

PSYCHOSOCIAL PROGRAM COOPERA ONGI 2023



Intro

Coopera works in Ukraine since 2002 carrying out a project to support minors in vulnerable situation, which has given us a profound knowledge of this beautiful country and its people.

Since the war broke out in February 2022, the mobilization of Spanish society to support humanitarian aid in the most affected areas has become our priority.

- 658 women and children, rescued and sheltered in 30 Spanish houses through 10 buses and 2 planes. We are grateful to the 410 volunteers helping on this program is ongoing.
- We have volunteer psychologists who care for these people in shelters in Spain

Now, thanks to the Madrid City Council, we are starting a large Humanitarian Aid project in kyiv where one of the pillars is the psychosocial support program.



Psychosocial Program

This program is supported by the experience of our delegation at the Democratic Republic of Congo, where since 2007, Coopera Congo staff, has worked on mental health and psychosocial support in emergencies.

For 15 years we have learned how to support trauma survivors in one of the worst wars in the history of humanity, the war in the Democratic Republic of Congo.

Now, all our knowledge can save lives supporting trauma survivors in Ukraine.



**STOP
WAR!**

Four main activities

The Project Technician, Carlos Bohigas Roldan, has the support of the psychologist and psychotherapist, Lorena Aguirre Cadarso to implement the project activities.

Lorena Aguirre Cadarso has been the Director of Coopera Congo for 15 years and has designed and supervised the MHPSS programs in the DRC for children, women and men victims of the atrocities of the conflict.

Mutima Africa, the psychosocial center created by Coopera Congo in the Democratic Republic of Congo, from which it will extend solidarity to alleviate the emotional suffering that all wars cause in humanity.

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POST-INCIDENT DEBRIEFING
AND PSYCHOLOGICAL SUPPORT





"A healthy life lies in healthy mental health, no matter the sex or age".

ACTIVITY 1

Modern Psychotherapy techniques for the treatment of war trauma.

This is an experiential training to enhance their psychological resilience as first respondents to the emotional states of trauma survivals, adding appropriate trauma techniques to react immediate after and time after the traumatic experience or experiences.

Audience

15 Social and clinic Psychologists

*Other organisations can participate on the training supporting their costs

Duration

Classroom: 70 hours for 10 days

Instructor

Register social psychologist in Spain
specialist in trauma and construction
of psychological resilience.

Language

English with a translator into
ukrainian

Course Content

The training will be based of the psychological humanistic and integrative approach.

- Basic principles for safely healing trauma of Babette Rothschild
- Stress, eustress, post-traumatic acute stress, and post-traumatic stress disorder
- War Trauma
- The step-by-step approach of trauma of Dr. Pierre Janet
- Traumatic categories of Leonore Terr
- The Triune Brain model of Paul D. MacLean.
- Basic foundations of trauma based on the psych neurobiology of trauma
- The role of emotions and their treatment within trauma
- Catharsis and Abreactions
- The dissociation
- Polyvagal Theory by Stephen Porges and its application on trauma therapy
- Teaching body-based techniques to treat individual and collective trauma based on Doctor Peter Levine
- The trauma of Sexual Violence and Gender Violence and its treatment with techniques based on the body
- Grief and trauma
- The trauma seen by children based on the work of Maggie Kline
- Play Therapy the Oaklander way
- Trauma Tapping Technique for Dr. Roger Callahan
- Teaching and experiencing “Trauma & Tension Release Exercises” TRE® del Doctor David Bercei
- Post-Incident Debriefing
- Review Psychological First Aid
- Self-Care & Wellbeing of the first respondents (participants on the training)
- Competencies and Skills to construct resilience (self-development and therapeutic uses)

ONLINE PSYCHOTHERAPY

ACTIVITY 2

Coopera Ukraine will open an online platform to book free online sessions with Ukrainian psychologists trained in modern techniques for post-incident trauma treatment and long-term psychotherapeutic support.

Beneficiaries

1.200 people care of

Duration of the service

The platform will initially be open for 10 months.

Mental Health professionals

2 clinical psychologists

Duration of each session

Individual sessions are for 50-minute.

Schedule

Monday to Friday, from 8h to 14h

Language

ukrainian



PSYCHIATRIC SUPPORT WITH PSYCHOTROPICS

ACTIVITY 3

Experience tells us that in order to stabilize some survivors of war trauma, it is necessary to use psychotropic drugs for a short period of time that can range from 3 to 6 months.

Coopera Ukraine will have in the team a clinical psychologist with authorization for the prescription of psychotropic drugs. The pharmacological treatment will be 50% subsidized by the project.

Beneficiaries

People in need supported by the activity 4

Duration of the service

The psychiatric consultation will be available for 10 months.

Mental Health professionals

1 clinical psychologist train in psychotherapy

Consultation at site

50-minute

Schedule

Monday to Friday, from 8h to 14h

Language

ukrainian



POST-INCIDENT DEBRIEFING AND PSYCHOLOGICAL SUPPORT

ACTIVITY 4

Psychological support from the humanistic and integrative approach is the most appropriate to care for victims of trauma caused by war, since it focuses on the person and gives them the power to rebuild themselves.

Psychological support immediately after the incident or within 10 days after, is advisable to avoid the development of disorders that may prevent a prosperous and happy life. Untreated war trauma is very likely to leave scars for life. That is why Coopera Ucraina wants to give the necessary face-to-face support to both women and children as well as men.

Beneficiaries

3.600 people care of

*number might increase if there are post-incidents debriefings

Duration of the service

The presential psychological support will be available for 10 months.

Mental Health professionals

3 clinical psychologists trained in psychotherapy and modern techniques to treat trauma

Individual Consultation at site

50-minute

Group Consultation at site

120-minutes

Schedule

Monday to Friday, from 8h to 14h

Language

ukrainian



WILL UKRAINE SHINE AGAIN



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