



## REPORT FROM ICDP UKRAINE – FEBRUARY 2016

In 2015, ICDP workshops were conducted with 18 groups in the following cities:

- Kharkiv (3 groups)
- Kiev (1 group)
- Artemovsk (1 group)
- Druzhkovka (1 group)
- Slavyansk (1 group)
- Izum (1 group)
- Krasny Liman (1 group)
- Vinnitsa (2 groups)
- Zaporozhye (1 group)
- Sviatohirsk (1 group)
- Dimitrov (1 group)
- Krasnoarmeysk (1 group)
- Anthracite (1 group)
- Lugansk (1 group)
- Kramatorsk (1 group)

The total number of people who participated in the ICDP training is 337 people. Four Ukrainian trainers trained 270 people and four ICDP trainers from Moldova trained 67 people. The facilitators are actively implementing the ICDP programme and are sending reports to ICDP.

Here are some examples of their work. Tatiana Kakhiani, psychologist CFS of Caritas Ukraine in Dnepropetrovsk organized the parent club ICDP. In this club parents get the information about ICDP, share their experiences, receive help and support from the facilitators and other parents – see photo below:



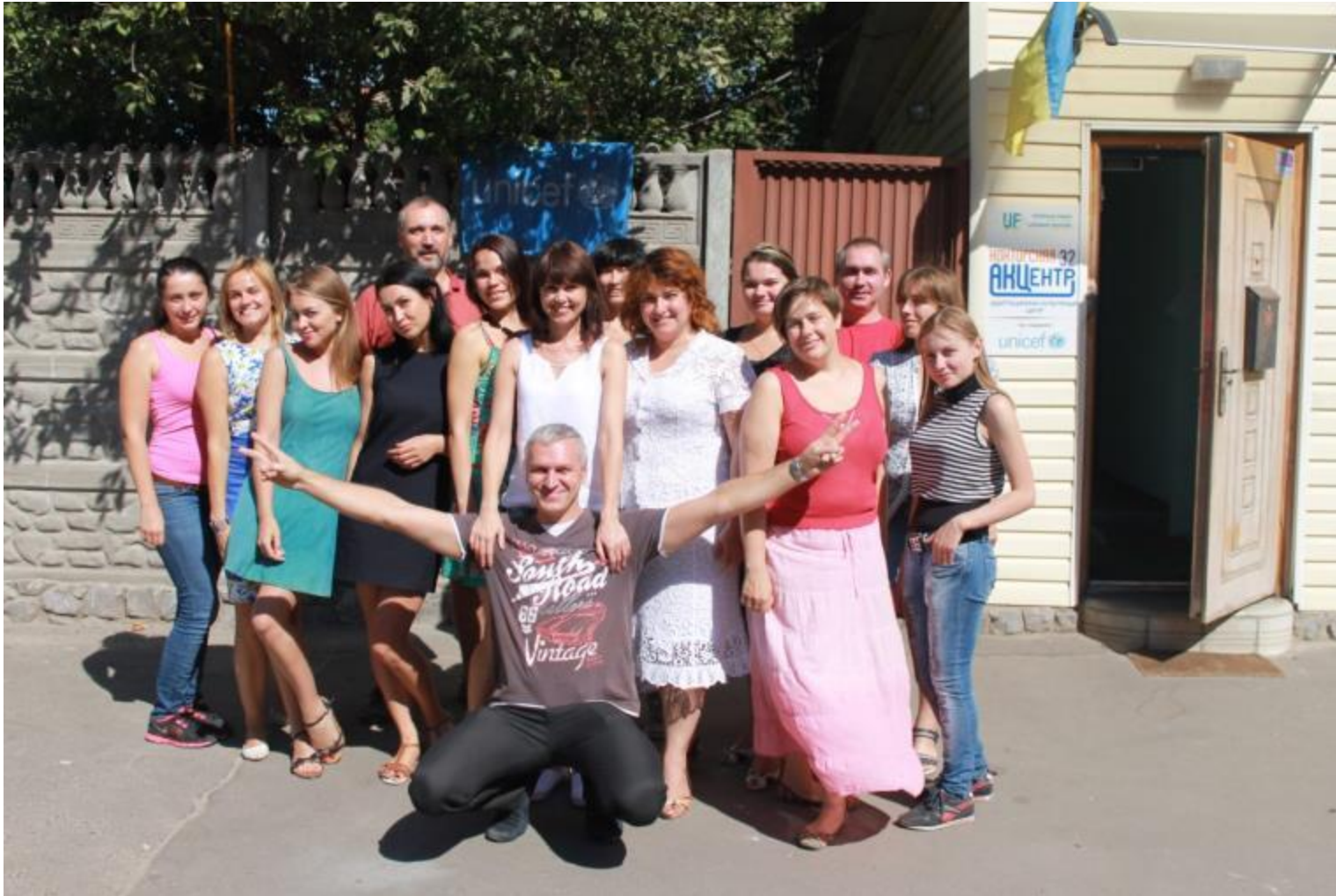
In Zaporozhye, Caritas Zaporozhye organized an ICDP centre for the exchange of experiences by facilitators. They meet regularly to exchange their ICDP materials and talk about their experience of conducting parent groups. ICDP trainers conduct regular supervision and issue ICDP Facilitator diplomas – see photo below:



