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POST-WAR UKRAINA: PSYCHOLOGICAL AND PSYCHOTHERAPEUTIC PERSPECTIVES[†]

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Increased funding: one of the biggest problems facing psychologists in Ukraine is the lack of resources and funding. Increased funding for mental health services and training could help improve the quality of care that psychologists can provide to their patients. The necessary recognition of mental health and the role of psychologists in providing care can help reduce stigma and increase collaboration between psychologists and other health professionals. More resources and educational materials in Ukrainian are needed to improve access to information and resources for Ukrainian psychologists, and to support the development of a strong, locally focused research base. Creating more jobs for psychologists, especially in underserved areas, can help increase access to mental health services for those who need them. Continuous education: psychologists. Education and public awareness can help encourage more people to seek help from psychologists and other mental health professionals. Of course, these steps are only a starting point and a solution to the complex problems faced by psychologists in Ukraine

Keywords: *mental health, post-war period, increase collaboration, education, public awareness*

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Ukraine's strategic situation had already been shaped by various influences for several years (Bereziuk, S., Pronko, L., & Samborska, O., 2020). To common knowledge Ukraine was facing just before the war several challenges, including (Horton R., 2022):

- Conflict in Eastern Ukraine: Since 2014, there has been an ongoing conflict in the eastern region of Ukraine, which has resulted in thousands of deaths and displacement of people.
- Ukraine has long struggled with corruption.
- Economic Challenges: Ukraine has faced economic challenges in recent years, including a recession in 2014-2015 and the impact of the COVID-19 pandemic.
- Political Instability: Ukraine has undergone significant political changes in recent years, including the 2014 Revolution of Dignity and the subsequent election of a new government. However, political instability has continued to be an issue in the country.
- Energy Dependency: Ukraine is heavily dependent on energy imports, particularly natural gas from Russia. This has made the country vulnerable to political pressure and economic instability.

Psychology is a well-established and respected field in Ukraine (Panok, Vitaliy, Valentina Pavlenko, and Liliya Korallo, 2006), and there are many universities and institutions that offer psychology programs and training (Pavlenko, V., 2003; Pavlenko, V., Kryazh, I., Ivanova, O. & Barrett, M. 2001). There are also several professional organizations that represent psychologists in Ukraine (Stevenson, A., 2009), including the Ukrainian Psychological Association. However, psychologists in Ukraine face several challenges, including (Shevlin, M., Hyland, P., Karatzias, T., Makhshvili, N., Javakhishvili, J., Roberts, B., 2022):

- Limited resources: Many psychologists in Ukraine work in underfunded and understaffed clinics, which can limit their ability to provide quality care to their patients.
- Limited recognition: Some psychologists in Ukraine have reported that their profession is not always well-recognized or respected by other healthcare professionals, which can make it difficult for them to collaborate and work effectively as part of a larger healthcare team.
- Language barriers: Many psychological resources, such as training materials and research articles, are only available in English or other non-Ukrainian languages, which can limit access to these resources for Ukrainian psychologists.
- Limited job opportunities: There is often a shortage of job opportunities for psychologists in Ukraine, particularly outside of major urban centres.
- Stigma surrounding mental health: Despite growing awareness of mental health issues in Ukraine, there is still a significant stigma surrounding mental health and seeking treatment, which can make it difficult for psychologists to encourage their patients to seek the help they need.
- It's important to note that the situation for psychologists in Ukraine is complex and varies

depending on several factors, including the region of the country, the specific field of psychology, and the individual psychologist's experience and qualifications.

There are several steps that could be taken to improve the situation for psychologists in Ukraine, including (Fontanarosa, P.B., Flanagan, A., Golub, R.M., 2022):

- Increased funding: One of the biggest challenges facing psychologists in Ukraine is the lack of resources and funding. Increasing funding for mental health services and training programs could help to improve the quality of care that psychologists are able to provide to their patients.
- Improved recognition: Greater recognition of the importance of mental health and the role of psychologists in providing care could help to reduce stigma and increase collaboration between psychologists and other healthcare professionals.
- Language support: Providing more resources and training materials in Ukrainian could help to improve access to information and resources for Ukrainian psychologists, and support the development of a strong, locally focused research base.
- Job creation: Creating more job opportunities for psychologists, particularly in underserved regions, could help to expand access to mental health services for those who need them.
- Public education and awareness: Efforts to raise awareness about mental health and reduce stigma could help to encourage more people to seek the help they need from psychologists and other mental health professionals.
- Continuing education: Encouraging and supporting continuing education opportunities for psychologists could help to ensure that they are up to date with the latest research and best practices, and help them to provide better care to their patients.
- Of course, these steps are just a starting point, and addressing the complex challenges facing psychologists in Ukraine will likely require a concerted effort from a range of stakeholders, including government, healthcare organizations, and the public at large.

