



**Psychological Recovery Program
UKRAINIAN CIRCLE**

June - August 2023



**PSYCHOLOGICAL RECOVERY PROGRAM
"UKRAINIAN CIRCLE"**

Ukrainian Psychology Center THE SOUL

Module 9 - Future (August 14-19)

We sincerely appreciate the support of our partners



THE PROGRAM OF PSYCHOLOGICAL RECOVERY "UKRAINIAN CIRCLE"

It consists of 9 modules:

Module 1 - Soul and Feelings (June 19-25)

Module 2 - Body (June 26 - July 2)

Module 3 - Strength and Confidence (July 3-9)

Module 4 - Love and Relationships (July 10-16)

Module 5 - Freedom and Responsibility (July 17-23)

Module 6 - Home (July 24-30)

Module 7 - Money and Wellness (July 31 - August 6)

Module 8 - Unity and Integrity (August 7-13)

Module 9 - Future (August 14-19)



THE SOUL
Ukrainian Psychology Center

Українське коло
Модуль 9

Майбутнє

Дякуємо нашим партнерам
за підтримку проекту:



WORLD
CONSCIOUSNESS
ALLIANCE



DR. KATIE EASTMAN
Transforming loss into
CHANGE and GROWTH



WEEK 9

Module 9 - Future (August 14-19)

The number of registered participants is 247

Participants in the Telegram messenger - 221

The leaders of Module 9 - Mariya Vynnytska and Oleksandra Shymanova

The purpose of the module:

- To realize that the future is the result of past and present actions, choices, beliefs and values
- Clarify right now - does what I do today bring me closer to the desired future or move me away from it?
- Identify signs of post-traumatic growth, self-healing from trauma, and the ability to imagine the future

Materials of the module:

1. Theoretical video + text version "Future" - 30 min
2. Opinion poll of the participants in Telegram - what adds strength and takes away it for the future
3. Opinion poll of the participants in Telegram on 5 main signs of overcoming trauma, the most and the least visible signs
4. Getting a metaphorical resource card for the future (we use imaginary and metaphoric cards in our practice)
5. Practice from Maria Vynnytska about creating your own future and contributing to the future of Ukraine
6. Meeting with the psychologists via Zoom, responses to the questions and practices (Maria Vynnytska and Oleksandra Shymanova) - 1 hour 57 minutes.



Materials of the module:

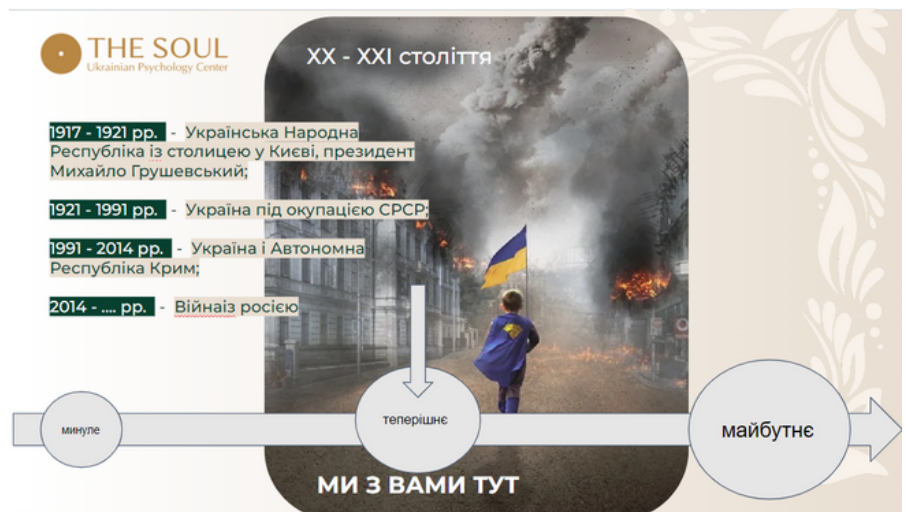
1. Theoretical video + text version “The future”



How do you see the future now because of uncertainty and chaos?
How did the war impact our ability to visualize our future?
What can we do to still see it?

Without the past, there is no future

ABILITY TO IMAGINE THE FUTURE IS AN IMPORTANT FACTOR IN HEALING TRAUMA



What is tunnel vision?

From a psychological point of view, tunnel vision is a change in attention that occurs in situations of intense stress, especially when a sense of threat is felt. Then all forces are directed at survival which makes perspective and perception limited. People who experienced severe and/or chronic trauma may have tunnel vision for some time.



