

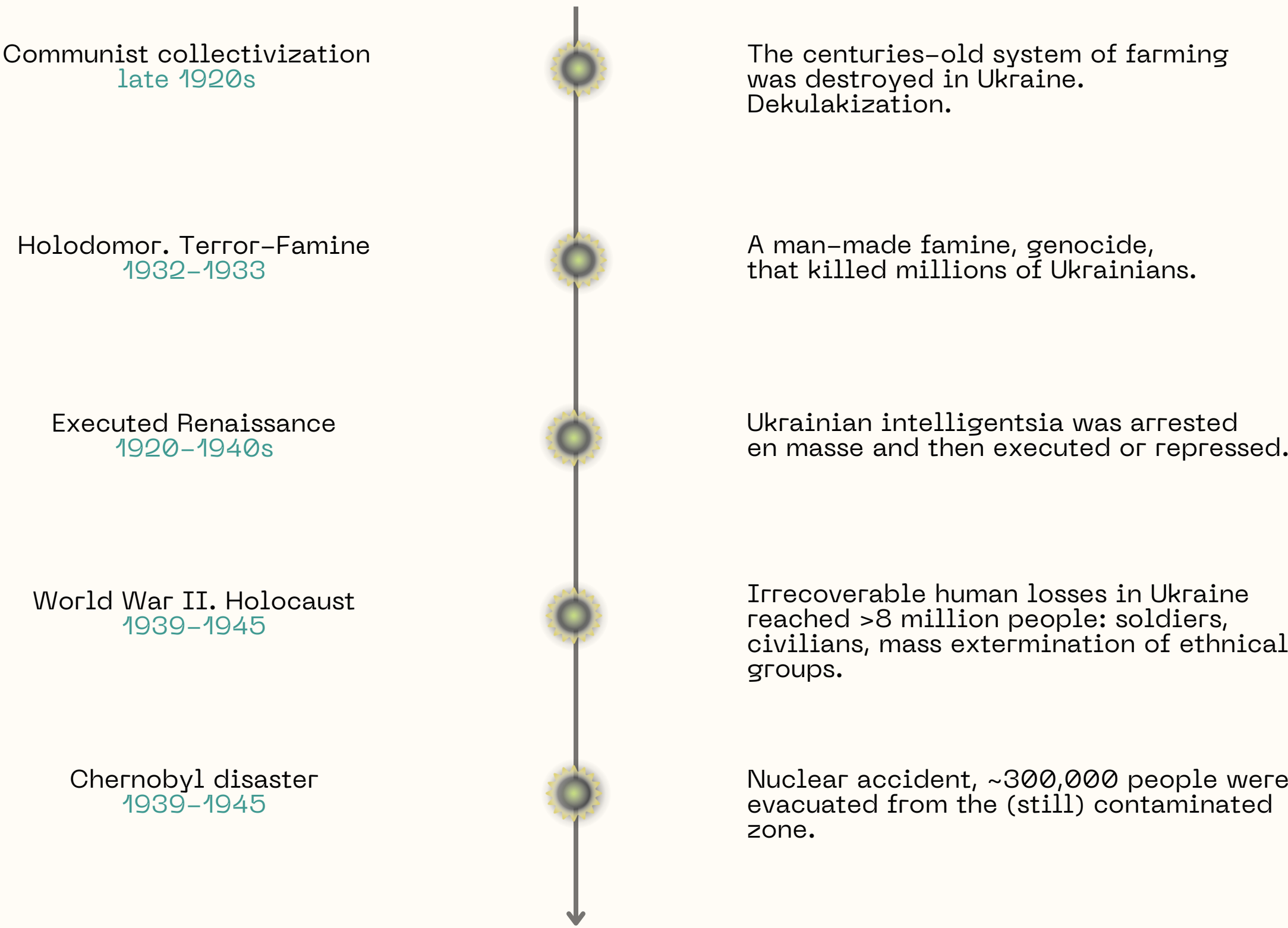
Ukraine: collective trauma / retraumatization / healing

HEALING PATHS FOR UKRAINE

AGENDA

- * WHAT ARE THE ROOTS OF THE COLLECTIVE/TRANSGENERATIONAL TRAUMA IN UKRAINE?
- * WHY AND HOW ARE UKRAINIANS BEING RE-TRAUMATISED WITH THE ONGOING TRAUMA?
- * WHAT ARE THE HEALING WAYS? HOW CAN WE SUPPORT SUCH MOVEMENTS?

