



POST-TRAUMATIC RECOVERY PROGRAM

“UKRAINIAN CIRCLE 2024”

June-August 2024

MODULE 3.

Self-Esteem and Decision-Making

Dates: July 1 – July 13, 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.

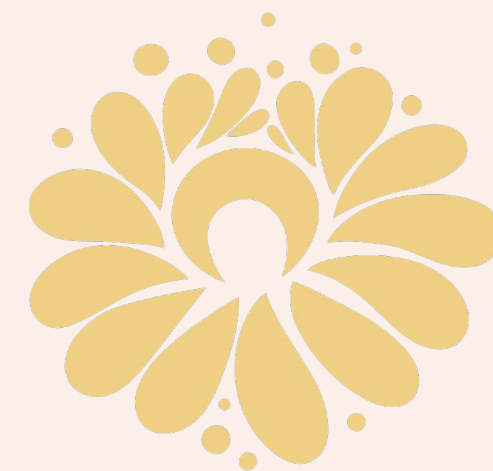
Thanks to the support of compassionate individuals, we could continue this project in 2024.

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

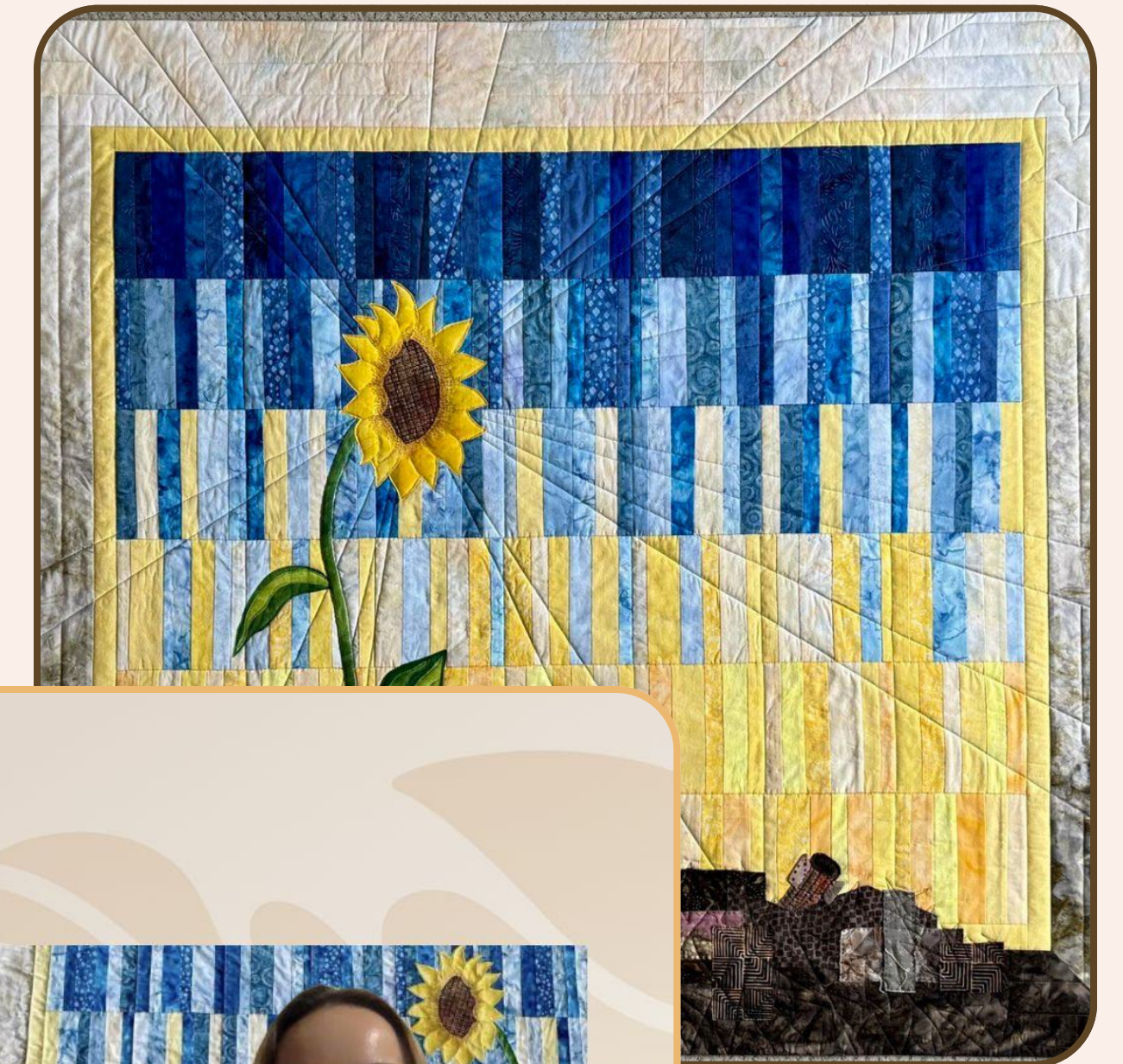
OUR SYMBOLS

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.



