



THE SOUL
psychology center

**Psychological Recovery Program
UKRAINIAN CIRCLE**

June - August 2023



**PSYCHOLOGICAL RECOVERY PROGRAM
"UKRAINIAN CIRCLE"**

Ukrainian Psychology Center THE SOUL

**Module 1. Feelings and Emotions
Date: June 19 - June 25, 2023**

We are very grateful for the support of our partners:



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DR. KATIE EASTMAN
Transforming loss into
CHANGE and GROWTH

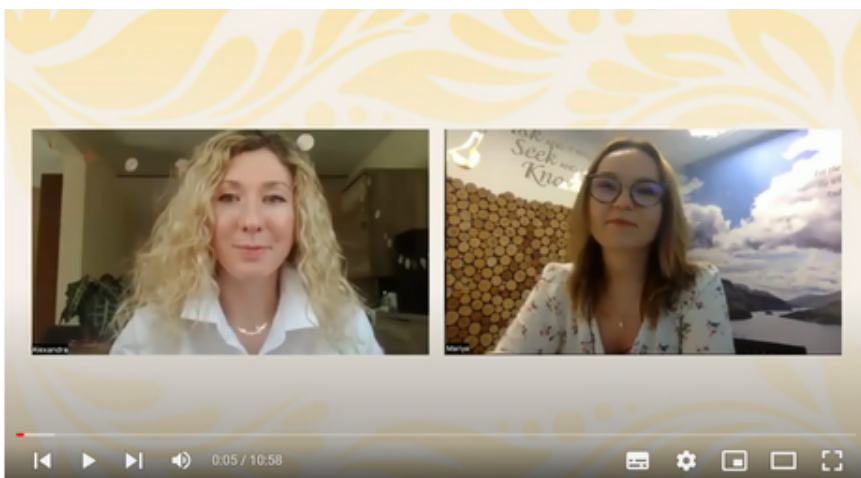
WEEK 1

- The number of registered people in the program: 185
- All participants were registered through a landing page of the Program which was designed on the website of THE SOUL CENTER
- Participants in the Telegram channel where the Program Ukrainian Circle takes place: 201 participants (this was the number of people we had when we launched the Program; some people were there before)
- Leading Psychologists of Module 1: Mariya Vynnytska and Oleksandra Shymanova

Materials of Module 1:

1. **Introductory video to the Program - 10 min:**
2. **Video lecture about “Emotions and Feelings” - 45 min**
3. **Audio practice “Safe place / safe space” - 15 min**
4. **Video practice and tool: The Journal of Emotions - 8 min**

- All Videos have a Pdf version so that people can see the slides, images, and practices described in the video

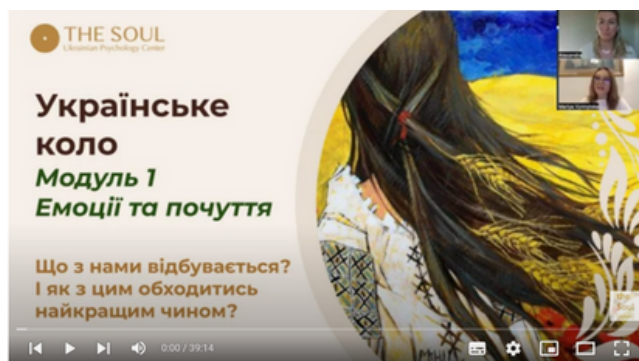


Як буде проходити
Програма?