As a result of experiencing a difficult life crisis, a person is able to grow



It can be hard to accept, but we gain new experiences through loss, pain, grief, and hope for the best in the situations of the loss.

We can grow through any experience that life brings us.

5 signs of post-traumatic growth:



- 1. You feel gratitude and appreciation for the opportunity to live.**
- 2. You are full of inspiration, new intentions, you have a stronger will to live than before.**
- 3. Your relationships with others have become healthier and generally happier. You make and maintain friendships more easily and enjoy socializing.**
- 4. You feel more resilience and personal strength. You feel stronger mentally and physically, you accept and respect yourself and do not allow other people to make obstacles to your personal happiness.**
- 5. You began to notice opportunities that you did not see before and feel ready to try something new.**

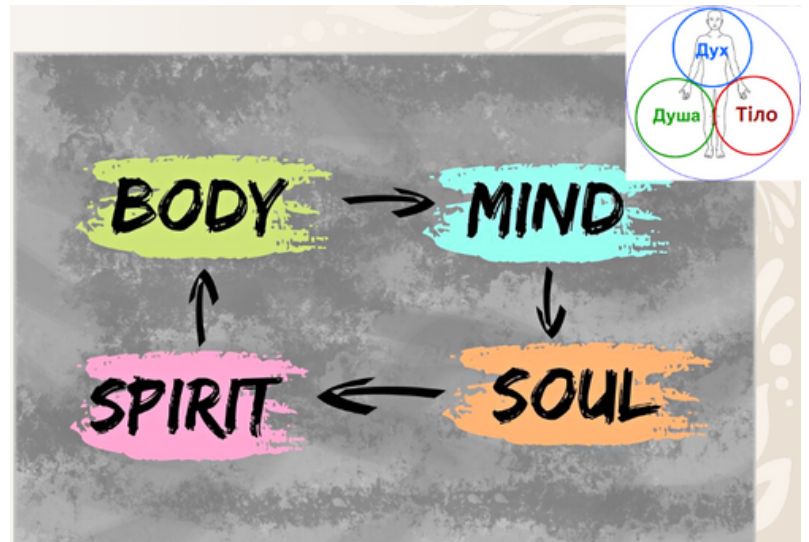


Human being is perfectly created

To create a good and fulfilling life, you should look at yourself holistically

You need to take care of all important aspects of your life.

This concept is inspired by Elisabeth Kübler-Ross



What is important to create your best version of the future?

- Have your vision
- Know your needs
- Know your values
- Be ready to take risks, especially if the goals and dreams are big

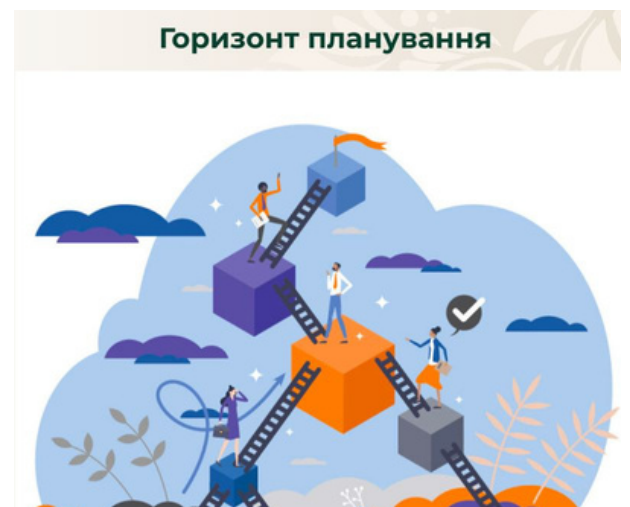


You need to plan and broaden your horizon

Do not demand the impossible from yourself. But do what is possible and what is REAL for YOU RIGHT NOW

Goals and vision can be for:

- a day
- a week
- a month
- 3 months
- half of a year,
- a year

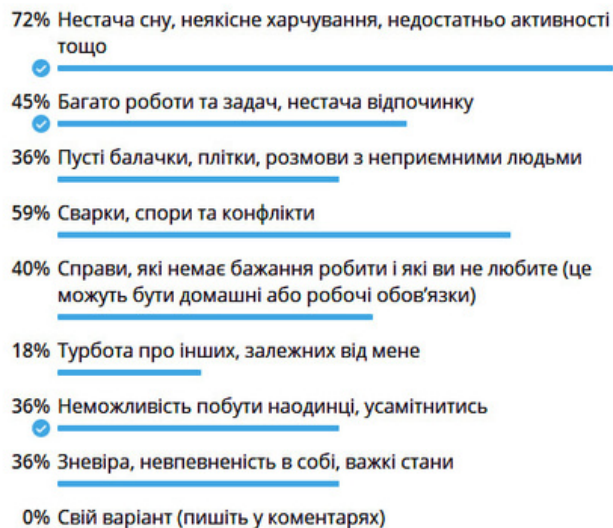


2. Opinion poll in the Telegram messenger What adds strength and what takes it away?

What steels my strength?

