



**Psychological Recovery Program
UKRAINIAN CIRCLE**

June - August 2023



**PSYCHOLOGICAL RECOVERY PROGRAM
"UKRAINIAN CIRCLE"**

Ukrainian Psychology Center THE SOUL

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

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 8

Єдність

Zoom Зустріч

Відповіді на питання

Дякуємо нашим партнерам
за підтримку проекту:



WORLD
CONSCIOUSNESS
ALLIANCE



DR. KATIE EASTMAN
Transforming loss into
CHANGE and GROWTH



WEEK 8

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

The number of registered participants is 240

Participants in the Telegram messenger - 223

The leaders of Module 8 - Oleksandra Shymanova, Maria Vynnytska, Maryna Yakhno, Iryna Royenko

The purpose of the module:

- **To overcome the split at the level of society and at the level of our souls**
- **To find what unites us and makes us stronger**
- **To learn to accept the differences of others and not punish them for it**
- **To become more patient and tolerant to our own expressions**

Materials of the module:

1. Theoretical video + text version "Unity" - 18 min
2. Audio practice for overcoming the inner split of the soul "Bridge"
3. Opinion poll of the participants in Telegram for the steps that have already united us or can unite with others in the future
4. Meeting with a psychologist in Zoom, response to the questions and practices (Maria Vynnytska, Oleksandra Shymanova) - 1 hour 28 minutes.



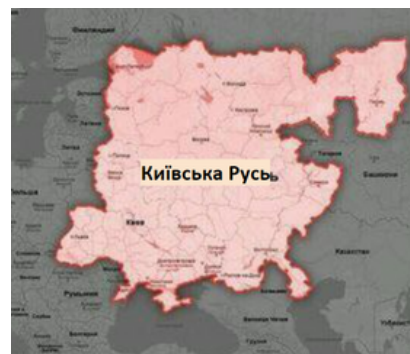
Materials of the module:

1. Theoretical video + text version “Unity”



How to overcome the split at the level of Ukrainian society and at the level of your own soul?

Was Ukraine and is Ukraine united?



Our predecessors lived in 4 (four!) different countries

During the time of Kievan Rus, Ukraine was united with other principalities

Ukraine, which we all know and which we now defend

Is Ukraine united (?)
Ukraine is united!



THE DIFFERENCE AMONG UKRAINIANS IS PERCEIVED AS A DIVIDING LINE



War is always a black-and-white world
Concepts – “My Person” - Enemy, Life - Death
On my side - or not on my side
There are no halftones
Love - hate

When it is impossible to directly express aggression to someone who threatens life and health, then we have this **DIVISION** inside our society and inside ourselves



The task and function of therapy is to find the broken pieces of the soul and combine them in a new quality.

Due to this, we become calmer, feel more whole and better.