The situation for psychotherapists in Ukraine is similar to that of psychologists in many ways, but there are also some unique challenges and opportunities specific to the field of psychotherapy (Burlaka, V., et al., 2014).

Like psychology, psychotherapy is also a well-established and respected field in Ukraine, with a long history and many trained professionals (Панок, В., 2016). However, psychotherapists in Ukraine face some of the same challenges as psychologists, including limited resources and funding, limited recognition, and stigma around mental health issues. In addition, there are some unique challenges facing psychotherapists in Ukraine, including (Shoib, S., Zharkova, A., Pal, A., Jain, N., Saleem, S.M., Kolesnyk, P., 2022):

- Lack of regulation: As of my knowledge cut-off date, there was no official regulatory body for

psychotherapists in Ukraine. This lack of regulation can make it difficult for patients to find qualified and competent practitioners and can create uncertainty and inconsistency in the field.

- Limited insurance coverage: As of my knowledge cut-off date, many insurance companies in Ukraine did not cover psychotherapy services. This can make it difficult for patients to access the care they need and can limit the earning potential of psychotherapists.
- Limited specialization: While there are some specialized fields of psychotherapy in Ukraine, such as cognitive-behavioural therapy and psychodynamic therapy, there are fewer opportunities for psychotherapists to specialize in niche areas.
- Limited research: As with psychology, many of the research resources available to Ukrainian psychotherapists are only available in English or other non-Ukrainian languages. This can limit access to the latest research and best practices, and can limit the development of a strong, locally focused research base.
- Despite these challenges, there are also some opportunities for psychotherapists in Ukraine, particularly as the field continues to evolve and grow. For example, the development of new techniques and technologies, such as online therapy and telehealth, could help to expand access to care and reach new patients. In addition, efforts to improve the recognition of psychotherapy as a legitimate and valuable form of care could help to reduce stigma and improve access to resources and funding (Edirippulige, S., Levandovskaya, M., Prishutova, A., 2013).

In the last years there where, before the war, some remarkable efforts to strengthen the situation of psychotherapists (Bogdanov, S., Augustinavicius, J., Bass, J.K., Metz, K., Skavenski, S., Singh, N.S., ... Bolton P.A., 2021).

The Ukrainian Psychotherapeutic Association (UPA) is a professional organization that represents psychotherapists in Ukraine. The UPA was established in 2004 and is registered with the Ukrainian Ministry of Justice as a non-governmental organization. The UPA aims to promote the development of psychotherapy as a legitimate and valuable form of care in Ukraine, and to support the professional development of its members (Kechur, R., Yaskevych, O., Turezka, K., 2021).

The UPA represents a range of psychotherapeutic approaches, including psychodynamic, cognitive-behavioural, humanistic, and systemic. The UPA offers a range of resources and services to its members, including continuing education opportunities, access to professional networks and events, and opportunities to contribute to the development of the field of psychotherapy in Ukraine.

The UPA also works to raise public awareness about the benefits of psychotherapy and to reduce stigma around mental health issues. The UPA is affiliated with several international organizations, including the European Association for Psychotherapy and the World Council for Psychotherapy, and works to promote the exchange of knowledge and best practices between psychotherapists in

Ukraine and their colleagues around the world (Kechur, R., Yaskevych, O., Turezka, K., 2020).