CHRONOLOGY OF THE MASSIVE TRAUMATIC EVENTS UKRAINE, SOVIET ERA



CHRONOLOGY OF THE MASSIVE TRAUMATIC EVENTS UKRAINE, INDEPENDENCY ERA



WHAT ARE THE SYMPTOMS, THAT ARISE FROM SUCH EVENTS? INDIVIDUAL & COLLECTIVE LEVEL

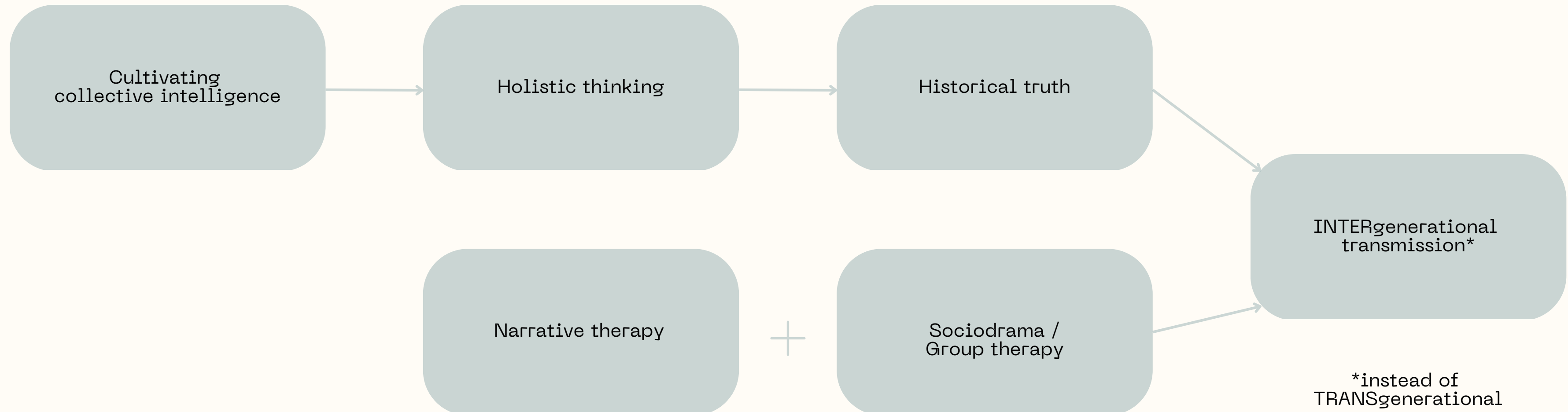
- * Chronic feeling of guilt and shame
- * Chronic feeling of helplessness
- * Fear of losing one's property, home, relatives
- * Fear of malnutrition and famine
- * "Heroic decision"
- * Desire for revenge
- * Ambivalence of thinking

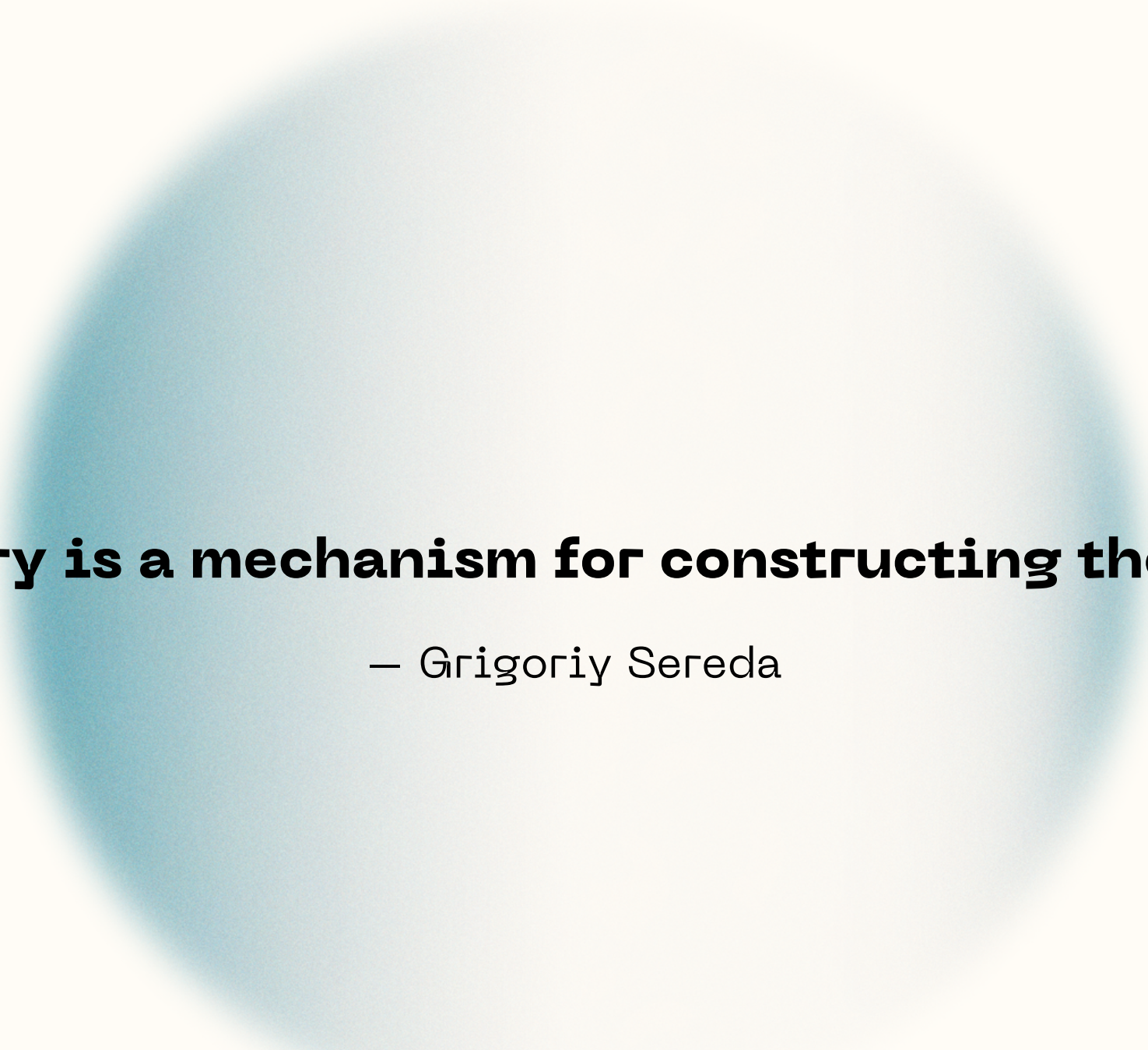


Those symptoms are now
triggered by the ongoing War

WHAT CAN WE DO ABOUT IT? INDIVIDUAL & COLLECTIVE LEVEL

- * Create spaces the reflection & digestion
- * Work on de-fragmentation and integration





"Memory is a mechanism for constructing the Future"

— Grigoriy Sereda