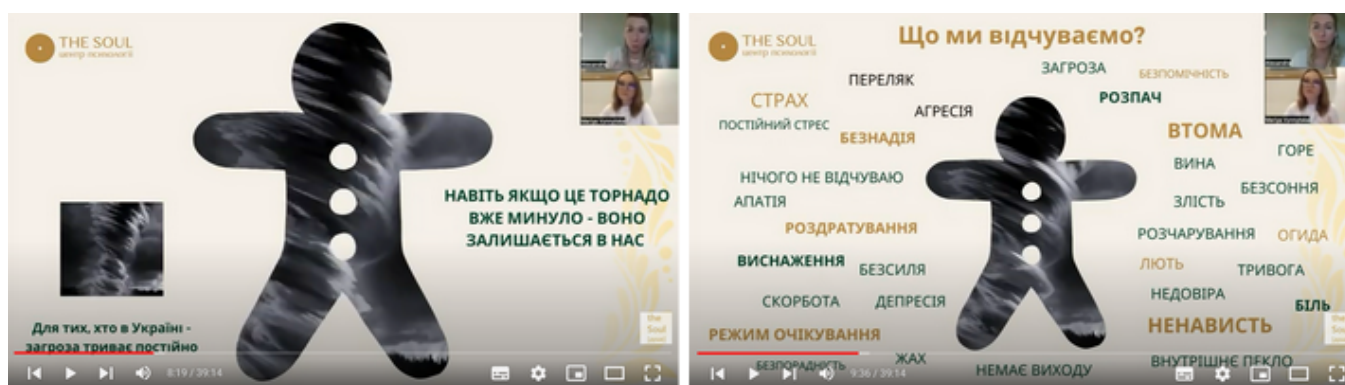
112 просмотров



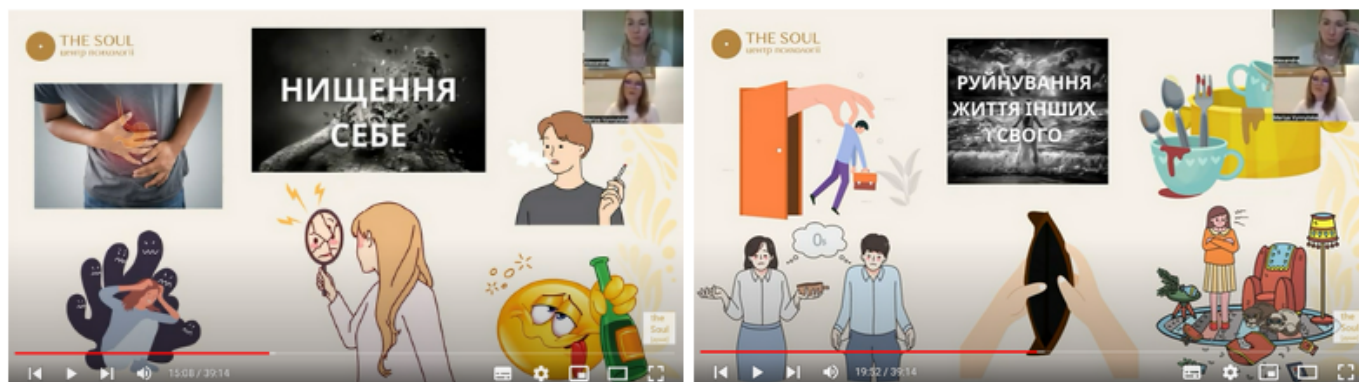
1. Video + text version for: Emotions and feelings



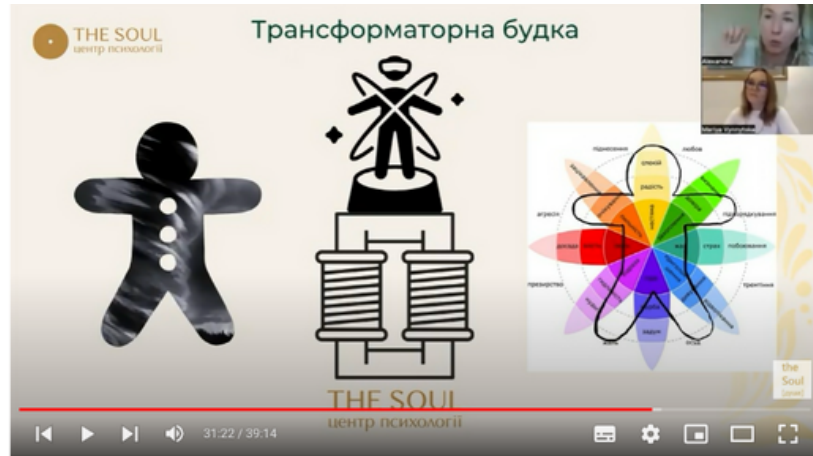
- In this video, participants were learning about their emotions and states, how to define and regulate them
- The key point here: until we do not realize what is happening to us, we can not control this and can do very little; therefore we need to expand our ability to identify the state we are in



