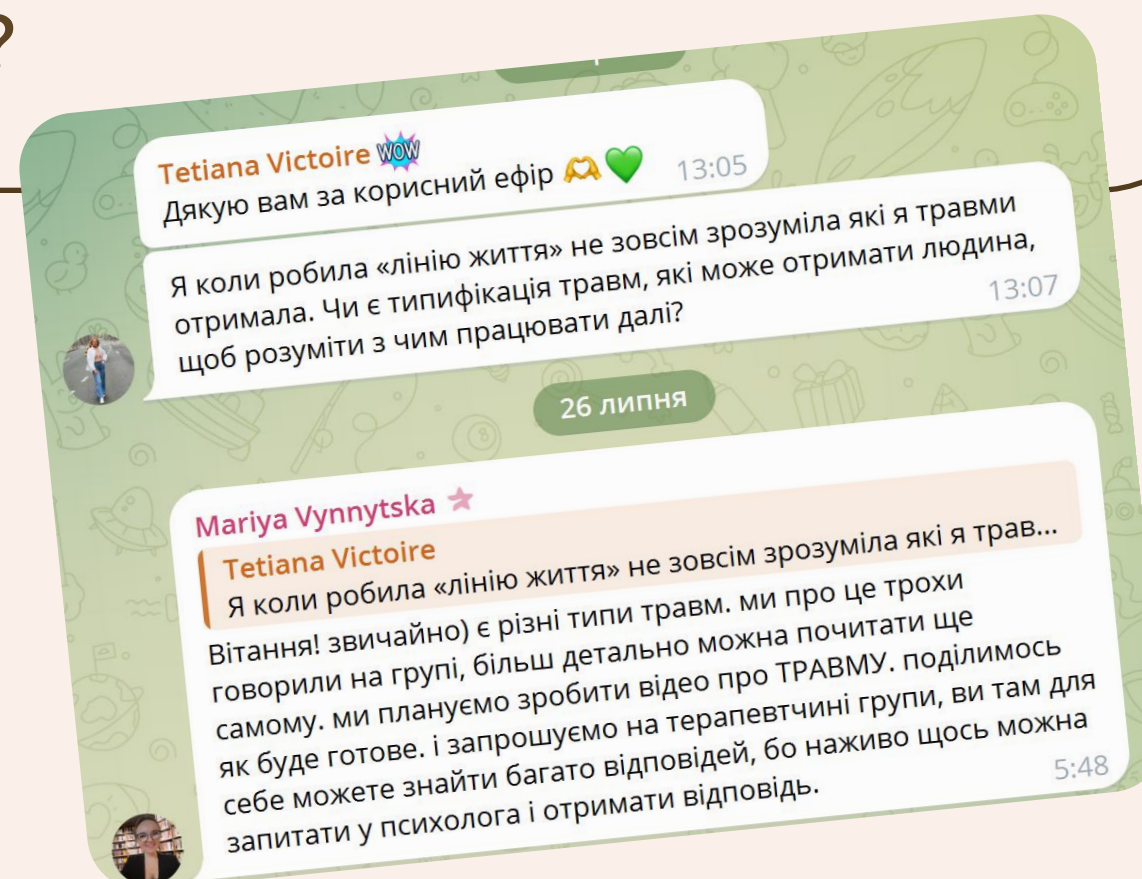


## PARTICIPANT FEEDBACK

“Thank you so much for the information. I had heard a lot of different things before, but now everything has been systematized and formed into a coherent picture. Understanding what trauma is and how to work with it is very valuable — thank you!”