The aftermath of a war can have a significant impact on the mental health of the affected population, and it can be challenging for psychologists to provide effective care in such contexts (Birkle, S.M., Vallejo-Valdivielso, M., Martsenkovskiy, D., Yilmaz, H., Sebela, A., Ghosh, S., ... Mirković, A., 2019). There are several steps that could be taken to improve the situation for psychologists working with populations affected by war, including (Frankova, I., Vermetten, E., Shalev, A.Y., Sijbrandij, M., Holmes, E.A., Ursano, R., Schmidt, U., Zohar, J., 2022):

- Access to training and resources: Providing psychologists with access to specialized training and resources on working with populations affected by war could help them to develop the skills and knowledge needed to provide effective care (Ahmad, J., Okwuowulu, C., Sanusi, B., Bello, S.A., Talabi, F.O., Udengwu, N., Gever, V.C., 2022).
- Collaborative care: Encouraging collaboration between psychologists and other healthcare professionals, such as doctors and social workers, could help to ensure that patients receive a coordinated and holistic approach to care.
- Community-based care: Community-based care models, which involve providing care to patients in their own communities rather than in clinical settings, could be effective in providing care to populations affected by war, where traditional healthcare infrastructure may be disrupted or unavailable (Fedko, S.L., Kurbatova, A., Remesnyk, N., Matviienko, I., Parasiei-Hocher, A., Kryvda, N., Elzahraa H.F., 2021).
- Increased funding: Providing increased funding for mental health services in post-war settings could help to ensure that psychologists have the resources they need to provide effective care.
- Addressing stigma: Addressing stigma around mental health issues in post-war settings could help to encourage more people to seek help from psychologists and other mental health professionals.
- Self-care and support: Providing psychologists with resources and support for self-care could help them to manage the stress and trauma associated with working in post-war settings, and help to prevent burnout and turnover.
- Of course, these steps are just a starting point, and addressing the complex challenges facing psychologists in post-war settings will likely require a concerted effort from a range of stakeholders, including government, healthcare organizations, and the public at large.

In addition to the steps, mentioned before, there are several other actions that can be taken to improve the situation for psychologists after a war:

- Integration of mental health services into primary care (Goto, R., et al., 2023): In many post-war settings, there may be limited access to mental health specialists, which can make it difficult for patients to receive the care they

need. Integrating mental health services into primary care settings, such as community health centres or hospitals, could help to increase access to care and reduce the burden on mental health specialists.

- Outreach to underserved communities: In post-war settings, there may be certain populations, such as refugees or those in remote areas, who are particularly vulnerable and may not have access to mental health services. Outreach programs that specifically target these populations could help to ensure that everyone has access to care (Oviedo, L., Seryczyńska, B., Torralba, J., Roszak, P., Del Angel, J., Vyshynska, O., Muzychuk, I., Churpita, S., 2022).
- Culturally sensitive care: Providing culturally sensitive care is particularly important in post-war settings, where patients may be dealing with trauma related to their culture or experiences. Psychologists who are trained in culturally sensitive care can help to build trust with patients and provide more effective care.
- Research and data collection: Collecting data on the mental health needs of populations affected by war can help to inform the development of effective care models. Research can also help to identify specific populations or areas that are particularly vulnerable and in need of care.
- International collaboration: International collaboration between mental health professionals in different countries can help to share knowledge, resources, and best practices. This collaboration can also help to build a global network of mental health professionals who can work together to provide effective care in post-war settings.
- These actions, along with the ones I mentioned earlier, can help to improve the situation for psychologists working with populations affected by war. However, it is important to recognize that the situation in each post-war setting may be unique, and that effective care requires a tailored approach that considers the specific needs and circumstances of the population being served.

Furthermore, to the steps, mentioned earlier for psychologists, there are several other actions that can be taken to improve the situation also for psychotherapists after a war:

- Capacity building: Capacity building refers to the process of providing training and resources to develop the skills, knowledge, and infrastructure needed to deliver effective care. This can involve providing training in evidence-based psychotherapy models, developing supervision programs, and strengthening mental health systems in post-war settings.
- Community-based interventions (Singh, N.S., et al., 2021): Community-based interventions, such as group therapy and peer support programs, can help to foster social connections and provide support for individuals who have experienced trauma related to the war.
- Technology-based interventions: Technology-based interventions, such as teletherapy, can help to increase access to psychotherapy services in post-war settings, where access to mental health services may be limited or infrastructure may be disrupted.
- Addressing policy barriers: Policy barriers, such as licensing and credentialing requirements, can hinder the ability of psychotherapists to provide care in post-war settings. Addressing these barriers, such as by providing exemptions or waivers for licensure requirements, can help to facilitate the provision of care.
- Advocacy and awareness: Advocacy and awareness campaigns can help to reduce stigma around mental health issues and raise awareness about the availability and benefits of psychotherapy services in post-war settings. Such campaigns can help to increase demand for services and reduce barriers to care.
- Self-care and support: As with psychologists, providing resources and support for self-care can help psychotherapists to manage the stress and trauma associated with working in post-war settings, and help to prevent burnout and turnover.
- These actions, along with the ones I mentioned earlier, can help to improve the situation for psychotherapists working with populations affected by war. However, as with psychologists, it is important to recognize that effective care requires a tailored approach that considers the specific needs and circumstances of the population being served.