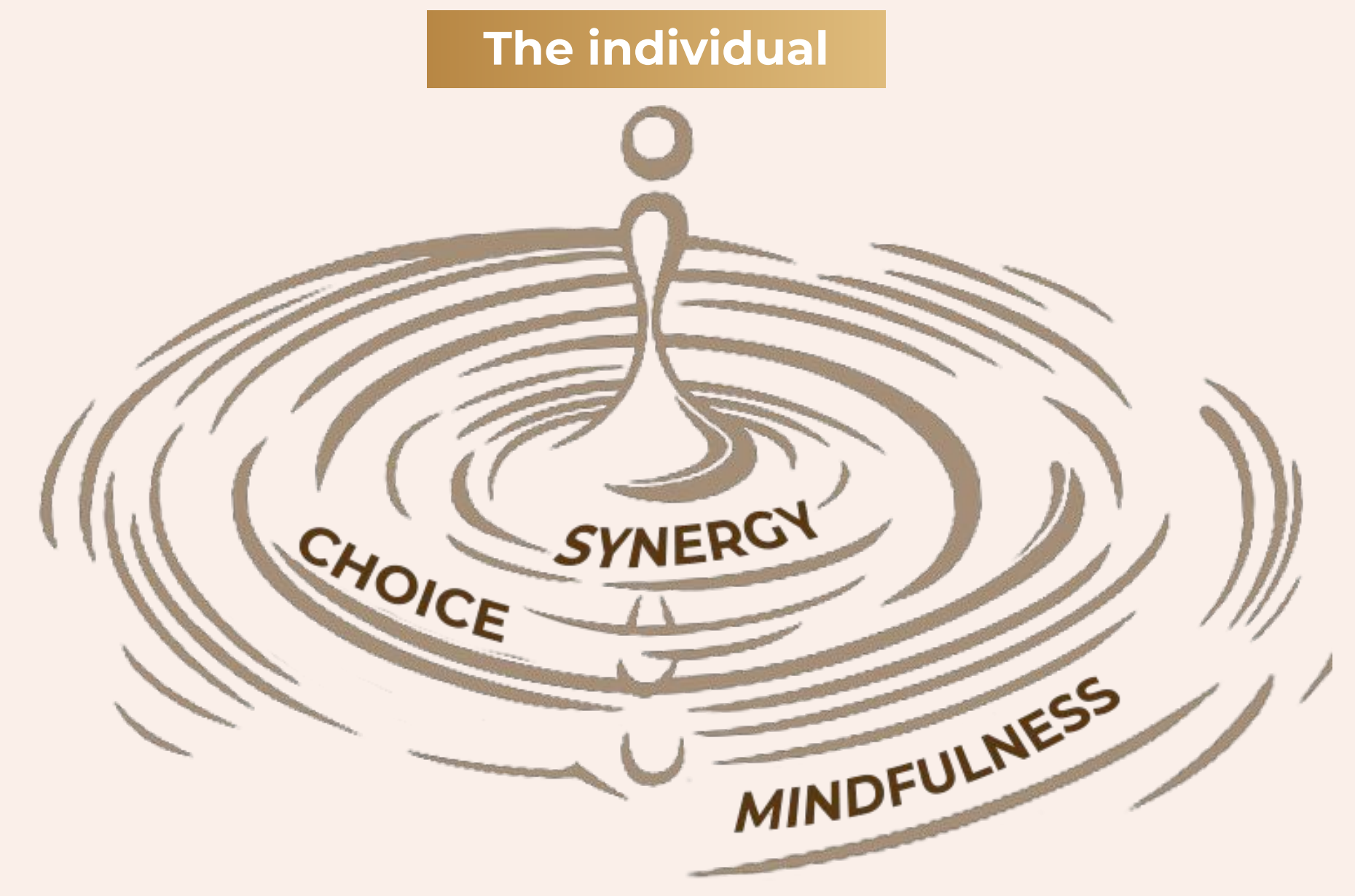
THE SOUL
Ukrainian Psychology Center



**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.



MODULE 3: Self-Esteem and Decision-Making

This module covers the concepts of self-esteem and decision-making. We explored how self-esteem is formed, worked on building confidence, and learned how to make decisions based on personal values and self-respect. These topics are crucial right now for many people, as the war has shattered numerous internal and external supports. Our goal in this module was to restore these foundations and enhance the participant's ability to make decisions in challenging circumstances.

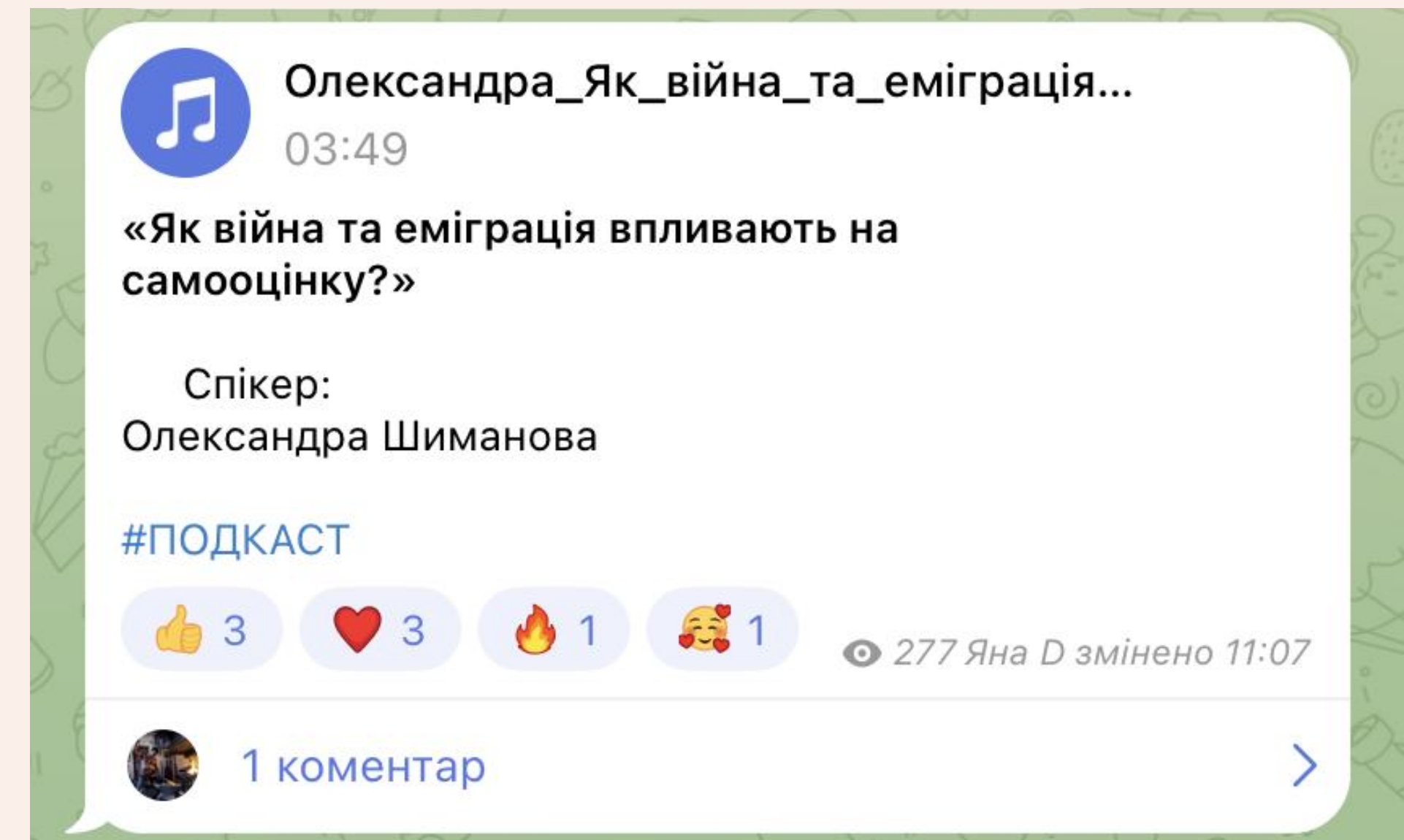
Leading Psychologists for Module 3: Mariya Vynnytska, Oleksandra Shymanova, Anna Zhuravleva, and Iryna Royenko.
Number of Posts in the Telegram Channel: 52.
Duration of the therapeutic group "Self-Esteem and Decision-Making" — 2 hours.

The video of the therapy group
is available for free.