Що віднімає мої сили?

Анонимний опрос



The biggest three

percentages:

72% - lack of sleep, poor nutrition, lack of activity, etc.

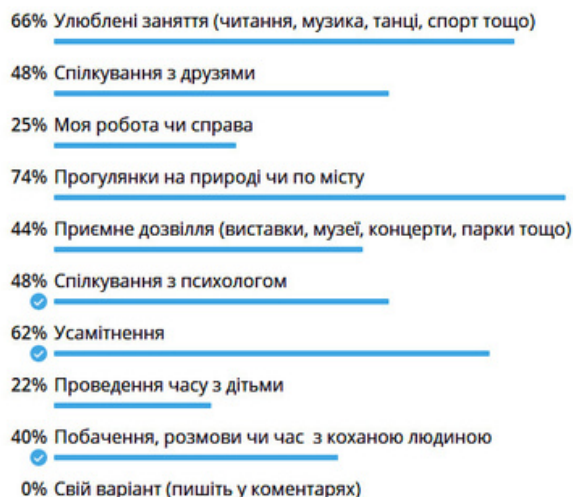
59% - Quarrels, disputes and conflicts

45% - Lots of work and tasks, lack of rest

What fills me up?

Що мене наповнює?

Анонимний опрос



The three biggest percentages:

74% - Walks outdoors in the park or in the city

66% - Favorite activities (reading, music, dancing, sports, etc.)

62% - Solitude



3. Opinion poll of the participants in Telegram on 5 main signs of overcoming trauma, most and least manifested

Carefully read these signs, and identify the 2 that are charactering the situation right now?

Уважно прочитайте ці ознаки, та визначте ті 2, що вам зараз **НАЙБІЛЬШ** властиві?

Анонимный опрос

- 71% Ви відчуваєте вдячність і цінність можливості жити
- 35% Ви сповнені натхнення, нових прагнень, маєте волю до життя сильніше, ніж раніше
- 35% Ваші стосунки з іншими стали здоровішими й загалом щасливішими.
- 64% Ви демонструєте більше стійкості та особистої сили. Ви приймаєте і поважаєте свою сутність
- 14% Ви почали помічати можливості, яких не бачили раніше і відчуваєте готовність пробувати.

The three biggest percentages:

71% - You feel gratitude and value the opportunity to live

64% - You show more resilience and personal strength. You accept and respect your essence

35% each - Your relationships with others have become healthier and generally happier, and you are full of inspiration, new intentions, and have a stronger will to live than before

Now mark 2 signs that you observe in yourself the **LEAST**?

А тепер відмітьте ті 2 ознаки, що ви у себе **НАЙМЕНШЕ** спостерігаєте?

Анонимный опрос

- 14% Ви відчуваєте вдячність і цінність можливості жити
- 28% Ви сповнені натхнення, нових прагнень, маєте волю до життя сильніше, ніж раніше
- 42% Ваші стосунки з іншими стали здоровішими й загалом щасливішими
- 28% Ви демонструєте більше стійкості та особистої сили. Ви приймаєте і поважаєте свою сутність
- 64% Ви почали помічати можливості, яких не бачили раніше і відчуваєте готовність пробувати.

The three biggest percentages:

64% - You began to notice opportunities that you could not see before and feel ready to try

42% - Your relationships with others have become healthier and happier

28% each - You are full of inspiration, new intentions, you have a stronger will to live than before and you demonstrate more resilience and personal strength. You accept and respect your essence



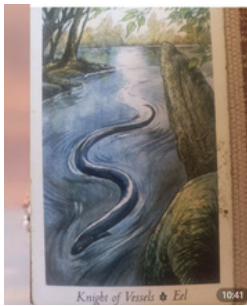
4. A metaphorical resource card for the future



The participants chose a Metaphorical card and, with the help of our psychologist Marina Yakhno, looked for a resource that would be useful for their future

Below there are some cards of the participants.

This practice helps people reconnect with their inner wisdom and subconscious.



5. The practice from Maria Vynnytska about the vision of your own future and the future of Ukraine

The Future of Ukraine

How would you like to see it? What would you like to see in our country? What should be there to be prosperous and successful?