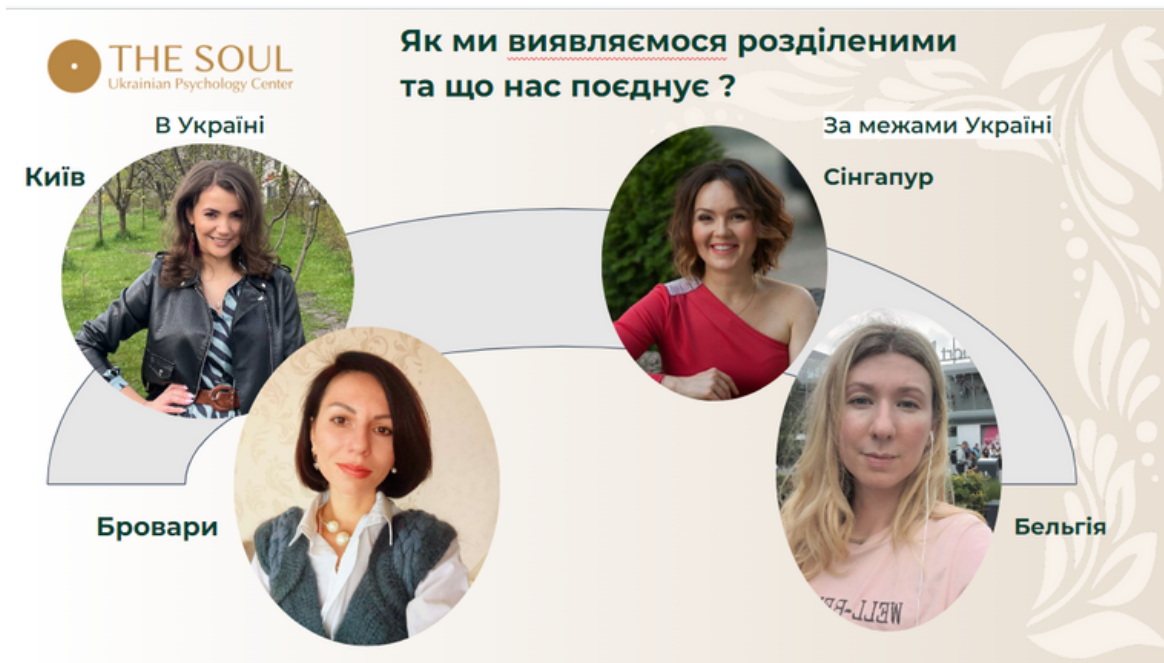
Integrity of the soul
“CIRCLE”

By what principles
do we come
together?

What unites us?



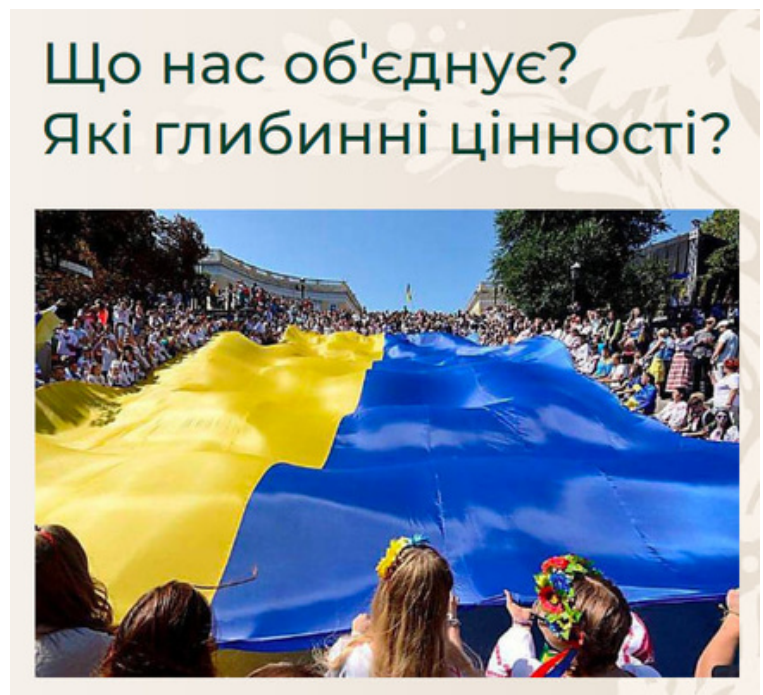
Our team also turned out to be divided: Oleksandra Shymanova and Maria are abroad, and Iryna Royenko and Maryna Yakhno are in Ukraine.



We are united by a common cause, and so is the Ukrainian Circle Program.

And what unites Ukrainians? What are the deep values?

- It is a desire to win!
- We all want to have our own independent country and determine our destiny
- Language – Culture - Art
- History and common past values
- love for freedom
- Love for one's land
- sense of humor
- Ukrainian creativity and talents
- Emotionality and cordiality
- Hospitality and humanity
- Willingness to help,
- Fortitude and resilience



And just like a matured personality becomes strong and powerful with all its different aspects of the soul, the United country is a guarantee of VICTORY and HAPPY FUTURE



2. Audio practice "Bridge" (Olexandra Shymanova)

Audio practice is aimed at overcoming the internal split of the soul and restoring integrity and unity in relationships. It helps to integrate different parts of the mind and soul.