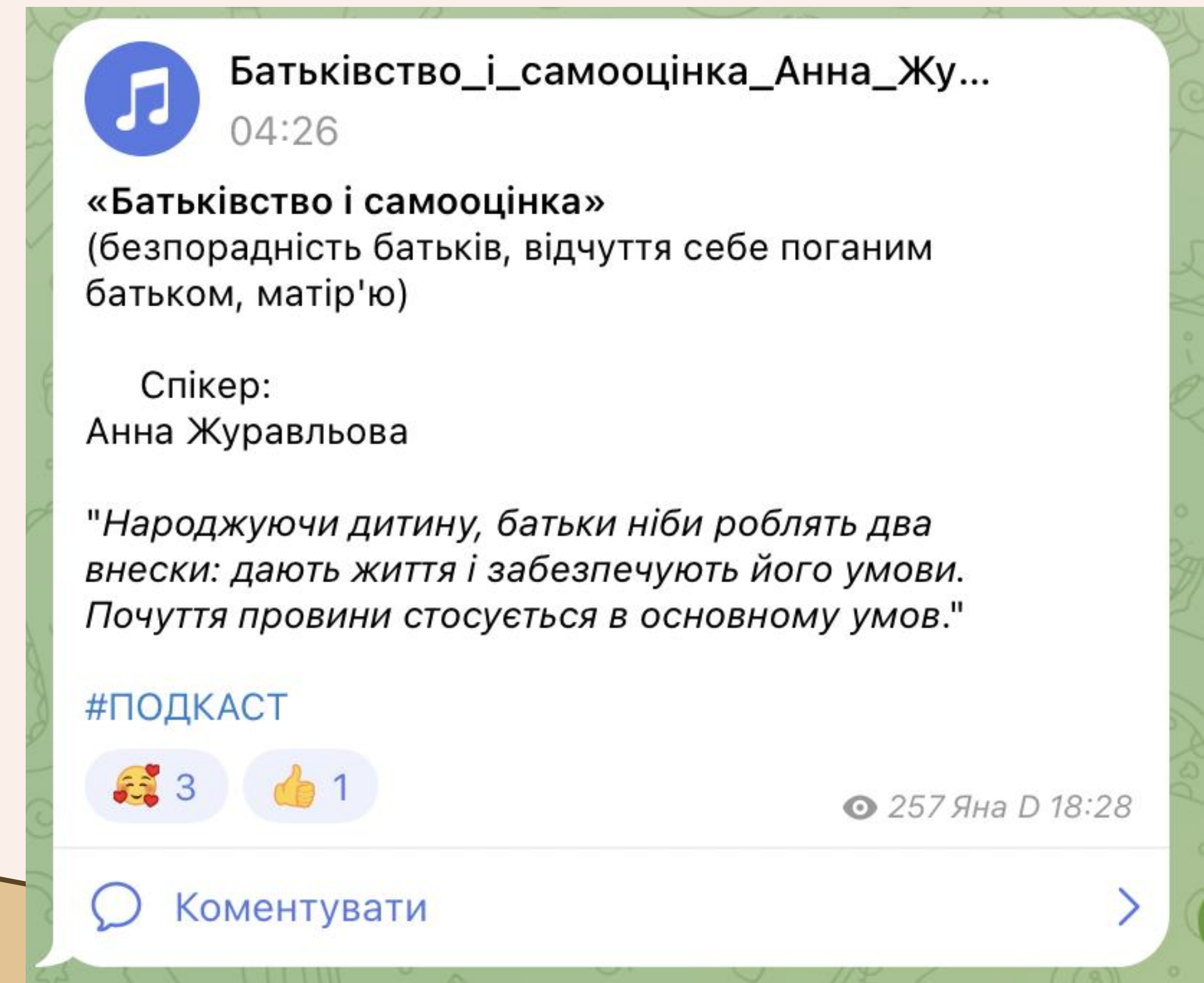
PODCAST “HOW DO WAR AND EMIGRATION AFFECT SELF-ESTEEM?”

Oleksandra Shymanova hosted a podcast where she explained how, in the face of total uncertainty and constant destruction, we feel the fragility of our self-esteem and self-worth.



PODCAST "PARENTING AND SELF-ESTEEM"

Speaker and project psychologist Anna Zhuravleva shared insights on how parents' feelings of helplessness and perceiving themselves as bad parents can affect their self-esteem. Participants learned the importance of recognizing and overcoming these emotions in time.



SIGNS OF LOW SELF-ESTEEM

Participants discovered common signs of low self-esteem:

1. Trying hard to help everyone.
2. Being overly sensitive to criticism.
3. Avoiding social interactions.
4. Canceling personal plans at the last minute for someone else.
5. Constantly worrying about what others think.
6. Lacking personal goals, desires, and priorities.

Now, they better understand their own behavior and recognize the importance of working on improving self-esteem.



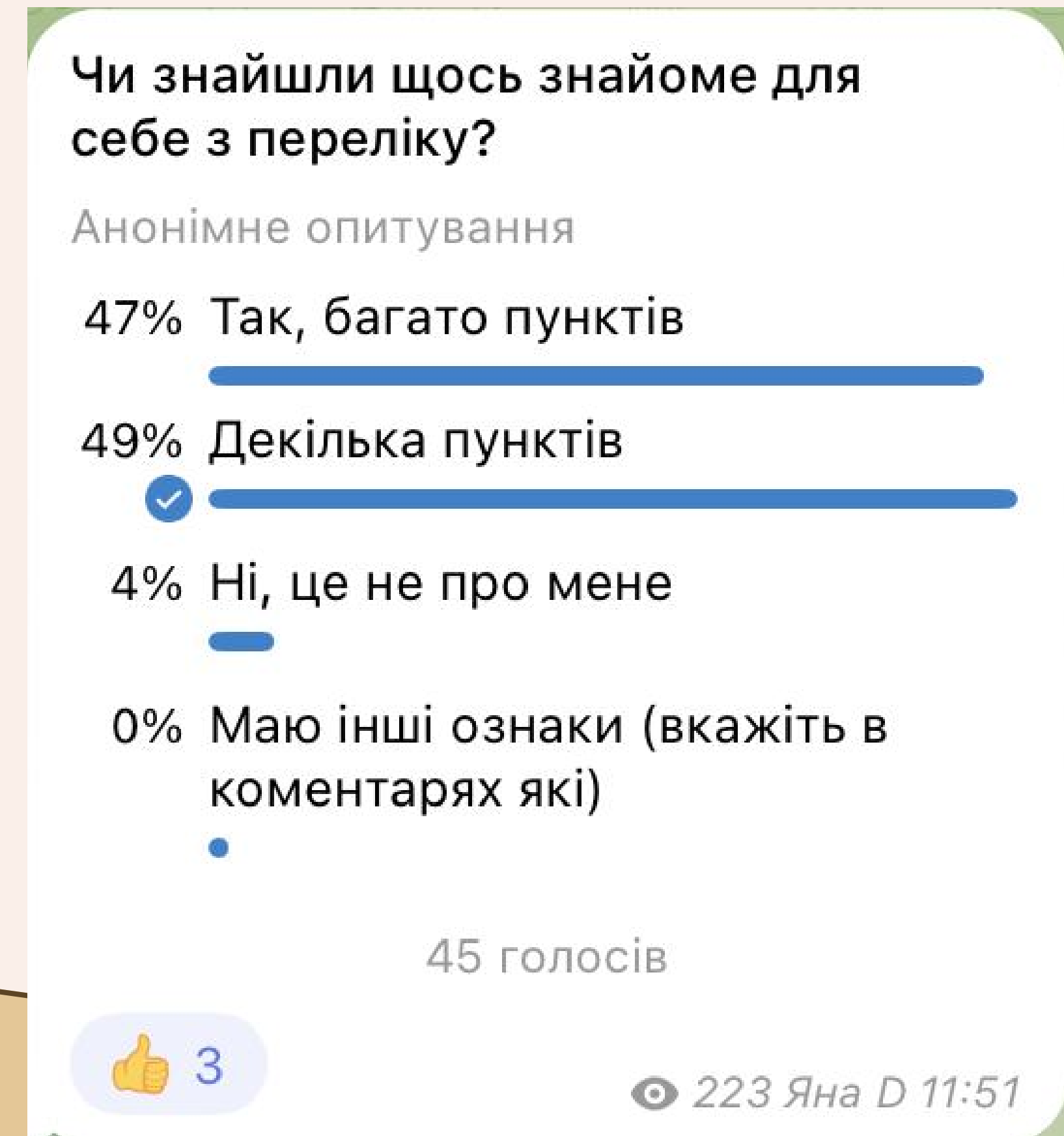
POLL ON RECOGNIZING THESE SIGNS IN ONESELF

The most common responses were:

47% — Yes, many points

49% — A few points

4% — No, this doesn't apply to me



BREATHING TECHNIQUE "SQUARE"

Members learned the Square breathing technique to quickly manage emotions. This method helps in stressful situations, allowing you to better control your emotions and quickly relieve tension.