In Kiev psychologist Nataly Sirotich from CFS Caritas Ukraine organized and continues to work with the ICDP parent club – see photo below:



UNICEF continues to show interest in the ICDP programme. On the photo below are the officials from UNICEF who participated in the ICDP training programme in 2015:



## Evaluations of the ICDP work

### Trainers Sergey and Anya:

ICDP has helped us to better understand our emotions and feelings, to improve the relationship with the children. We have learned to avoid conflict with each other, following the initiative and understanding each other's needs.

As specialists, we have noticed the fact that the programme is very helpful in dealing with displaced people as well as with people who are in a state of crisis. We are able to use ICDP effectively in both group work and individual work.

### Evaluation by facilitators

Their evaluation is in the annex of this document. It is an evaluation by psychologists, employees of the international humanitarian mission, who work in the area very close to the front lines and on the demarcation line – on photo below:



**Evaluation by Anna Mazur, ICDP facilitator, an employee "Child Friendly Spaces", Caritas Ukraine (Slavyansk):**

"When I learned this programme, I understood many things; I have a completely different way of looking at the situations when a mother communicates with her child. Thanks to this programme I know what I need to pay attention to. Now I understand how I can help parents. Thanks to the exchange of experiences, role-playing games, I can help mothers feel what is happening to their children."

**Anna Mazur made a movie about their ICDP work – follow this link to see the video:** <https://youtu.be/8D7c4HuOec8>

**Facilitators of Child Friendly Spaces from Caritas Ukraine in Kharkov** created a cartoon about ICDP – follow this link to see it: <https://youtu.be/ETa4imLxWR8>

**Evaluation by Tatiana Kakhiani, psychologist "Child Friendly Spaces", Caritas Ukraine (Dnepropetrovsk) – on photo below:**



"I have received the structure of the training, the finished product, which is very easy to integrate in my knowledge. ICDP has been very helpful in my work. ICDP is very useful both in group and in one to one work with mothers and children".

***Evaluation by a mother who was a member of the parent group in Slavyansk:***

She came to classes and very emotionally said:

"I came home with my child. We sat down to drink tea. I cut a small bun and give it to him. And then he began to cry. Usually I would have punished him for it. But today I remembered about the programme, and I came up to him and I sat down at the same level with him. I looked into his eyes and asked, "What happened?" My son replied: "I would like the whole loaf". I understood and now I am always interested in the views and wishes of my child, and I do not decide things for him".

***Evaluation by a mother who was a member of the parent group in Slavyansk:***

"I have learned to notice and follow the initiative of my child, and I know how to set limits by explaining things to him. I learned to hear my child, and he hears me, I do not need to shout. Now we have fewer conflicts. I thank ICDP for this."