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Техніка "МОСТ"



3. Opinion poll of the participants in Telegram on steps and methods of strengthening unity and overcoming social division and one's own mental split.

Survey 1: What unites you with others as a person?

The three biggest percentages:

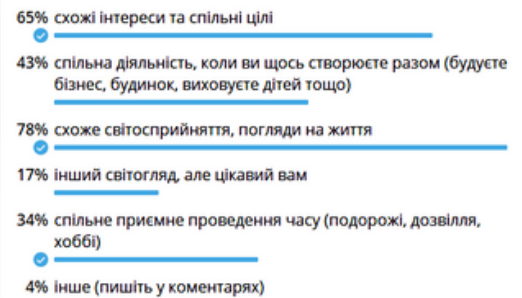
78% - Similar lifestyle and outlook on life

65% - Similar interests and common goals

43% - Joint activity when you create something together (build a business, house, raise children, etc.)

Як ви вважаєте, що вас об'єднує з іншими як людиною та особистістю?

Анонимний опрос



Survey 2: What "bridges" do you want to build between you and other people?

The three biggest percentages:

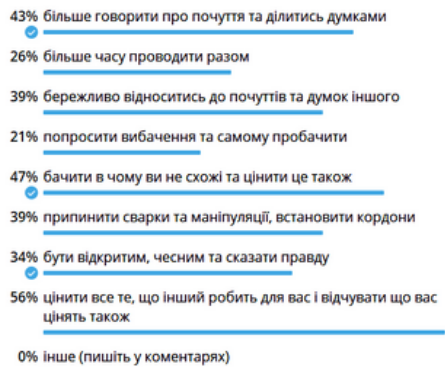
56% - Appreciate all that the other do for you and feel that you are valued as well

47% - Understand that you are different and appreciating it too

43% - Talk more about feelings and sharing thoughts

Які "мости" вам хочеться побудувати між вами та іншими людьми?

Анонимний опрос



Survey 3: What unites us as Ukrainians most of all now?

The three biggest percentages:

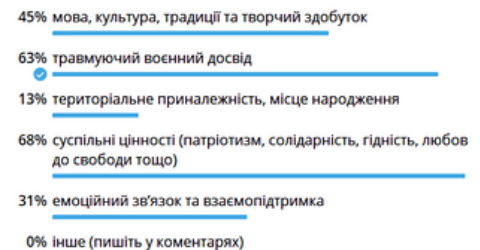
68% - Social values (patriotism, solidarity, dignity, love of freedom, etc.)

63% - Traumatic war experience

45% - Language, culture, tradition and creative achievement

Як ви вважаєте, що нас більш за все зараз об'єднує всіх як українців?

Анонимний опрос



Survey 4: What "bridges" do you think will be able to unite Ukrainians much more?

The three biggest percentages:

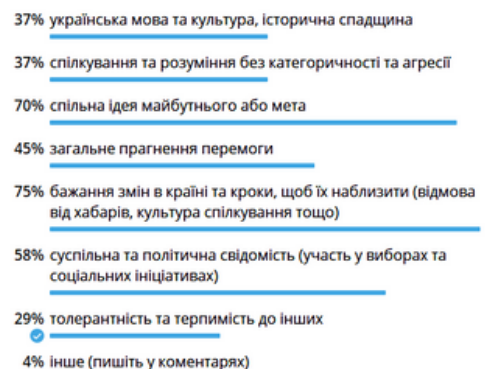
75% - Desire for changes in the country and steps to bring them closer (no bribes, culture of communication, etc.)