POLL: "YOUR SELF-ESTEEM GROWS WHEN..."

Most common responses:

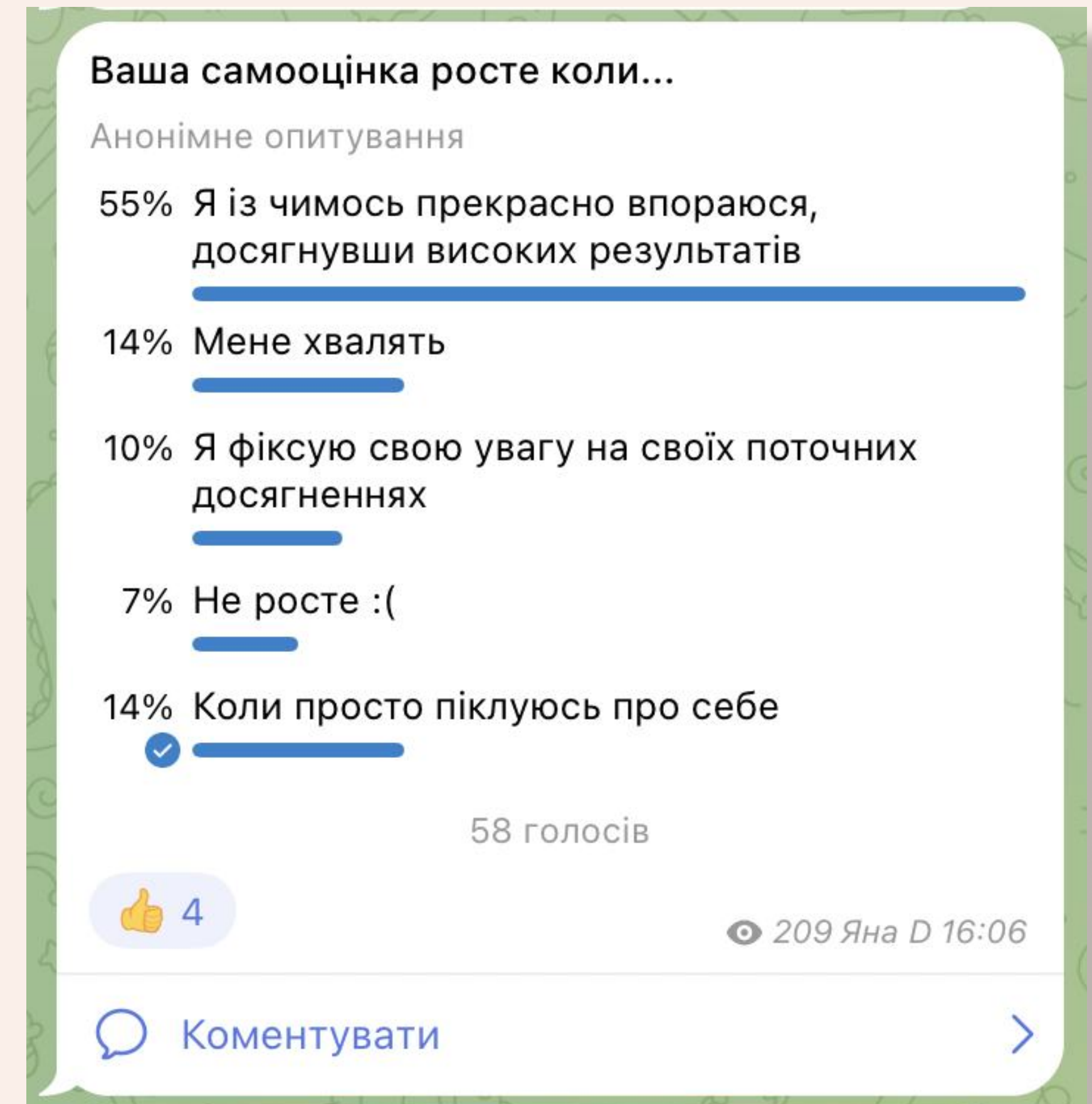
55% — I handle something well, achieving high results.

14% — I receive praise.

10% — I focus on my current achievements.

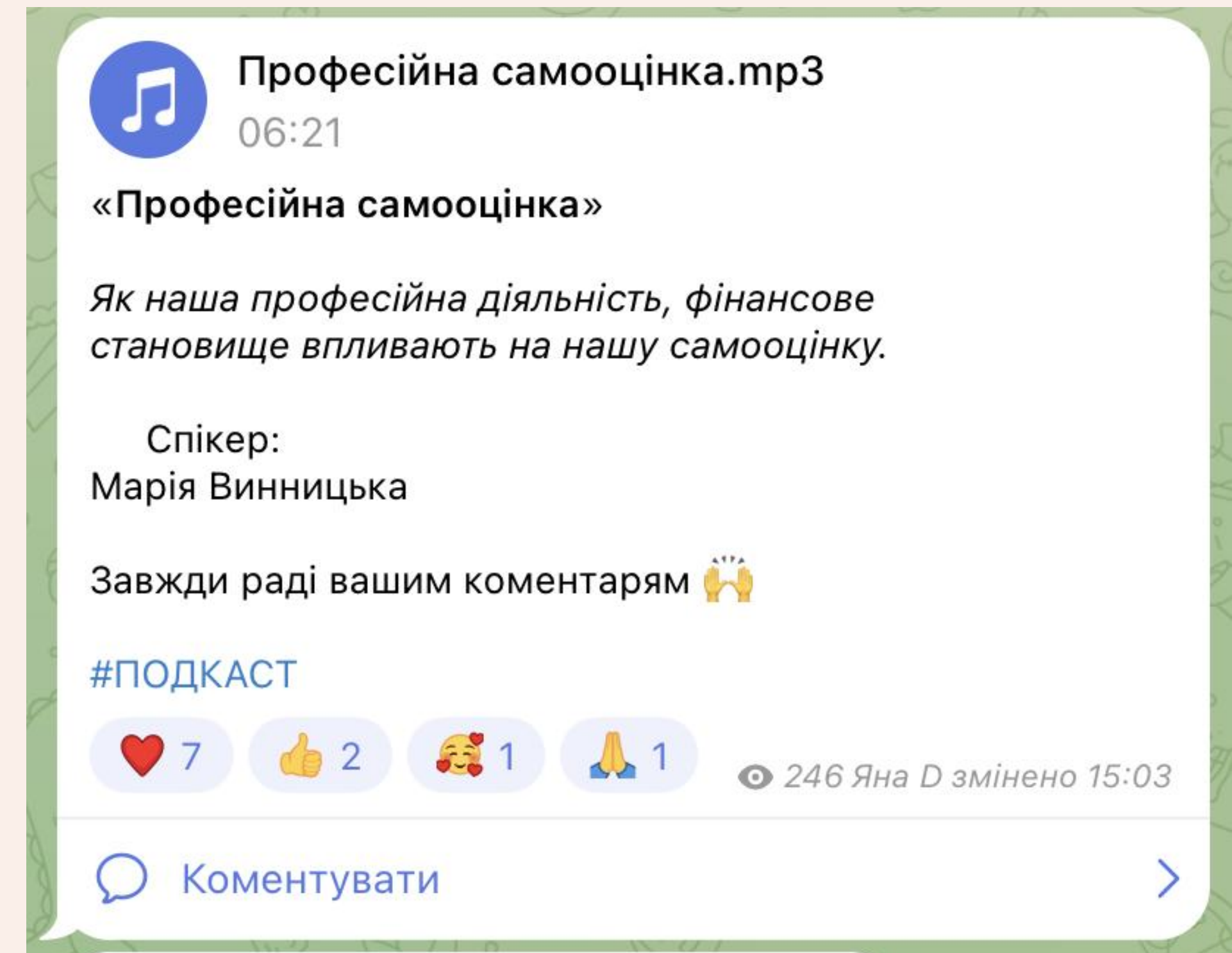
7% — It doesn't grow 😞

14% — When I simply take care of myself.