In terms of legal steps (Imas, Y., Lazarieva, O., 2017) that the government can take to improve the situation for psychologists and psychotherapists after a war, some possible actions include (Della, S.S., Grafman, J., 2022):

- Recognize the importance of mental health: The government can take steps to recognize the importance of mental health care by allocating resources, funding, and legal protections for psychologists and psychotherapists in post-war settings.
- Develop policies to support the mental health workforce: The government can develop policies that support the mental health workforce, such as providing incentives to attract and retain mental health professionals in post-war areas, and creating policies to ensure that psychologists and psychotherapists are appropriately trained and qualified to provide care.
- Develop legal frameworks for licensing and credentialing: The government can create legal frameworks for licensing and credentialing psychotherapists and psychologists in post-war settings, to ensure that they meet appropriate standards of education and training.
- Establish legal protections for mental health professionals: The government can establish legal protections for mental health professionals working in post-war settings, such as protecting them from retaliation or harm resulting from their work and providing legal support if they face legal challenges related to their work.
- Foster international collaboration and support: The government can foster international collaboration and support for mental health professionals in post-war settings, by participating in international organizations and initiatives that support mental health, and by

collaborating with other countries to share resources and best practices.

- Address legal and policy barriers to care: The government can address legal and policy barriers to mental health care in post-war settings, such as restrictions on the practice of psychotherapy, to ensure that all individuals in need of care have access to the services they require.
- Overall, legal and policy changes can help to support and protect the mental health workforce in post-war settings and ensure that individuals affected by war have access to the care they need. However, these steps should be part of a larger effort to address the mental health needs of populations affected by war, which includes both community-based and individual-focused interventions.

Europe can play an important role in improving the situation for psychologists and psychotherapists in Ukraine after the war. Some possible steps that Europe can take include (Barnes, M.E., Greer, S., 2016):

- Provide financial support: Europe can provide financial support to Ukraine to help rebuild the mental health system and support the mental health workforce, including psychologists and psychotherapists. This can include funding for training, supervision, and infrastructure development, as well as financial support for individual psychotherapists and psychologists who may be working in difficult circumstances.
- Provide technical assistance: Europe can provide technical assistance to help Ukraine develop policies, guidelines, and best practices for the provision of mental health care in post-war settings. This can include sharing expertise in the development of mental health systems, the use of evidence-based psychotherapy models, and the provision of support for the mental health workforce.
- Facilitate partnerships and collaborations: Europe can facilitate partnerships and collaborations between mental health professionals in Ukraine and mental health professionals in other European countries. These partnerships can help to promote the exchange of knowledge and skills, as well as provide support and resources to the mental health workforce in Ukraine (Calam, R., El-Khani, A., Maalouf, W., 2022).
- Advocate for mental health: Europe can advocate for the importance of mental health care in post-war settings, and work to reduce the stigma associated with mental health issues. This can include working with governments, media outlets, and civil society organizations to raise awareness about the importance of mental health care, and to promote the use of evidence-based psychotherapy and other interventions.
- Provide humanitarian assistance: Europe can provide humanitarian assistance to individuals and communities affected by the war, including support for mental health services. This can include providing resources for community-based mental health

programs, as well as supporting individual psychotherapy and other interventions.

- Overall, Europe can play an important role in supporting the mental health workforce in Ukraine, and in promoting the development of effective and accessible mental health care for individuals and communities affected by the war. By providing financial support, technical assistance, and advocacy, Europe can help to build a more resilient mental health system in Ukraine and ensure that individuals affected by the war have access to the care they need.