- In this video, we investigated what happens to each of us when something big and destructive comes into our life (symbol of a tornado) and how we can come to our own power when this hurricane passes.
- We analyzed two "automatic" scenarios after a traumatic experience when we destroy ourselves and destroy relationships with others:



- We were exploring a constructive way to deal with difficult states – through transformation. It is about rethinking the painful experience through awareness, therapy, and a conscious choice of life-affirming models.



Practices:

1. 3 circles of influence (Olexandra Shymanova):

Participants identified and analyzed how each of them affects their lives and where the zones of personal control are. They investigated what they can change in their life or environment to improve their circumstance and situation.



2. Audio practice “Safe place” (15 minutes) (Oleksandra Shymanova) - a meditative practice aimed at the immediate circle of influence, where participants take greater responsibility for their own conditions, transforming the energy of helplessness and victim into the creative energy of life and own strength. They felt awareness that the inner circle of influence can be the source of life and energy for the future.



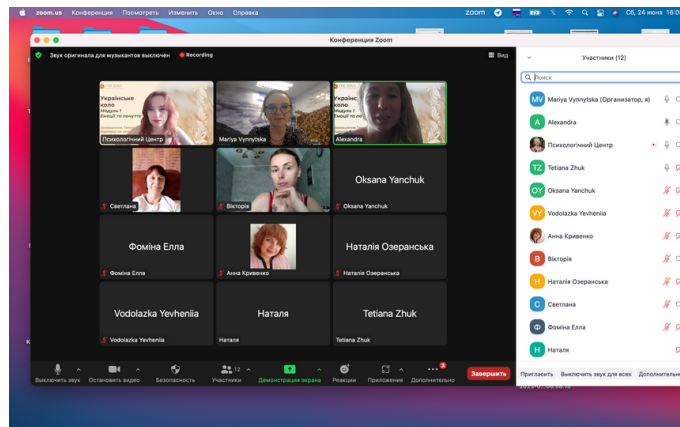


3. Video practice + text for the Diary of Emotions
8 minutes of the explanation of value, purpose and rules of the process + pdf version (Mariya Vynnytska)

A practice is created to develop a daily habit of understanding own emotions, naming them, and becoming aware of them. Moreover, it is about an analysis of dominant emotions and states with the aim to be able to better manage them.

4. Meeting with the psychologists in Zoom and Q&A session
The meeting took place at 11:00 a.m. on Saturday, June 24, 2023 (Leaders of the session: Mariya Vynnytska and Oleksandra Shymanova)
It consisted of 3 parts:

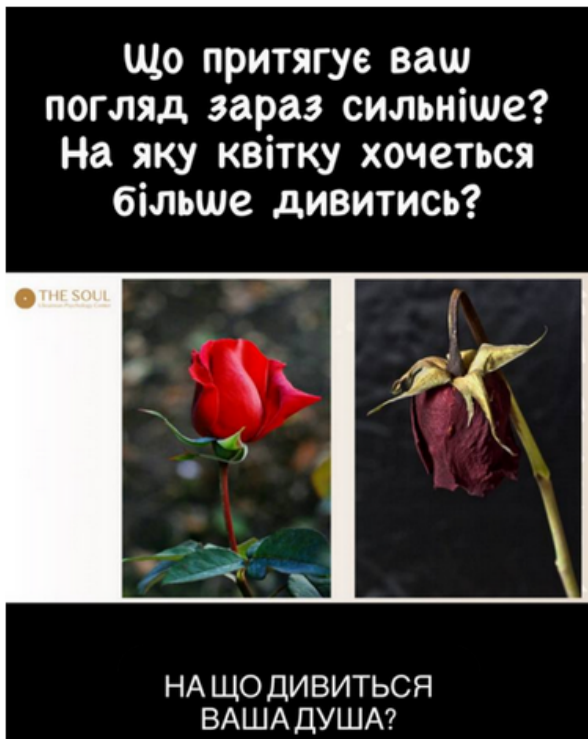
1. Answers to the questions that people had during the exercises:



2. Watching a therapeutic cartoon with explanations on how to cope with emotions:



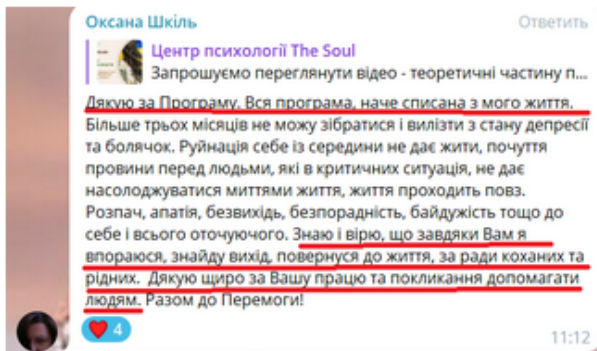
3. A practical exercise for life choices:



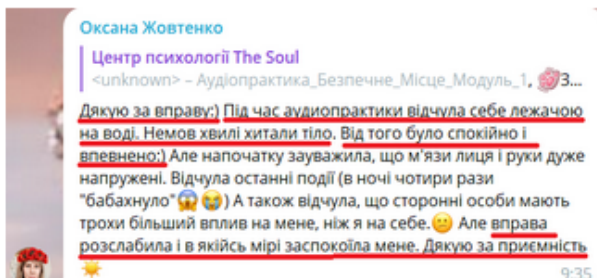
Some general points:

- About 100 comments were written this week
- 25 participants showed high activity
- Participants benefited from the exercises on awareness of their influence on their own conditions, as well as effective methods of how to do this and take responsibility for their emotional state

Testimonials from Module 1

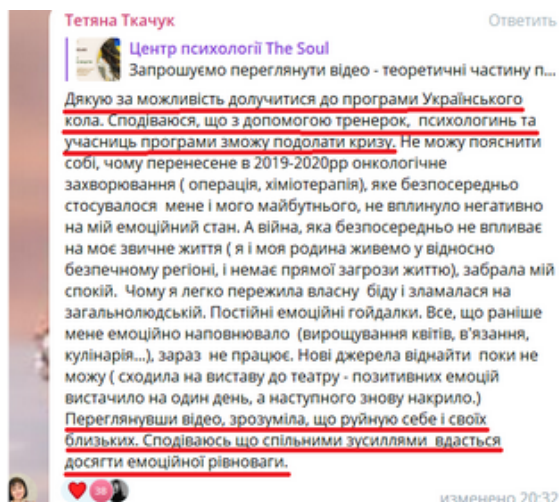


“Thanks for the program. The whole program seems to have been written from my life. I know and believe that thanks to you I will cope with all tasks, find a way out, and return to life, for the sake of my beloved ones and relatives. Thank you sincerely for your work and desire to help people.”

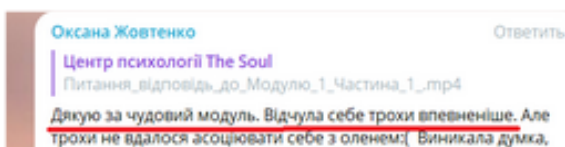


“Thanks for the exercise. During audio practice, I felt like I was lying on water. It was as if the waves shook the body. It was calm and confident. The exercise relaxed me and somehow calmed me down. Thank you for this pleasant time.”