PODCAST "PROFESSIONAL SELF-ESTEEM"

Psychoanalyst Mariya Vynnytska discussed rebuilding self-esteem during war and forced migration. Participants gained practical tools for assessing their professional skills, experience, and potential, which helped boost their self-esteem and confidence.



PODCAST "SELF-ESTEEM IN RELATIONSHIPS DURING WAR"

Psychologist Iryna Royenko shared valuable advice on maintaining a strong relationship with a partner during wartime, focusing on emotional connection, trust, and shared values in challenging circumstances.



EXERCISE "SELF-ESTEEM MAPS"

Psychologist: Mariya Vynnytska

Participants learned to create a self-esteem map, which helped them:

- ✓ Better understand their desires and priorities
- ✓ Recognize the internal resources they already possess
- ✓ Reduce the fear of taking action and making decisions

This exercise allowed them to explore themselves and their potential more deeply, contributing to increased self-esteem and confidence.



ARTICLE ON THE NEED FOR RECOGNITION

The article "The Need for Recognition. How to Overcome Dependence on Others' Opinions" helped participants realize that the desire for approval starts in childhood but can be overcome. It's essential to develop internal confidence, identify personal values, and set boundaries.



NV

Потреба у визнанні. Як подолати залежність від думки інших
Можна безліч разів повторювати собі, що кожен цікавиться лише власними проблемами, але це не дуже допомагає

Марія Винницька

Психоаналітик, бізнес-коуч

НВ погляди

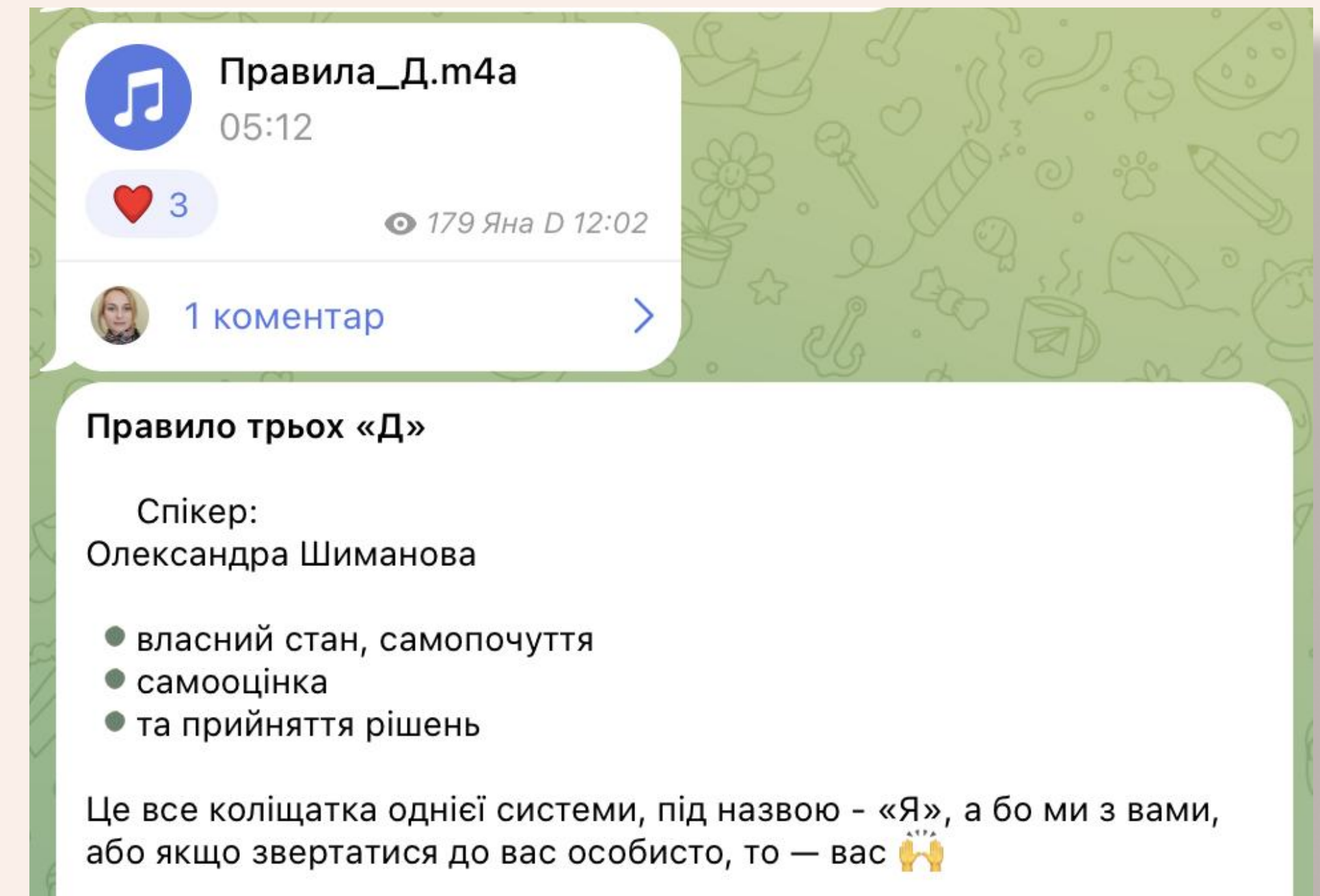


PODCAST "THE THREE 'D' RULES"

Center co-founder Oleksandra Shymanova hosted a podcast where participants learned that to lessen the impact of external circumstances on their lives, they should follow three key principles:

- Act
- Analyze their experiences and assess themselves through them
- Practice gratitude