70% - Common idea of the future and one goal

58% - Social and political awareness (participation in elections and social initiatives)

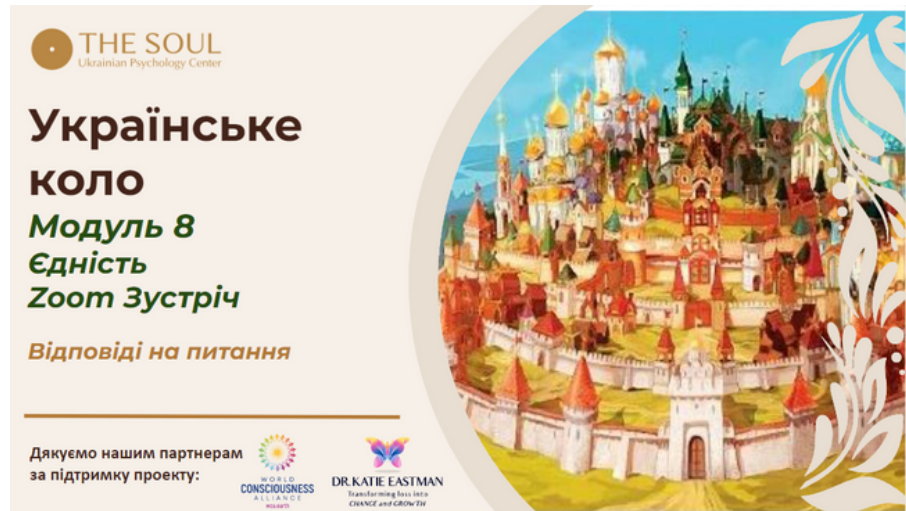
Які "мости" на вашу думку зможуть більше об'єднати українців?

Анонимний опрос



4. Meeting with a psychologist in Zoom, responses to the questions and practices (Maria Vynnytska and Oleksandra Shymanova) - 1 hour 28 minutes.

The meeting took place at our traditional time at 11:00 a.m. on Saturday, August 12, 2023



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Українське коло

Модуль 8

Єдність

Zoom Зустріч

Відповіді на питання

Дякуємо нашим партнерам за підтримку проекту:

WORLD CONSCIOUSNESS ALLIANCE
DR. KATE EASTMAN
Transforming lives into CLENCE and glow life

At the meeting:

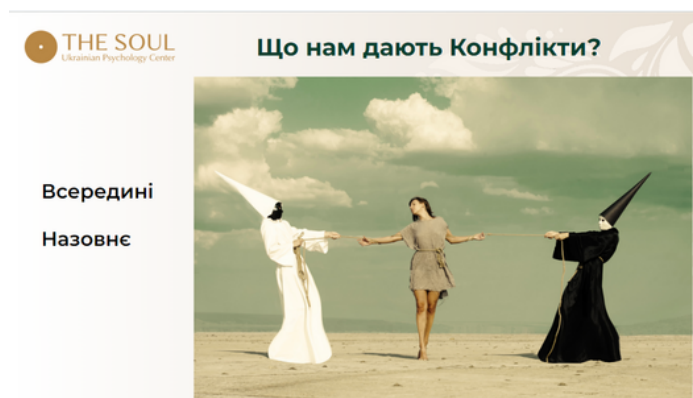


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Автономія і Залежність

Єдність як здорова свідомість взаємозалежності

A short theoretical part about Unity, independence and interdependence. For really great projects you need teams and communities.

