



THE SOUL
psychology center

Psychological Recovery Program UKRAINIAN CIRCLE

June - August 2023



The Soul Psychology Center presents a new psychological recovery program

Developed for all Ukrainians affected by the war

If you are experiencing:

- Traumatic and Post-traumatic conditions and related physical symptoms: insomnia and nightmares, anxiety, panic attacks or eating disorders
- Difficult emotions: outbursts of anger and aggression, apathy, powerlessness, hopelessness, guilt, overwhelming fear and panic
- Personal problems: difficulties in relationships, irritation, loneliness, separation from or loss of a loved one, divorce or breakup
- Workplace challenges: uncertainty and fears, loss of work or business, lack of money, life on social assistance, refugee status
- Self-blaming, feeling insecure, having no sense of direction, no goals, lost sense of values, confusion and abandonment
- Feeling like an “alien”, no home and comfort, and no sense of belonging
- Conflicts in the society; division of people into “we” vs “they”, and “we are not like them”, for instance those who left and those who stayed

This program will be useful for those who:

- Left Ukraine and are still searching for their place in a new country and society
- Didn't leave the country, faced a lot of losses and are facing a lot of difficulties: blackouts, shelling, air-raid sirens
- Moved out but have already come back to Ukraine
- Lost their home or house / and those whose flat remained intact after the shelling
- Suffered the loss of the loved ones or have all relatives safe and alive
- Whose beloved one left to fight and are feeling worried about him or her; or have all their relatives with them

The Program will help people:



Take better control over emotional states and become more resilient amidst the current circumstances

Regain confidence and self-reliance

Cope with a feeling of loss and make the first steps towards a new stage of life



Get strength and resources to keep living, having faith in the future, and making plans

Feel wholeness and make a contribution to the unity of Ukrainian society

Find strength to start over again either your own business or develop new skills and career

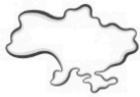


Create a circle of support that will nourish the soul and help deal with current challenges

Decide which relationships should be brought to a closure and which ones should be nurtured

Have a safe space to share feelings and emotions, find new friends and design a new future

Benefits of the program



Developed by Ukrainians for Ukrainians, considering our national identity



Meetings are on-line, you can join from any part of the world



The program covers all aspects of life, healing all kinds of traumas



Based on practical experience and only the most efficient techniques

As a result, you will:

- Open your vision to new opportunities: widen the horizon of your skills, perception of work, money and your talents
- Improve relationships with others: family, relatives, colleagues and friends
- Increase your personal strength: self-reliance, self-confidence and self-esteem
- Experience spiritual changes: create new senses and values for your future
- Feel the taste of life: experience gratitude, appreciation for what you have, joy and fulfillment from living in the moment

HOW THE PROGRAM IS STRUCTURED?

The Psychological Recovery Program UKRAINIAN CIRCLE consists of 9 modules.

Each of them has two parts:

- Theoretical part contains short video and audio lectures. Practical part offers exercises from different modalities: psychoanalysis, cognitive-behavioural therapy, systemic constellations, guided meditative practices, written assignments, art-therapy techniques and others
- Psychologists of our Center will be guiding you throughout the whole Program and providing feedback at every stage
- All practices and communication will take place in a Telegram channel, where participants are added after registration

Program Modules *:



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Module 1: Feelings and Emotions

Circle of My Soul: Defining the state. Different feelings I am experiencing now

Stabilization of emotional state, anxiety reduction, processing guilt, anger and losses

Module 2. Body

The circle of my body: how am I doing physically?

Connecting to my body, understanding body signals and symptoms, support techniques for better physical wellbeing



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Module 3. Confidence and Strength

The circle of myself: What is going on in my life? How am I doing in different areas of my life?

Restoring self-confidence, building resilience and inner resources, coming back to my strength and self-reliance

Module 4. Love and Relationships

The circle of the other: Are my relationships working? Who is my community now? Where is love in my life?

Improvement of communication and social interactions. How to maintain relationships and remain true to yourself, how to navigate love and connections in this new changing environment



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Module 5. Freedom and Responsibility

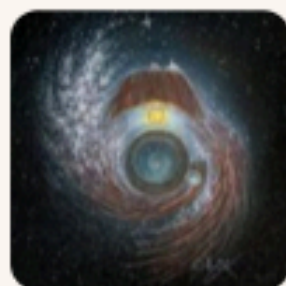
The circle of values: Freedom to be and freedom to choose

Giving yourself the right to be different and choose your own path, how to make responsible choices and be bold in your decisions

Module 6. Home

The Circle of my home: a sense of home, comfort and safety

How to restore a sense of home, no matter where you are. How to create comfort and a space to rest and recharge within the given circumstances.



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Module 7. Money and Wellbeing

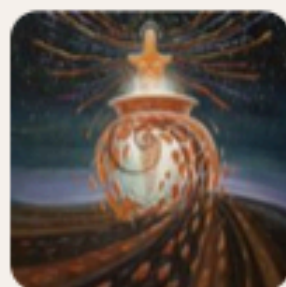
Circle of money and resources: my talents, skills and goals

How to navigate new professional opportunities? What am I good at? How can I add value to society and have a decent income now?

Module 8. Unity and Togetherness

The circle of unity. Stop 'inner Ukrainian fighting'

Who are we as Ukrainians? What do we all share? What are our common values and goals? We have differences but we are strong together



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Module 9. Future

The circle of the future. What is my future? What do I want to see there?

Setting intentions for the future. Making plans and wishes. Designing the future where you can fulfill your dreams

The program is conducted by the psychologists of The Soul center



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WE ARE VERY GRATEFUL FOR THE SUPPORT OF OUR PARTNERS:



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CONSCIOUSNESS
ALLIANCE
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