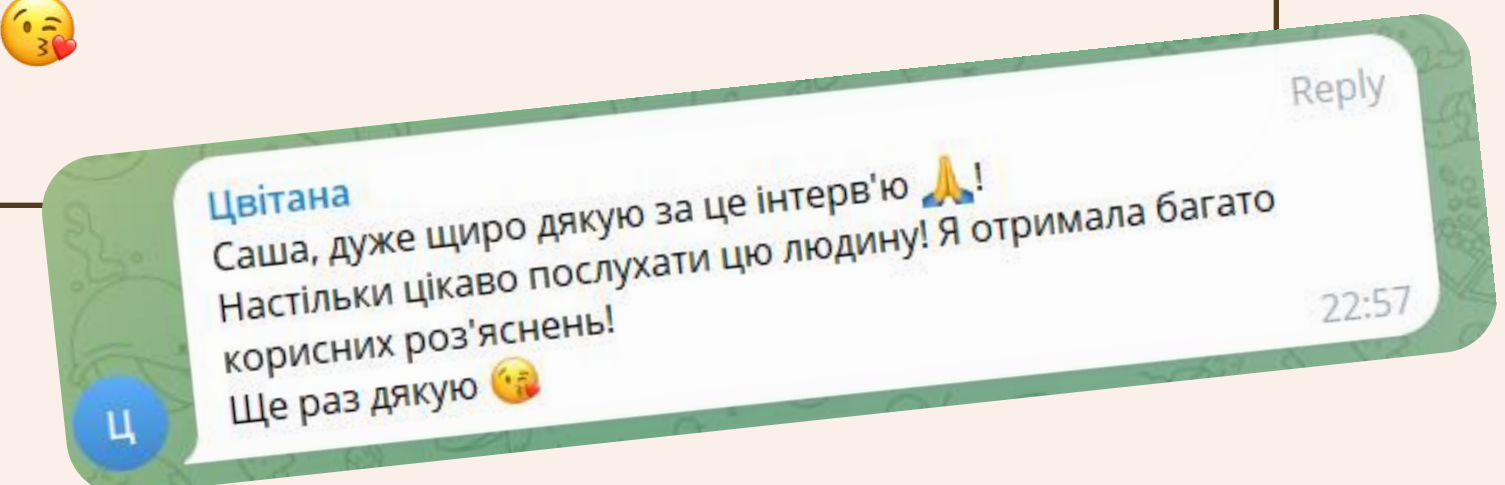
1

Thank you for the helpful session 🙏💚  
When I did the "Life Line" exercise, I didn't fully understand what traumas I had experienced. Is there a classification of trauma that can help me understand what to work on next?



2

Sasha, thank you so much for this interview 🙏! It was so interesting to listen to this person! I got a lot of useful insights! Thanks again 🥰



## PARTICIPANT FEEDBACK

3

Hello! Thank you for the advice! I did the practice. Currently, I have a problem with my car's transmission. Repairing it isn't cost-effective, so I'm considering buying a new one. I placed the keys as my desire and a water bottle to represent myself. When I put my phone next to the keys, I felt not just a desire, but a passionate longing, as they say, 'my eyes lit up.'

The situation is that I'm unsure which car to buy, given the lack of funds for a new car like the one I want. The old one has already caused issues. My husband is neither providing financial support nor approving of my desire for a new car, and he disapproves of taking out loans. I also feel concerned about what the neighbors will think (I'm currently in Belgium), as they drive older cars while I've been working on a temporary contract for a year and am considering buying a new car.

**Valentyna**  
Добрий день! Дякую за пораду! Зробила цю практику. Наразі маю проблему з коробкою передач в моєму авто. Ремонтувати не вигідно, тому є бажання купити нове. Ось я поклала ключі, як своє бажання і пляшку для води замість себе. Коли доклала до ключів мобільний телефон, з'явився відчуття не просто бажання, а пристрасного бажання, як уажуть" очі загорілися".  
Ситуація така, що я вагаюся щодо яке авто купувати, зогляду відсутності коштів на нове авто, таке як я хочу. А зі старим вже трапилася халепа. Фінансової ідтримки збоку чоловіка немає і не буде + засуджує мене що я хочу нове авто, кредити не схвалює...  
І ось я себе відчула, що крім несхвальної думки чоловіка є ще таке "... а що скажуть сусіди ( я зараз в Бельгії), в них старі авто, а я тут рік як працюю на тимчасовому контракті і нове авто взяла..".