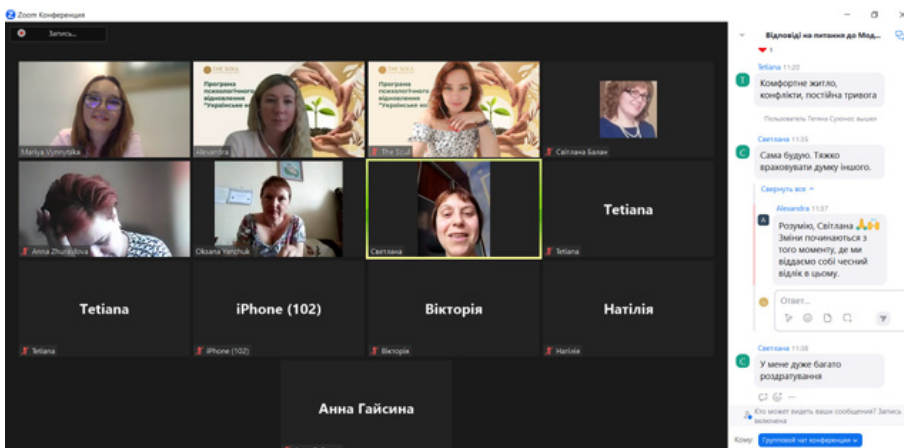


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Що нам дають Конфлікти?

Всередині
Назовне

We spoke about external and internal conflicts; how to deal with them? is it possible to avoid them? how they can serve us?



Zoom Конференція

Тетяна

iPhone (102)

Вікторія

Наталія

Анна Гайсіна

Відповіди на питання до Мад...

Тетяна 11:07
Конфлікти життя, конфлікти, постійна тривога

Світлана 11:08
Психологія Тетяна Євгенівна

Світлана 11:08
Сама буду. Також враховувати думку іншого.

Світлана 11:07
Світлана 11:07
Розумію, Світлана
Звіти починаються з того моменту, де ми віддалимо собі чесний відлік в цілому.

Тетяна 11:08
У мене дуже багато роздратування

Що можете видати ваші повідомлення? Залишити повідомлення

Participants' questions were answered and individual work was conducted in a mini format for one of the participants.



Next topic:

The participants were asked to ponder the questions about their season of life, how much do they want to be with others? alone? in partnerships? with a group of people?

Options were:

- I prefer to be alone now
- I need a soul mate or a patterns
- I want to be part of the team



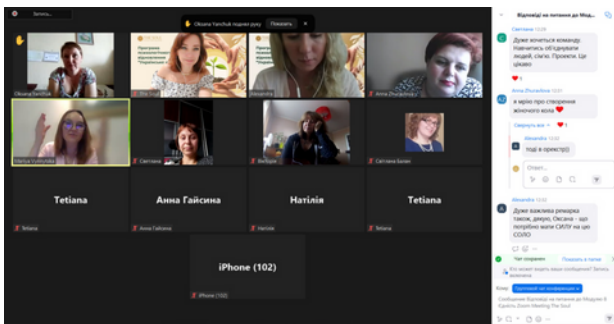
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Що вам ближче?

Я сам / сама
В парі
В команді

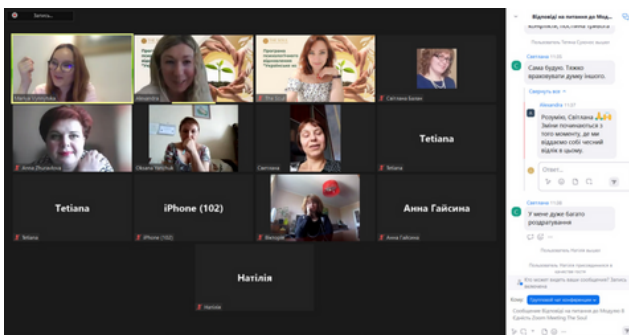


Participants were sharing in the chat their feelings, emotions, observations and hopes:



"I really want a team. I want to unite a family, I want unity around ideas and projects. It's interesting"

"I dream of creating a women's circle"



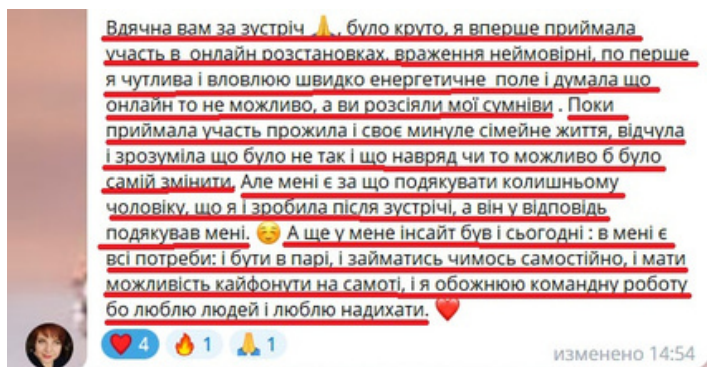
"I always build it by myself. It is difficult to consider the opinion of another person. I have realized it now"