As you think about this big question, remember that you are also an integral part of this process. Each of us, each of you, can do something. So, you can also think, about what would you like to do to make this desired future come true? It will also remind you of your strengths, abilities and talents.



6. Meeting with the psychologists on Zoom, responses to the questions and practices (Maria Vynnytska and Oleksandra Shymanova) - 1h. 57 min.

What can we rely on in the unknown situations?
The unknown situation has always been and is our reality. Somehow you got along with it all your life... We need to harness this power to make peace with uncertainty and do what we can.

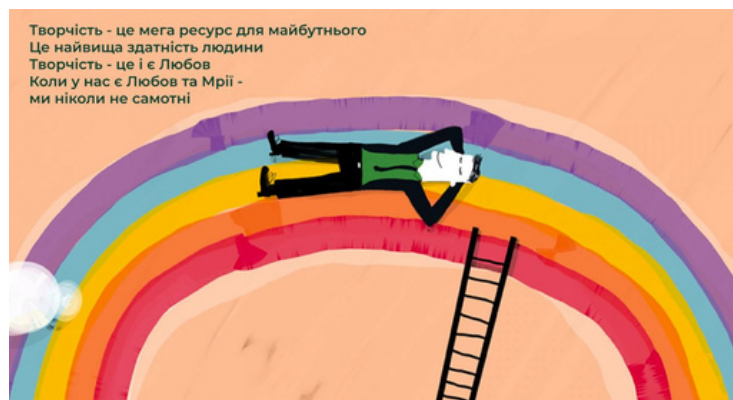


**What are your values?
What is really important?
What matters to you the most?
What are the things you appreciate? What are your needs?**

Let's practice the skill of becoming a movie director of our life story. It's about learning how to observe yourself from aside to be able to make changes.



What is the movie title? What is the movie about? What genre? What scenarios and scripts do you see?



Creativity is a powerful resource for the future. It is the highest human ability. Creativity is love. When we have love, we can have dreams. When we have love and dreams, we are never alone



There was a practice “Where does the future take us..?”

THE SOUL
Ukrainian Psychology Center

Куди веде нас Майбутнє?
Фінальна точка нашого майбутнього - це Смерть

1, 2, 3 - 5... 10, 15... 20... 25... 32... 37... 41... 45... 50... 56... 62... 65... 70... 75... 80... 85... 90.....

Ваше Народження → Ваша Смерть

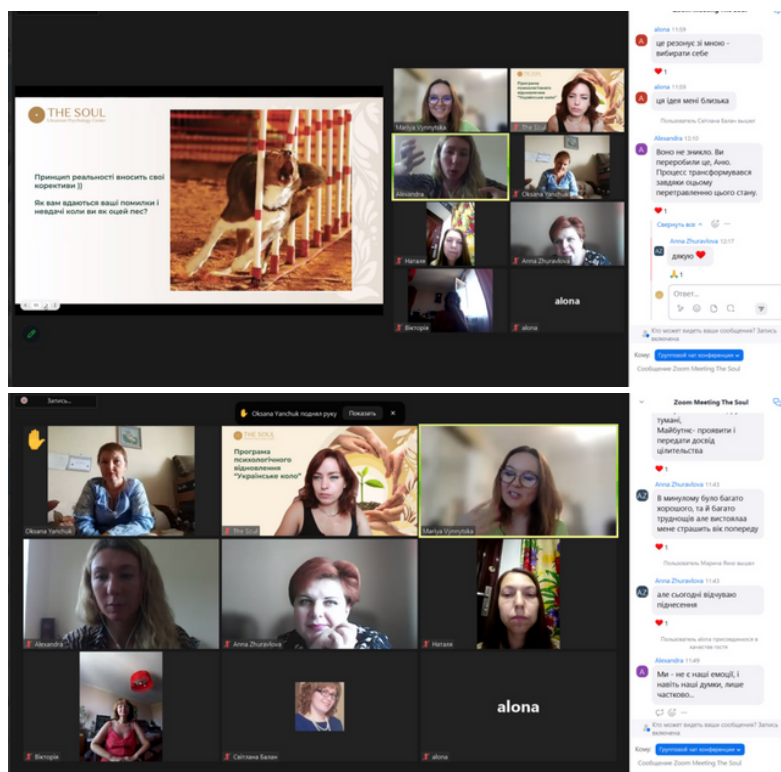
Не треба вмирати так, ніби ніколи не жили
І жити так, ніби ніколи не помрете

Ваш час тут обмежений
А значить він дуже цінний

You don't have to die as if you never lived and live as if you will never die

Your time here is limited. So, it is very valuable. Appreciate it and use it wisely to live fully.