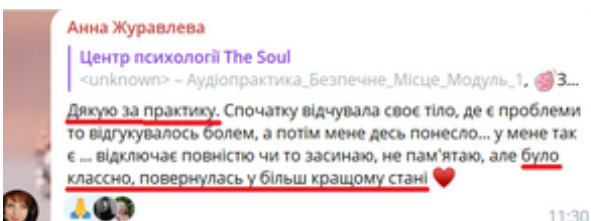




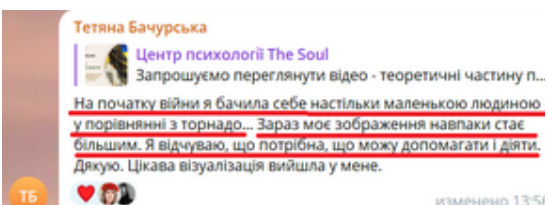
“Thank you for the opportunity to join the Ukrainian Circle program. I hope that with the help of trainers, psychologists and program participants I will be able to overcome the crisis. After watching the video, I realized that I was destroying myself and my beloved. I hope that with joint efforts I will be able to achieve emotional balance.”



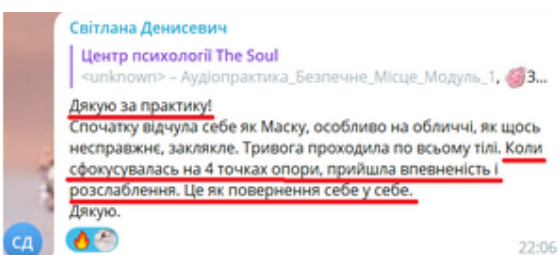
“Thanks for a super module. I felt a little more confident.”



“Thanks for the practice. It was great, I came back in a better condition.”

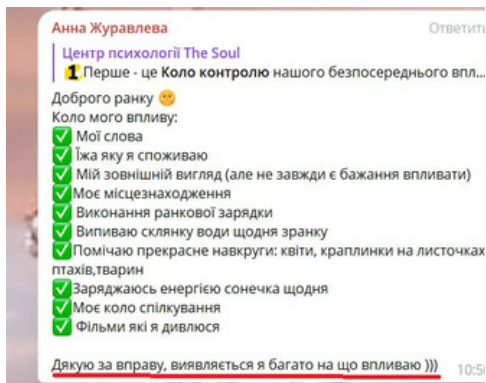


“At the beginning of the war, I saw myself as such a small person compared to the tornado. Now, on the contrary, my inner feeling is that I am getting bigger. I feel that I am needed and now I can help others and do something.”

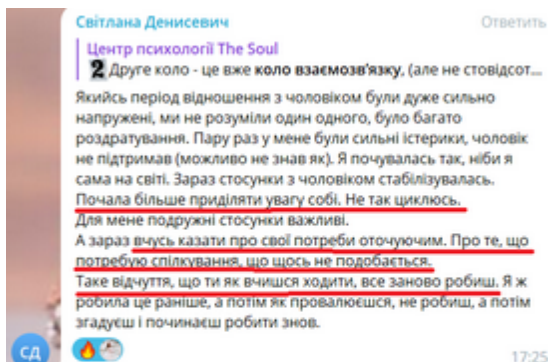


“Thanks for the practice. When I focused on the 4 points of support, confidence and relaxation came to me. It's like getting yourself back to yourself.”

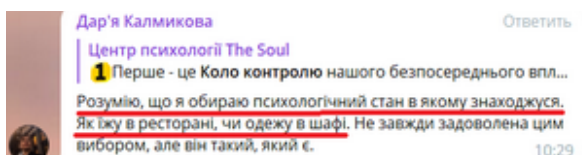




“Thanks for the exercise, it turns out that I can influence a lot of things.”