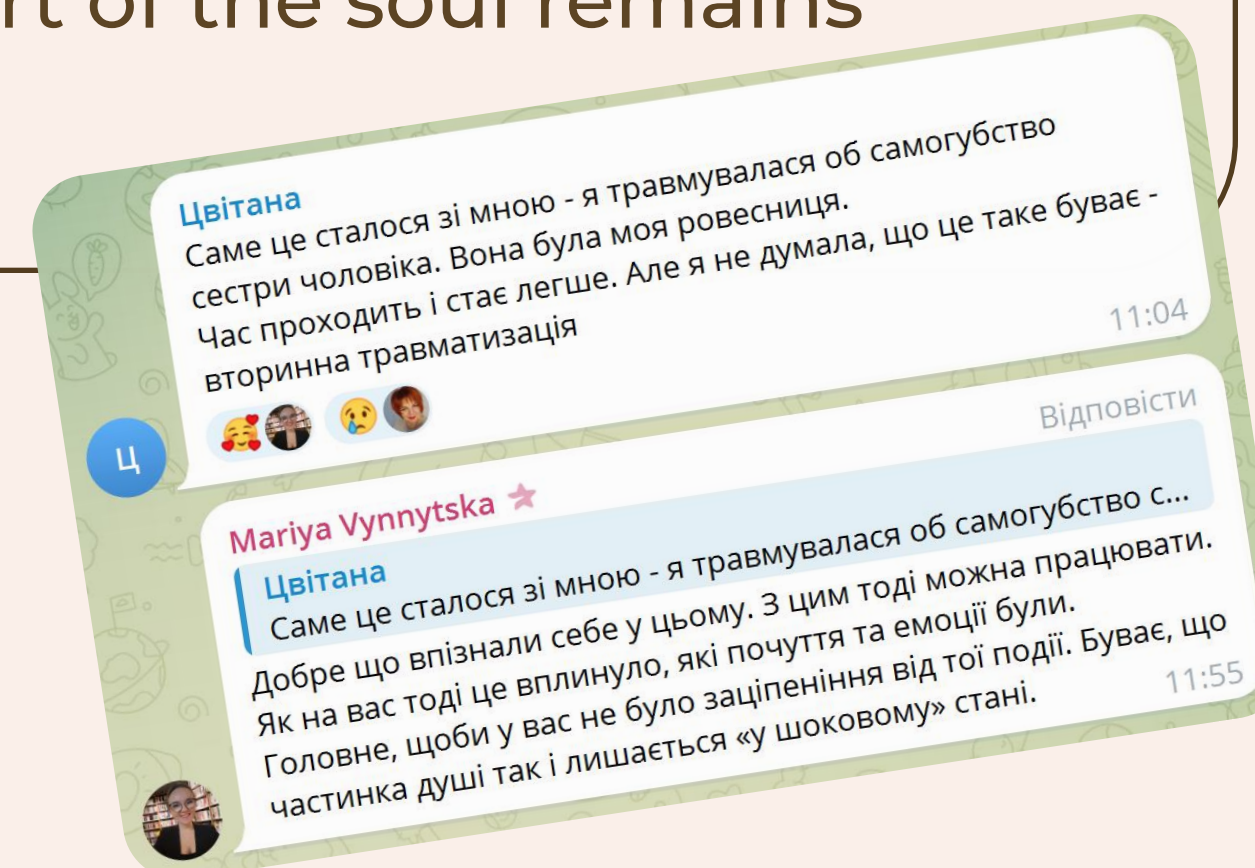


## PARTICIPANT FEEDBACK

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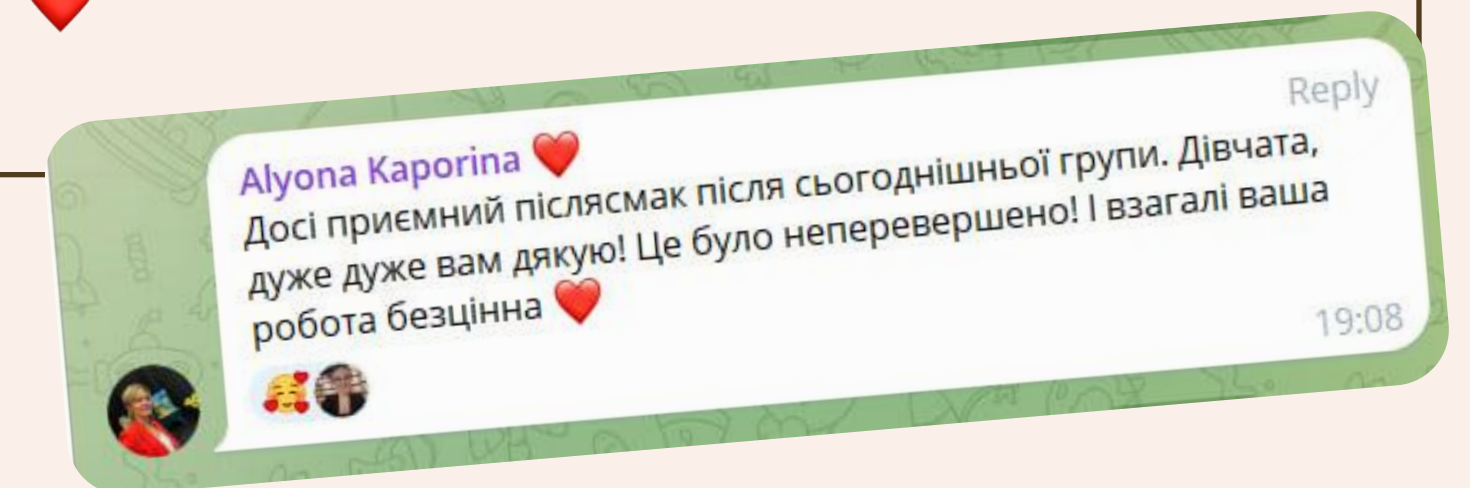
That's exactly what happened to me — I was traumatized by my brother-in-law's sister's suicide. She was my age. Time passes and it gets easier, but I didn't realize secondary traumatization was even a thing.

I'm glad I recognized it in myself. You can work on it once you identify it. How did it affect you, what feelings and emotions did you experience? The main thing is to avoid being numb from the event. Sometimes a part of the soul remains 'shocked'.