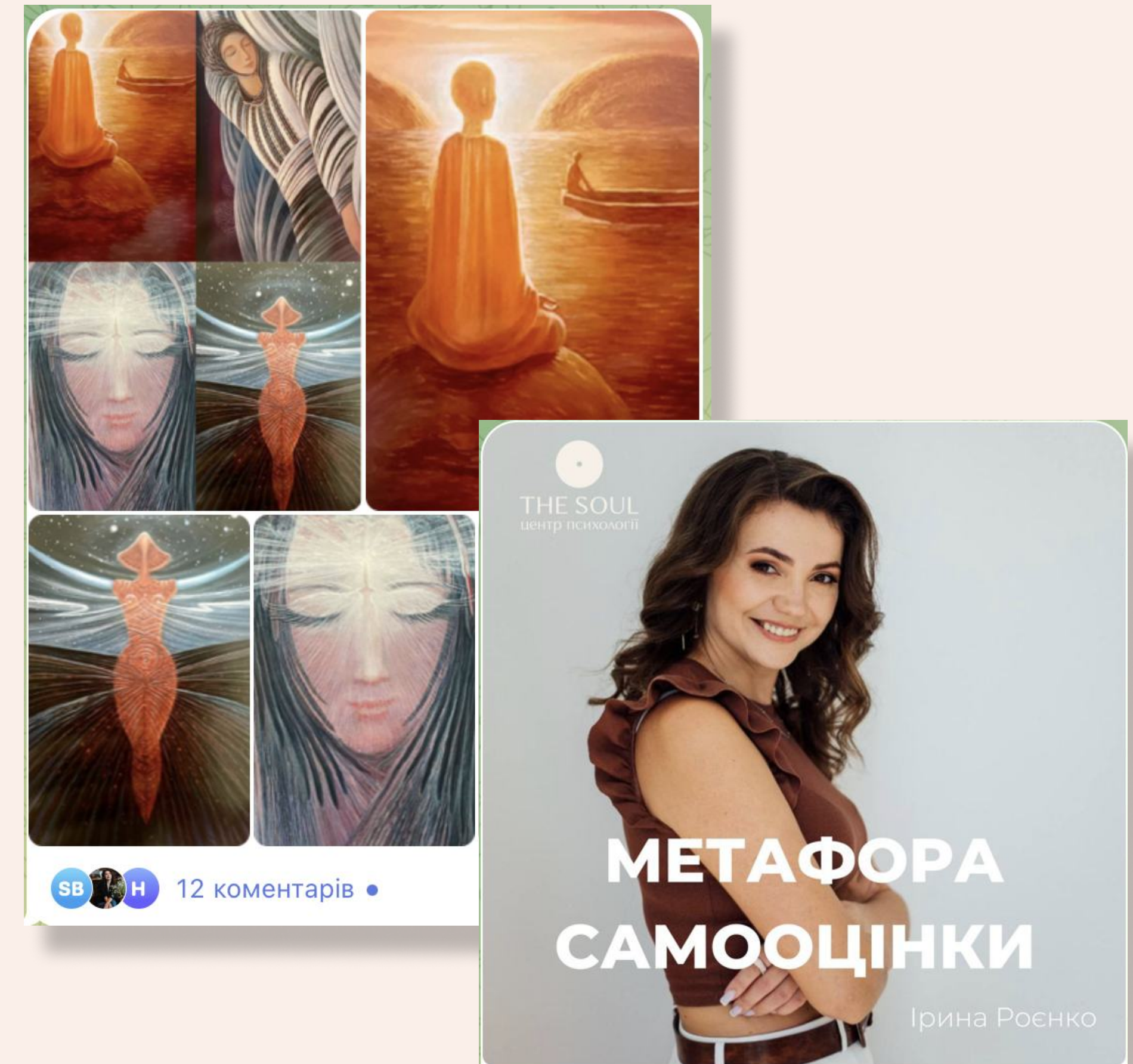
Participants learned to apply these principles to strengthen their self-esteem and become more resilient to life's challenges.



EXERCISE "METAPHOR OF SELF-ESTEEM"

Psychologist Iryna Royenko led an exercise using metaphorical cards based on the works of artist Oleh Shuplyak.

Through deep imagery and symbols, participants learned to better understand themselves and their emotions. Using Ukrainian architecture, art, and culture is vital for strengthening identity, contributing to both national and individual healing and resilience development.



THERAPEUTIC GROUP “SELF-ESTEEM AND DECISION-MAKING”

A meeting with psychologists in Zoom took place at 11:00 on Saturday, July 13, 2024.



Session Leaders:



Mariya
Vynnytska

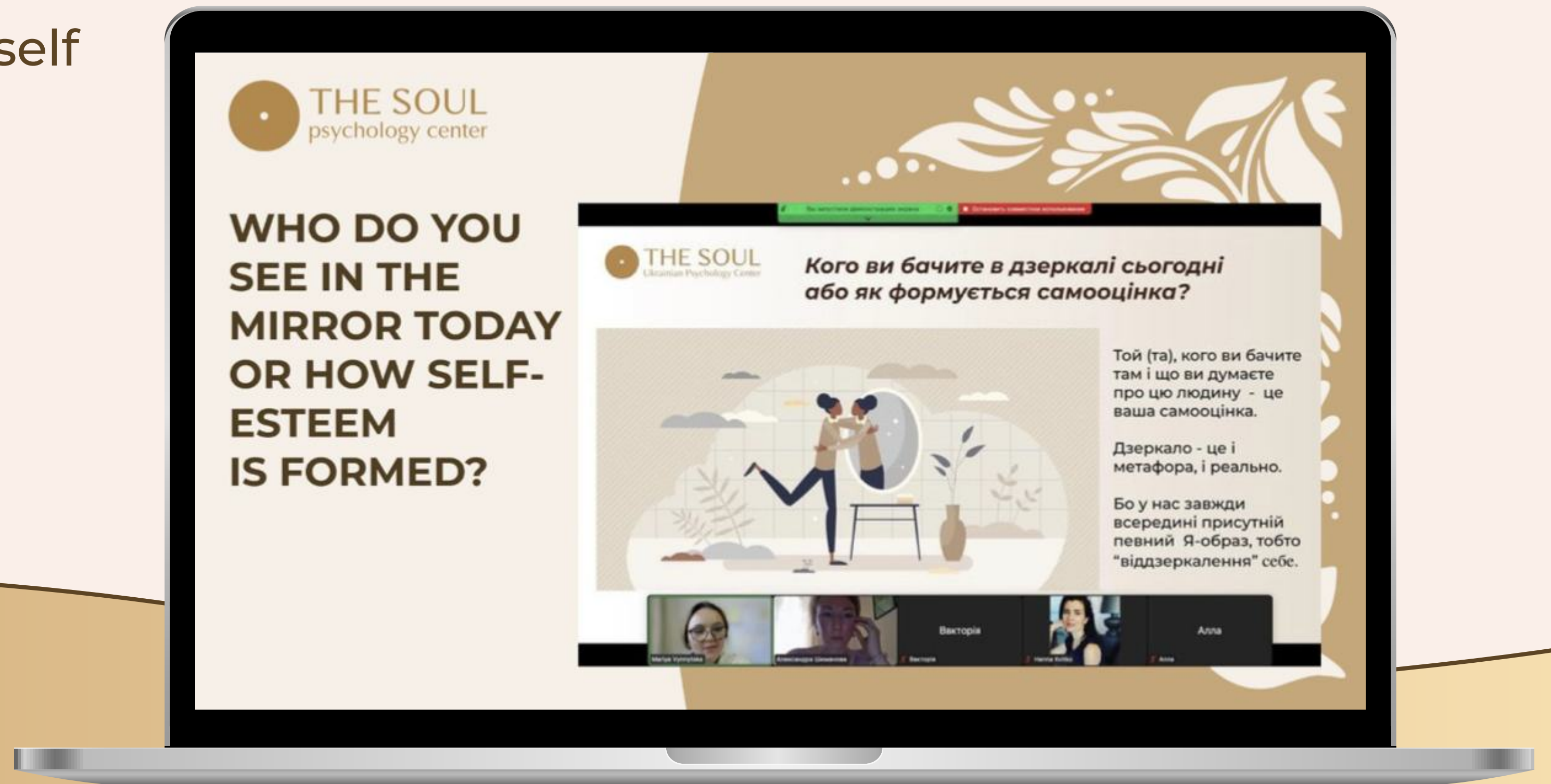


Oleksandra
Shymanova





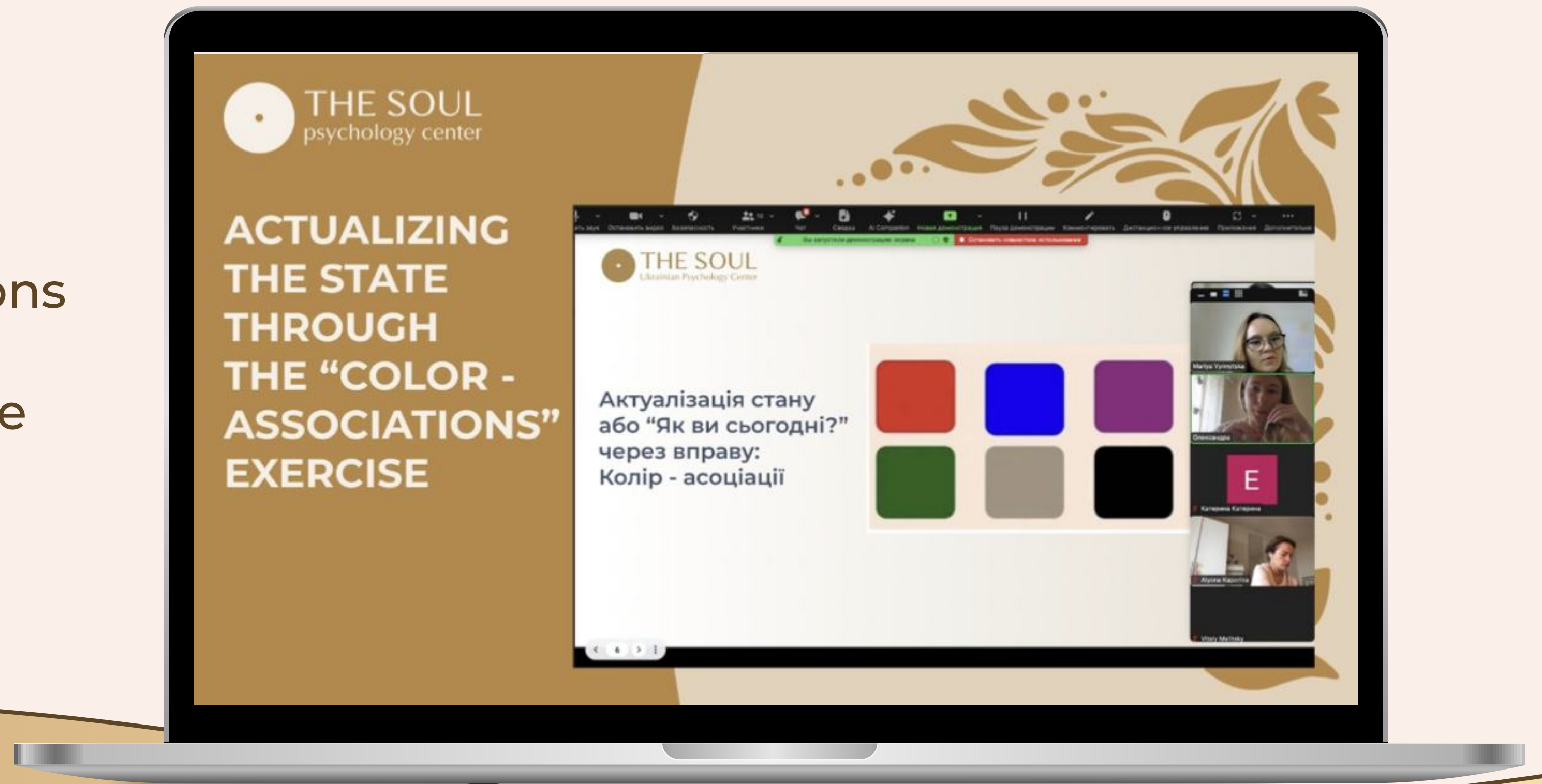
The first part of the therapy group explored how self-esteem is formed and its relationship with self-perception. We discussed the difference between the inner self and external achievements and analyzed how self-esteem changes in different areas of life and at different stages.



EXERCISE "HOW ARE YOU TODAY"



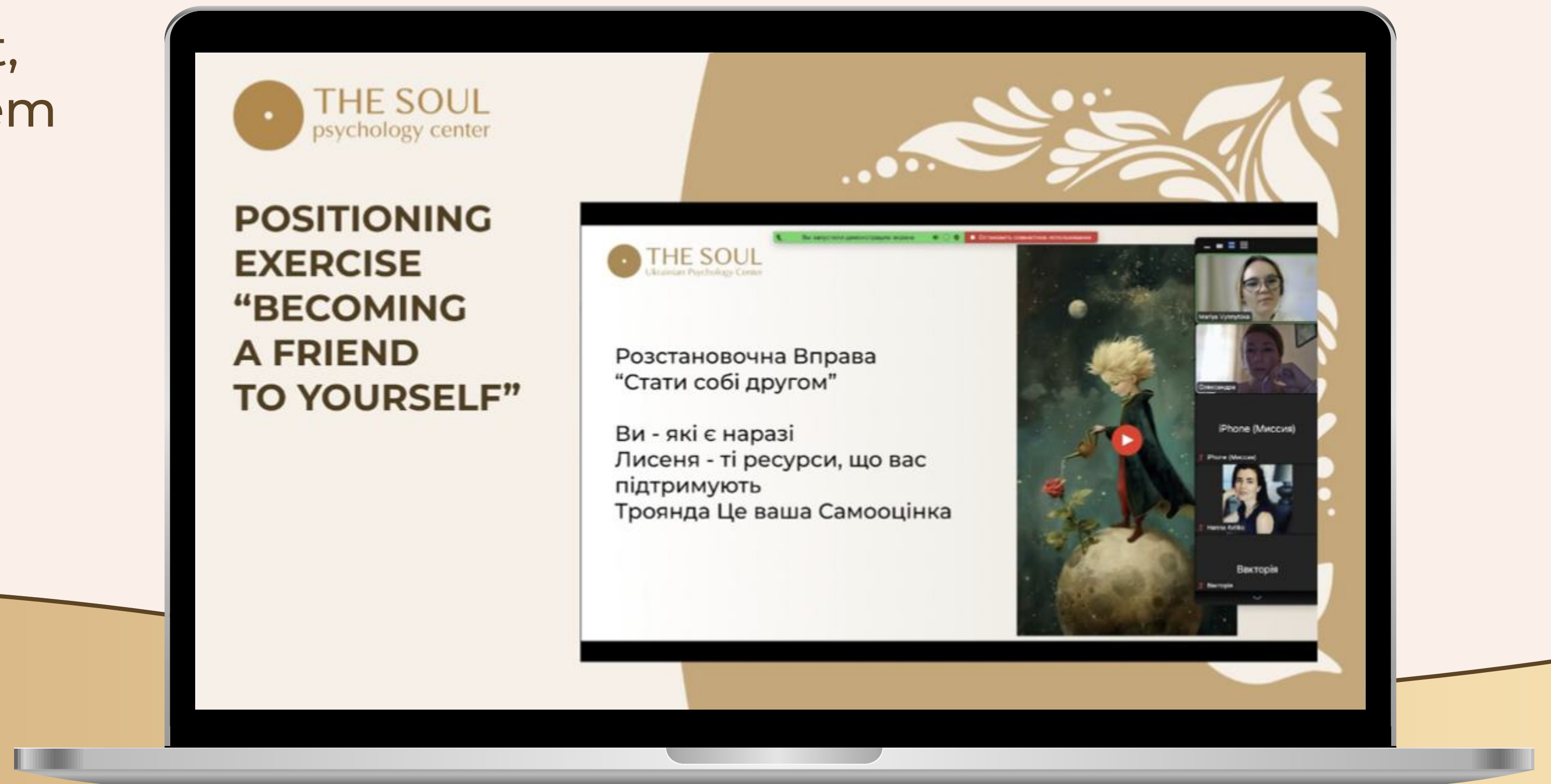
This technique helped participants become aware of their emotional state by associating it with a color. By discussing what this color reminded them of, they not only identified their feelings but also gained a deeper understanding of them. This approach enabled them to interact with their emotions rather than getting lost in them, helping them find ways to improve their well-being.