*Mom Ira (4 years)*

***Evaluation by a member of UNICEF who attended the Kharkov group:***

"We help people who are forced to leave their homes and move away during the first days of the conflict. We provide humanitarian assistance including psychological help. People are in a state of fear, panic and in unstable emotional states, sometimes refusing the necessary assistance. Now, knowing the principles of the programme, it has become easier to establish emotional contact with people, to build a relationship of trust with the client. During the training sessions, we were able to openly show emotions, play a variety of situations and feel like children. This is a very valuable experience. We want to thank trainers Truhan Anna and Sergei Krasin for their generosity, for sharing their personal experiences. The ICDP videos are used by all members of our team in the individual and group work."

---

**ICDP UKRAINE IN 2016**

ICDP trainers, psychologists Sergey Krasin and Anya Safronova prepared a programme for professional development on the topic "Psychopedagogical support for the development of social competences in children". One of the main components of the programme was ICDP. This programme was approved by the Donetsk Regional University of Postgraduate Pedagogical Education to be used for the training of specialists in education (for teachers, psychologists and other education specialists). The training starts on the 28<sup>th</sup> of March 2016. Participants include

two groups of 20 people at the University who will write their final work on the topic of ICDP by describing their experience of using the principles of ICDP in their work. They will receive two certificates: one will be a certificate from the University concerning their professional development and the second will be the ICDP Facilitator level certificate. This work at the university will help obtain support from the Ministry of Education for the future work of ICDP.

In January 2016, ICDP Ukraine started to cooperate with the Protestant Christian charity, "Salvation Army" in Kharkov and the ICDP trainers have already started to conduct ICDP training for teenagers.

From the beginning of April 2016, ICDP Ukraine will start running ICDP groups for parents at different schools in Kharkiv.

In addition we will be training 6 other groups in 2016, in Odessa, Kremennaya and Nikolaevka.

Our organization has signed a formal agreement with:

- Caritas Zaporozhye
- University of Postgraduate Pedagogical Education
- Donbass Pedagogical University
- Charitable organization "Kharkiv regional branch of the Ukrainian branch of the International Christian charity organization ""Salvation Army"

**ANNEX I - THE IMPLEMENTATION PLAN FOR ICDP UKRAINE IN 2015 AND UP UNTIL FEBRUARY 2016:**

Group No	Main activities (Place for the group, cooperation partner)	Responsible trainers	Planned start date	Planned end date
	The first module			
1	<i>Kiev(Vifaniya andAscension) 1 module</i>	Sergey/Anna	22.05.2015	24.05.2015
2	<i>Druzhkovka(Education Board) 1 module</i>	Sergey/Anna	29.03.2015	31.03.2015
3	<i>Zaporozhye(Crisis centre) 1 module</i>	Sergey/Anna	16.05.2015	18.05.2015
4	<i>Artyomovsk(Medics without borders. Education Board) 1 module</i>	Sergey/Anna	29.05.2015	31.05.2015
5	<i>Slavyansk(Volunteers) 1 module</i>	Sergey/Anna	13.04.2015	15.04.2015
6	<i>Kharkov(Karitas,work with refugees) 1 module</i>	Sergey/Anna	07.06.2015	09.06.2015
7	<i>Kharkov(Unisef) 1 module</i>	Sergey/Anna	10.06.2015	12.06.2015
	The second module			
8	<i>Zaporozhye(Crisis centre) supervision</i>	Sergey/Anna	25.06.2015	25.06.2015
9	<i>Zaporozhye(Crisis centre) 2 module</i>	Sergey/Anna	27.06.2015	29.06.2015
10	<i>Svyatogogsk (Karitas,work with refugees) supervision</i>	Sergey/Anna	25.07.2015	26.07.2015
11	<i>Svyatogogsk (Karitas,work with refugees) ) 2 module</i>	Sergey/Anna	08.08.2015	09.08.2015
12	<i>Artyomovsk(Medics without borders. Education Board) 2 module</i>	Sergey/Anna	22.08.2015	23.08.2015
13	<i>Artyomovsk(MSF. Education Board) supervision</i>	Sergey/Anna	25.08.2015	25.08.2015
14	<i>Kharkov(Unisef)2 module</i>	Sergey/Anna	28.08.2015	30.08.2015
15	<i>Kharkov(Unisef) supervision</i>	Sergey/Anna	31.08.2015	31.08.2015
16	<i>Druzhkovka(Education Board) 2 module</i>	Sergey/Anna	13.09.2015	14.09.2015
17	<i>Druzhkovka(Education Board) supervision</i>	Sergey/Anna	18.09.2015	18.09.2015
18	<i>Kiev(Vifaniya andAscension) supervision</i>	Sergey/Anna	22.09.2015	22.09.2015
19	<i>Kiev(Vifaniya andAscension)2 module</i>	Sergey/Anna	26.08.2015	28.09.2015
20	<i>Slavyansk(Volunteers)2 module</i>	Sergey/Anna	07.10.2015	08.10.2015
19	<i>Slavyansk(Volunteers) supervision</i>	Sergey/Anna	09.10.2015	09.10.2015
	The third module			
20	<i>Kiev(Vifaniya andAscension) 3 module</i>	Sergey/Anna	28.11.2015	29.11.2015
21	<i>Kharkov(Unisef) supervision</i>	Sergey/Anna	24.12.2015	24.12.2015
22	<i>Kharkov(Unisef)3 module</i>	Sergey/Anna	25.12.2015	27.12.2015
23	<i>Zaporozhye(Crisis centre) 3 module</i>	Sergey/Anna	09.01.2016	10.01.2016
24	<i>Kiev(Vifaniya andAscension) supervision</i>	Sergey/Anna	11.01.2016	12.01.2016