5

I'm still savoring the pleasant aftertaste from today's group. Girls, thank you so, so much! It was incredible! And your work is priceless ❤️





## PROJECT TEAM



**Olexandra Shymanova**  
Co-founder and Lead  
Psychologist



**Mariya Vynnytska**  
Co-founder and  
Lead Psychologist



**Yana Druzhko**  
Project Manager



**Iryna Roienko**  
Psychologist



**Anna Zhuravliova**  
Psychologist



**Polina Trofymenko**  
Financial Expert



**Yevhenii Vynogradov**  
Technical Support



## OUR PARTNERS



**Dr. Katie Eastman**  
Clinical Advisor  
and Coaching



**Elisabeth Kübler-Ross Foundation**  
Education and  
Strategic Partnership



**World Consciousness Alliance**  
Key Support for  
Ukrainain Circle



**Solve +1**  
Mentorship,  
Fundraising and  
Strategy Development



**Liese Groot-Alberts**  
Key support for the  
Crisis Center and  
Team Healing



**Renovare ltd**  
Spiritual Support  
and Strategic  
Guidance



**Alfa Gold Consulting**  
Accounting and  
Legal Support



**ARGUNOVA**  
Information  
Partner



**Japan Offspring Fund**  
International Relations  
and Community  
in Japan



**PallChase**  
Communication  
and Spiritual Support



**GWish**  
Training and  
Spiritual Support



**International Institute  
of Applied Psychology and  
Constellations Practice**  
Clinical Supervision  
and Training

## THANKS TO OUR PARTNERS AND FRIENDS

- **Elizabeth Kübler-Ross Foundation (EKRF)** — for your ongoing support and assistance in advancing our initiatives to help people heal from losses and grief.
- **Ken Ross (President of the EKRF, USA) and Joan Marston (Vice-President, EKRF, South Africa)** — for your faith in our mission and unwavering support.
- **Cathy Berk (USA)** — for your support of Ukraine, prayers and the most beautiful quilt for peace, without which "Ukrainian Circle 2024" would not have been possible.
- **Dr. Katie Eastman (USA)** — for your mentorship, compassion and supervision, which helped us grow professionally and heal personally.
- **Santosh Govindaraju (USA / India)** — for making the creation of the Ukrainian Circle possible.
- **Danny and Julie Ng, Founders and Directors of Renovaré Pte Ltd (Singapore)** — for your spiritual guidance, prayers, friendship and care.
- **Elaine Tay and Seah Cheng (Singapore)** — for your creativity, for taking a leap of faith and creating a beautiful story telling campaign about Ukraine and the work of THE SOUL.

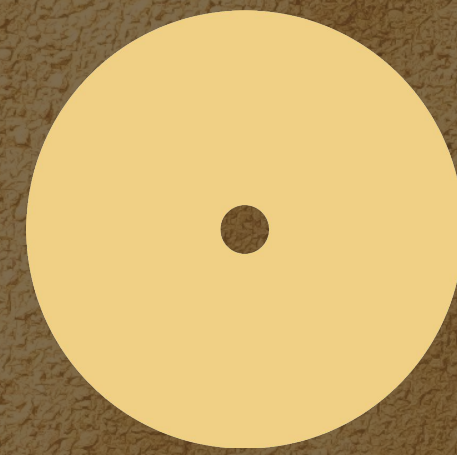


## THANKS TO OUR PARTNERS AND FRIENDS

- **Inna Kolomet (Director of International Institute of Applied Psychology and Constellations Practice, Ukraine)** — for your guidance, supervision and clinical support.
- **Liese Groot-Alberts** — for helping our team heal and being the first person, together with the community in New Zealand, to support our work of the Crisis Center in 2022.
- **Kenneth Heng** — for your mentorship and strategic guidance, and making a relief funding for THE SOUL possible.
- **Ann Toh (MD, Children's hospice physician, Singapore)** — for your caring heart and making many miracles possible for the work of THE SOUL.
- **Christina Puchalski and Richard Bauer** — for your prayers, spiritual guidance, friendship and care.
- **Junichi Kowaka (Founder and Director of Japan Offspring Fund)** — for having a heart for Ukrainian communities, supporting the children and saving many lives in Ukraine.

Your support inspires us every day to create projects that offer hope for the future to a traumatized Ukrainian society. Thanks to you, we believe that our wounds will heal, and Ukraine will become a happy, peaceful, and flourishing nation.





**THE SOUL**  
psychology center

## **CONTACT US**

**Our website:** <https://ukrainiancircle.com.ua/en>

**LinkedIn Page:** <https://www.linkedin.com/company/thesoul-center/>

**Learn more about the program:** <https://www.ukrainiancircle2024.com/>

**Support our work:** <https://ukrainiancircle.com.ua/en/donate>

**Telegram Channel:** <https://t.me/psysoulcenter>

**Module materials:** [available here.](#)

**Group recording:** [view here.](#)

**Our YouTube Channel:** [view here.](#)