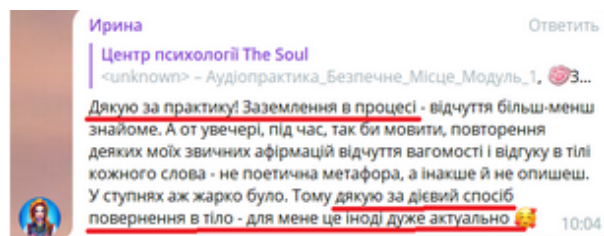
“I began to pay more attention to myself. I don't get fixed anymore. I am learning to tell others about my needs and desires. I can tell people that I need communication or don't like something. It feels as if I am learning to walk. I have to do everything all over again.”



“I understand that I choose the mental state I am in. It's like choosing food in a restaurant or clothes in a wardrobe.”



“What did writing down emotions and feelings show me? A conversation with a like-minded person is a huge resource. It is worth finding the energy to dial the number. It will get better later.”



“Thanks for the practice! Grounding is in progress. Thank you for an effective way to return to the body - for me it is sometimes very important.”



Світлана Балан Ответить

Центр психології The Soul
 <unknow> - Аудіопрактика_Безпечне_Місце_Модуль_1, 3...

Дякую за практику, накінець зробила вчора пізно увечері. Змогла розслабитися. Але потім згадала ситуацію, коли я пішла з дітьми зі свого класу гуляти до парку, і там нас застала тривога, та ще й вибухи було чути. Найближче укриття в будинку було зачинене, і довелося повертатися до школи. Дорогою відчувала страх і тривогу за дітей, спочатку була невизначеність, навіть трохи паніка, що робити. Але коли вже йшли до школи, то заспокоїлася, відчула, що все буде добре. Таке саме відчуття було і в кінці практики. Спокійно заснула. На жаль, дуже багато було роботи, тому ще буду працювати з емоціями.

11:02

"I was able to relax. I calmed down, I felt that everything will be fine. I fell asleep peacefully. I will continue working with the emotions."

Наталія Укр коло

Центр психології The Soul
 <unknow> - Аудіопрактика_Безпечне_Місце_Модуль_1, 3...

Дякую за вправу. Яюсь розслабилась. Сконцентрувалась на тілі та диханні. Захотілось навіть поспати. Після вправи через деякий час навіть спокійніша стала. Навіть думки посвітлішали. Дякую.

19:30

"Thanks for the exercise. I could relax in some way. I concentrated on my body and breathing. I even wanted to sleep. After a while, I even became calmer after the exercise. Even my thoughts became brighter."

Ольга Новохатко Ответить

Центр психології The Soul
 Мультфільм.тр4, Також викладаємо мультфільм окремо

Добрий вечір, в котре дякую за поєкт! Не зупинюся))) Ви всі мені дуже потрібні.
 Почала з перегляду самостійно мультика. Відчула персонажів. Олень - дія, рух, поштовх.
 Душа-дитина, недосвідчена, чутлива, дуже вразлива.
 Вогонь - мій жах! спустошення. Виникла думка: " Не буди лихо доки воно тихо!" Зрозуміла після тренінгу, то мій гнів, агресія те лихе чому треба давати раду, направляти в "нові продуктивні канали". Доречі пазурі жаху з'явилися досить давно після вагітності, з появою першої дитини. Пам'ятаю непосидючу малечу, що огтупилася на схолах, а я залякла і не могла

"Good evening, thank you for the project! I cannot stop. I need you all of you very much. I understood after the training that my anger, aggression and evil emotions are necessary to cope with. I need to direct new energy into "new productive channels."

Оксана Жовтенко Ответить

Центр психології The Soul
 Запрошуємо переглянути відео - теоретичні частину п...

Із задоволенням прослухала й переглянула відео частину)
 Дякую викладачам: докладно, просто й зрозуміло для сприйняття. Окремо хочу подякувати за оголошені позитивні моменти, які

23:00

"I listened and watched the video with great pleasure. Thanks to the teachers: detailed, simple, and understandable.

Центр психології The Soul
 Запрошуємо переглянути відео - теоретичні частину п...

всвітлюють, що не все є безнадійним, як здається, я маю потенціал для розвитку, для подолання негативних явищ і процесів.

23:03

"...It turned out that have some potential for development and overcoming negative emotions and processes"



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