25	Zaporozhye(Crisis centre) supervision					Sergey/Anna	15.01.2016	15.01.2016		
26	Kharkov(Karitas,work with refugees) supervision					Sergey/Anna	24.01.2016	24.01.2016		
27	Kharkov(Karitas,work with refugees)3 module					Sergey/Anna	25.01.2016	27.01.2016		
28	Artyomovsk(MSF. Education Board) 3 module					Sergey/Anna	30.01.2016	31.01.2016		
29	Druzhkovka(Education Board)3 module					Sergey/Anna	01.02.2016	02.02.2016		
30	Slavyansk(Volunteers) 3 module					Sergey/Anna	03.02.2016	05.02.2016		
31	Slavyansk(Volunteers) supervision					Sergey/Anna	06.02.2016	06.02.2016		
32	Artyomovsk(MSF. Education Board) supervision					Sergey/Anna	08.02.2016	08.02.2016		
33	Druzhkovka(Education Board) supervision					Sergey/Anna	10.02.2016	10.02.2016		
1 <sup>st</sup> module	Home task, trying out 8 guidelines for good interaction	2 <sup>nd</sup> module	Recruiting caregivers	Self-training (group of caregivers)	Supervision on site and in group	Self-training continues	Supervision on site and in group	Self-training continues	Supervision and certification	All training for ICDP facilitators follow the plan to the left.
1 week	2-4 weeks	1 week	2-3 weeks	2 weeks	1 week for the trainers, 3 ½ days for the facilitators	4 weeks	1 week for the trainers, 3 ½ days for the facilitators	2 weeks	2 days	

## **ANNEX II - EVALUATION OF THE ICDP WORK IN UKRAINE IN 2015**

by psychologists working in the area very close to the front line

As part of the psychological support, which the International humanitarian organization offered to people living in the zone of military conflict in eastern Ukraine, they employed psychologists to help ease people's pain and suffering.

In this traumatic situation it is the children who are the most vulnerable. The best support for children in difficult situations is the presence of parents and their calm, confident, consistent actions aimed at overcoming the encountered difficulties. The problem is that most parents are not ready (do not have the necessary knowledge and skills) to support their children in such critical situations; and furthermore, many parents even in normal circumstances, tend to have only vague ideas (fragmented and not systematic) about children's education and what is required for their harmonious development.