There are a variety of programs that can be started after the war to support psychologists and psychotherapists in Ukraine. Some examples include:

- Training programs (Baraka, M.K., et al., 2021). The development of training programs for psychologists and psychotherapists, which can provide education and skills-building in evidence-based practices for mental health care. These programs can be delivered through in-person training, online platforms, or a combination of both.
- Supervision and consultation services: The establishment of supervision and consultation services for psychologists and psychotherapists, which can provide support, guidance, and quality control for the delivery of mental health care services.
- Community-based mental health programs: The development of community-based mental health programs that can provide support and services to individuals and families affected by the war, including psychotherapy, group therapy, and support groups.
- Research and evaluation: The development of research and evaluation programs to assess the effectiveness of mental health interventions and services, and to identify areas where improvements can be made.
- Advocacy and awareness campaigns: The development of advocacy and awareness campaigns to reduce the stigma associated with mental health issues and to promote the importance of mental health care in post-war settings.
- International partnerships and collaborations: The establishment of partnerships and collaborations between mental health professionals in Ukraine and mental health professionals in other countries, which can provide support, resources, and expertise for the mental health workforce in Ukraine.
- These programs can be implemented by governments, non-governmental organizations, and international agencies, and can be tailored to the specific needs and resources of the communities they serve. By developing effective and accessible programs for mental health care, Ukraine can support the mental health workforce and improve the mental health outcomes for individuals and communities affected by the war.

Ukraine will face huge changes after the war. These can be seen as a challenge to transform relevant and necessary matters in the sense of a European spirit. Otherwise, the old post-communist times and traditions will return and an era of economic stagnation will begin again.

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ПОСТВОЄННА УКРАЇНА: ПСИХОЛОГІЧНІ ТА ПСИХОТЕРАПЕВТИЧНІ ПЕРСЕКТИВИСальваторе Джакомуччі^{a,b,e,f}Девід Кловз^g,Наталія Барінова^e,Мартін Рабе^f,Іван Тітов^a,Маріанна Кохан^b,Наталія Жигало^b,Кіра Сєдих^a,Олександр Кочарян^e,Роман Керчур^d,Клаус Гарбер^e,Рюдігер Стікс^f,Маркус Ерл^f^aПолтавський Національний педагогічний університет імені В.Г. Короленко (ПНПУ)^bЛьвівський національний університет імені Івана Франка^cХарківський національний університет імені В.Н. Каразіна^dУкраїнський католицький університет^eШопронський університет^fРобоча група ООН-МСЕ^gКраківський економічний університет

Стаття має на меті описати ситуацію в Україні з психологічної та психотерапевтичної точки зору. Ситуації перед війною пояснюються та порівнюються з тими, які потрібно взяти у післявоєнний період, щоб зміцнити психологію та психотерапію в Україні. Також обговорюються можливі політичні та адміністративні обставини. Надаються кроки, які можна зробити, щоб покращити ситуацію для психологів в Україні. Збільшення фінансування: однією з найбільших проблем, з якою стикаються психологи в Україні, є брак ресурсів і фінансування. Збільшення фінансування служб психічного здоров'я та навчальних програм могло б допомогти покращити якість допомоги, яку психологи можуть надавати своїм пацієнтам. Необхідне визнання психічного здоров'я та ролі психологів у наданні допомоги може допомогти зменшити стигму та розширити співпрацю між психологами та іншими медичними працівниками. Необхідна більша кількість ресурсів і навчальних матеріалів українською мовою для покращення доступу до інформації та ресурсів для українських психологів, а також підтримати розвиток сильної, орієнтованої на місцевість дослідницької бази. Створення більшої кількості робочих місць для психологів, особливо в недостатньо забезпечених регіонах, може допомогти розширити доступ до послуг психічного здоров'я для тих, хто їх потребує. Безперервна освіта: психологів. Освіта та обізнаність громадськості можуть допомогти заохотити більше людей звертатися за необхідною допомогою до психологів та інших спеціалістів у сфері психічного здоров'я. Звичайно, ці кроки є лише відправною точкою, і вирішення складних проблем, які постають перед психологами в Україні.

Ключові слова: *психічне здоров'я, післявоєнний період, посилення співпраці, освіта, інформування населення*

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