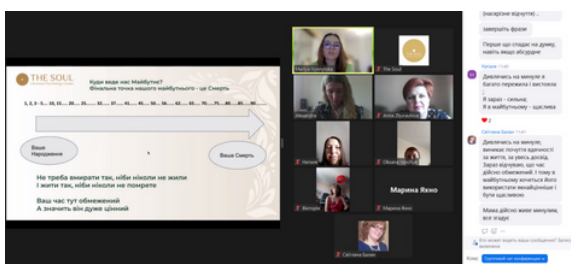
Participants wrote their comments in the chat:



"It is about me - to choose yourself!"

"This idea is close to me, I can relate to it"

"In the past there were many good things and many difficulties, I am afraid of the time ahead. But today I feel elation!"

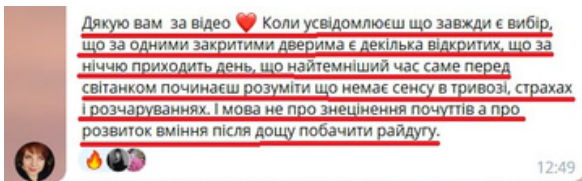


"In my life, I have experienced a lot and this made me stronger; I am strong now; I am happy in the future"

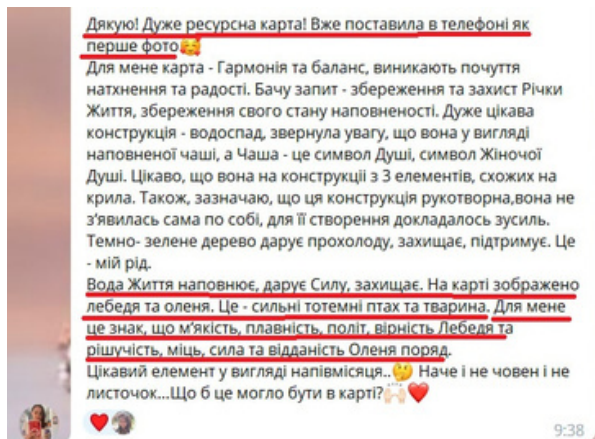
"Looking at the past, there is a feeling of gratitude for life, for all the experience. Now I feel that time is really limited. And that's why in the future I want to use it as valuably as possible and be happy"

Feedback from the participants of the "Ukrainian Circle" project:

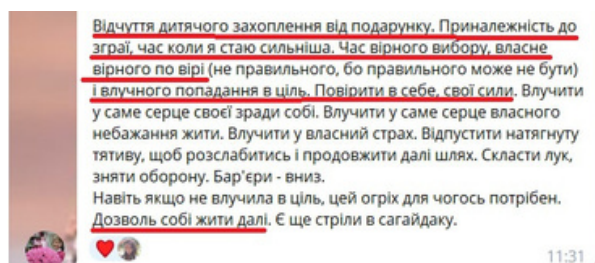
- The therapeutic effect that the participants feel during the practices is highlighted in red. These parts of the text are translated on the right;
- The untranslated part of the text is a reflection, thoughts, a written notes of one's experiences, which also has a therapeutic effect. It is confidential information;
- The participants develop a greater depth of thought, the ability to realize their own experiences over the course of the program. People understand how to "unpack" the traumatic experience. At the same time, they start to feel of a resourceful life-giving condition.



Thank you for the video. I have started to realize that there is always a choice, that behind one closed door there are several open ones, that after the night comes the day, that the darkest time is just before the dawn. I begin to understand that there is no sense in anxiety, fears and disappointment. And we are not talking about the devaluation of feelings, but about the development of the ability to see the rainbow after the rain.



Thank you. It is a very resourceful card. I have already put it in my phone as the first photo. Water of life fills, gives strength and protects. The map shows a swan and a deer. These are a strong bird and a beautiful animal - totems. For me, this is a sign that the softness, smoothness, flight, loyalty of the Swan, the determination, power, strength and devotion of the Deer. They are next to each other.



A feeling of childish happiness when we have a gift. Belonging to "a pack" is when I get stronger. It's time to make the right choice, the right one by faith. This is a hit on the target. Believe in yourself and your strengths. Allow yourself to live on!

All materials are intellectual property of the Ukrainian Psychological Center "THE SOUL". Any use is allowed only with the consent of the organization or with reference to the resource.