"Change begins with honest awareness"



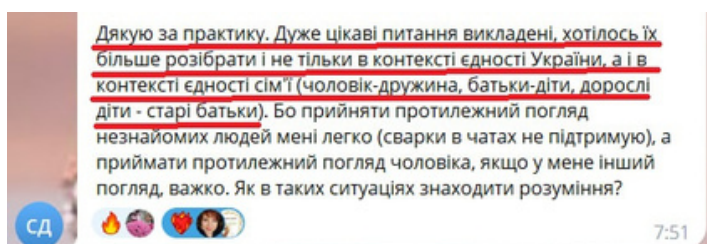
Feedback from the participants of the "Ukrainian Circle" project:

- 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 a resourceful and more uplifting state.

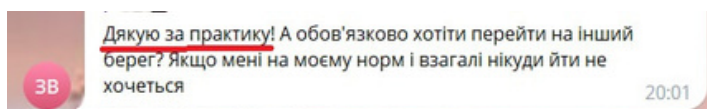


Thank you for the meeting. It was cool! It was my first time participating in online work of such sphere, the impressions are incredible. First of all, I am sensitive and pick up the energy field quickly and thought that it was not possible via the Internet, but you dispelled my doubts. While participating, I lived my past family life, felt everything and I have realized that it was wrong and that it would hardly be possible to change it myself.

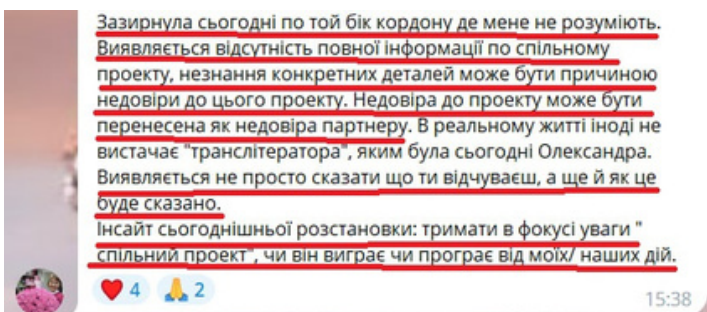
But I have something to thank my ex-husband for. I did it after the meeting and he thanked me in return. And I also had an insight today: I have everything to be in a couple, and to do something independently, to be able to have fun alone, I love teamwork, I care about people and I like to inspire.



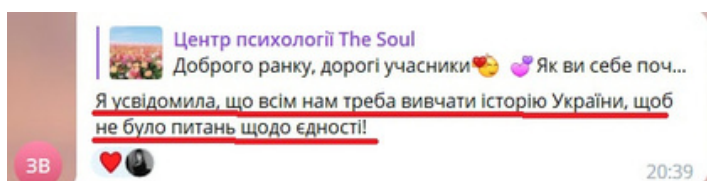
Thanks for the practice. Very interesting questions were presented. I wanted to analyze them more not only in the context of the unity of Ukraine, but also in the context of the unity of the family (husband-wife, parents-children, matured children-old parents)



Thank you for the practice!



I looked today on the other side of the border where I am not understood. It turns out that there is a lack of complete information on the joint project, ignorance of specific details may be the reason for mistrust of this project. Distrust of the project can be transferred as distrust of the partner. It turns out that it's not just about saying what you feel, but also how it will be said. The insight of today's arrangement: to keep the "joint project" in focus, whether it will gain or lose from my/our actions.



I have realized that we all need to learn the history of Ukraine so that there are no questions about unity.

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