EXERCISE "BECOMING YOUR OWN FRIEND"



This practice taught participants to treat themselves with more kindness and support, consciously eliminating negative beliefs and nurturing self-love. As a result, they strengthened their self-esteem and developed inner confidence.



PARTICIPANT FEEDBACK

1

Thank you for the session; it's a wonderful guide for progress and support in this direction! 💖 I'll gladly listen again to repeat the practices! Thanks for the recording! I liked the format of you conducting the meeting together and responding to comments, along with the deep practices. 🙏 I've loved your videos since I discovered them on YouTube.

Anna
Дякую за зустріч, чудовий орієнтир для руху і підтримка в цьому напрямку! 💖 Із задоволенням послухаю ще раз, щоб повторити практики! Дякую за запис! Сподобався формат, що ви проводите зустріч вдвох і відповідаєте на коментарі, глибокі практики. 🙏
Полюбила ваші відео ще раніше на ютуб 😊

2

Hello. I connected with the card showing the woman under the starry sky. I feel a connection with the universe's energies. And I realized that everything depends only on me; if I do nothing, then nothing will happen. Thank you for the broadcast! Thank you very much for the practice! I felt expansion and acceptance.

Viktoria 🇺🇦
Вітаю. Мені відгукнулась карта з жінкою під зоряним небом. Я відчуваю поєднання з енергіями всесвіту. І з'явилась думка, що все залежить тільки від мене, якщо нічого не робити, то нічого і не буде

3

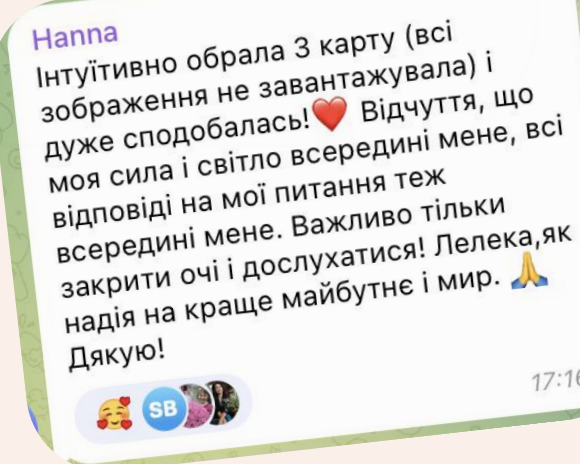
Thank you! Very timely! This topic has been on my mind lately.

Natalya
Дякую! Дуже доречно! Як раз ця тема дуже бентежить

PARTICIPANT FEEDBACK

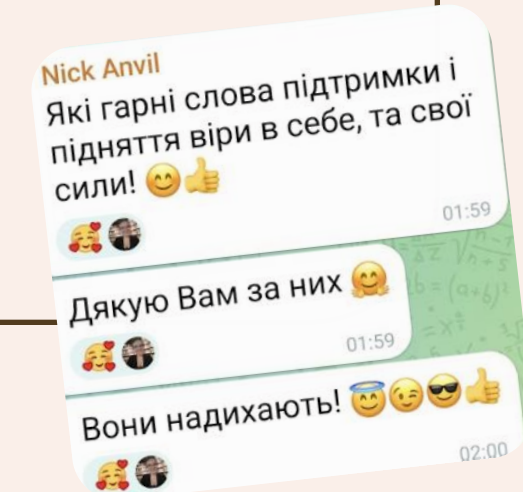
4

Intuitively chose the third card (didn't upload all the images) and really liked it! ❤️ It feels like my strength and light are within me, and all the answers to my questions are inside me. It's important to just close my eyes and listen! The stork represents hope for a better future and peace. 🙏 Thank you!



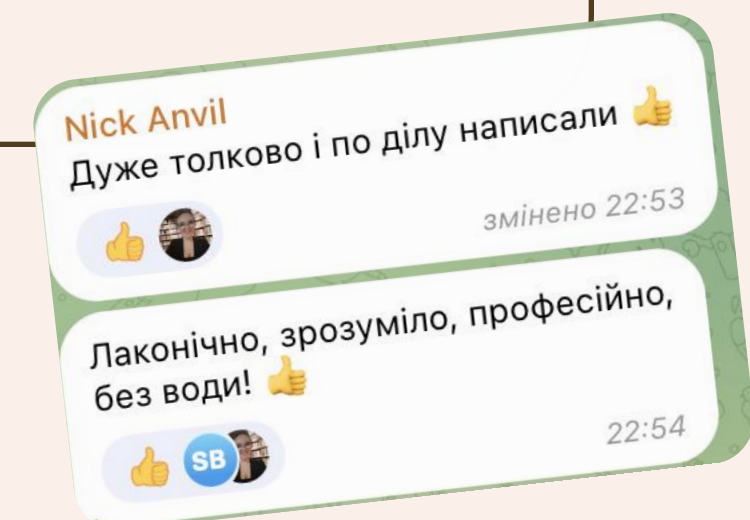
5

Such lovely words of support and encouragement in believing in oneself and one's abilities! 😊👍 Thank you for them 😊 They inspire! 😊😇😎👍



6

Very clear and to the point 👍 Concise, understandable, professional, no fluff! 👍



PROJECT TEAM



Olexandra Shymanova
Co-founder and Lead
Psychologist



Mariya Vynnytska
Co-founder and
Lead Psychologist



Yana Druzsko
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
Ukrainian 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

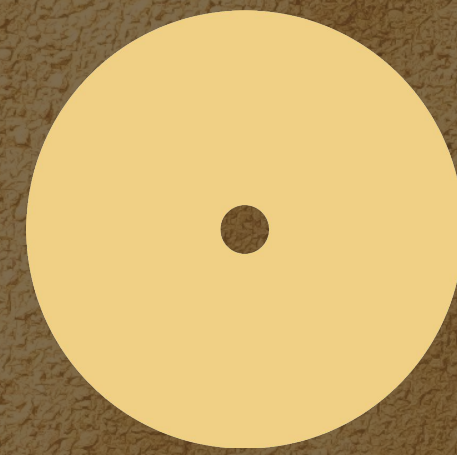
THANKS TO OUR PARTNERS AND FRIENDS

- **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.
- **Santosh Govindaraju (USA / India)** — for making the creation of the Ukrainian Circle possible.
- **Dr. Katie Eastman (USA)** — for your mentorship, compassion and supervision, which helped us grow professionally and heal personally.
- **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.](#)