Wanting to support children who were traumatized during the military conflict in the east of Ukraine and those at risk of such trauma (due to living on the front lines), the psychologists implemented a training programme for parents based on the ICDP programme. The purpose of this training was to raise the awareness of parents about:

- Methods (techniques) for non-violent parenting
- Harmonious strategies (comprehensive) for children's development
- Building a trust-based dialogue with the child, based on love, mutual respect and genuine interest

Parents who attended this training, received knowledge, enabling them:

- To take better care of the interests and needs of children traumatized by military action
- To act as a protective factor reducing the risk of trauma

Indisputable advantages of the training in the ICDP programme are the following:

- Simplicity and accessibility (the material was understood by all participants of the training, irrespective of their level of education and previous training)
- The acquisition of practical skills (in addition to theoretical knowledge) and effective tools to address everyday issues in cooperation with the child
- Consistency of the material (participants received a complete picture on the parent-child relationship)
- Universality of the knowledge acquired (scope of which is not limited to parent-child relationship)
- Acquisition of new knowledge and new skills was accompanied by increased levels of self-esteem and sense of control over the situation, increased motivation to change in communication with the child
- Training allowed to "prepare" ("teach") a large number of parents in the relatively short period of time.

A child's smile is worth a lot, where there is a war. Children living in the frontline settlements are in a difficult psychological state, many of them say that they are afraid to live. But it is their parents' love and close involvement that can bring children back their lost sense of security and confidence in the world.

We have observed changing relationships in families and how people started to cope better with stressful circumstances after our training. Many parents reflected about how they stopped paying attention to their children and partners. We observed how violence and aggression became transformed into communication and interaction.

We recommend to all the families who have experienced severe stress to attend our training. At the moment, we have covered more than 15 schools in the frontline settlements, and do not intend to stop there.

## ANNEX III: EVALUATION OF THE ICDP WORK IN UKRAINE IN 2015 - the original text in Russian

В рамках работы службы психологической поддержки Международной гуманитарной организации в условиях военного конфликта на востоке Украины, психологи организации сталкиваются с болью и страданиями людей.

Наиболее уязвимыми к травмирующим факторам в сложившейся ситуации остаются дети. Лучшим фактором поддержки для детей в сложных ситуациях является присутствие родителей (взрослых) и их спокойные, уверенные, последовательные действия, направленные на преодоление возникших трудностей. Проблема заключается в том, что большинство родителей не только не готово (не имеют необходимых знаний и навыков) поддерживать своих детей в критических ситуациях; но и в обычных условиях о процессе воспитания детей, их гармоничного развития, родители, как правило, имеют лишь общие представления (обрывочные и не систематизированные).

Желая поддержать детей, травмированных в ходе военного конфликта на востоке Украины и подверженных риску подобной травматизации (из-за проживания в прифронтовой зоне), психологи организации, взяв за основу программу ICDP, разработали тренинг для родителей. Целью данного тренинга стало повышение осведомленности родителей о:

- методах (техниках) ненасильственного воспитания детей;
- стратегиях гармоничного (всестороннего) развития детей;
- построении доверительного диалога с ребенком, основанного на любви, взаимном уважении и неподдельном интересе.

По мнению сотрудников организации, прошедшие данный тренинг родители (взрослые), получали знания, позволяющие им без непосредственного участия психологов:

- лучше заботиться об интересах и нуждах детей, травмированных военными действиями;
- выступать в роли фактора, снижающего риск травматизации детей.

Бесспорными достоинствами тренинга по программе ICDP стали:

- простота и доступность (материал был понятен всем участникам тренинга, вне зависимости от уровня образования и предыдущей подготовки);
- приобретение практических навыков (помимо теоретических знаний) и действенных инструментов для решения актуальных вопросов во взаимодействии с ребенком (подаваемый материал был максимально приближен к повседневной жизни);
- системность подаваемого материала (несмотря на краткость материала, участники тренинга получали целостную картину по вопросам детско-родительских отношений);
- универсальность полученных знаний (область применения которых не ограничивается детско-родительскими отношениями);

- получение новых знаний и приобретение новых навыков сопровождалось повышением уровня самооценки и чувства контроля над ситуацией, повышением мотивации к изменениям в общении с ребенком;
- тренинг позволил «подготовить» («обучить») большое количество родителей в сравнительно небольшие сроки.

Улыбка каждого ребенка дорогого стоит там, где идет война. Дети, проживающие в прифронтовых населенных пунктах, находятся в тяжелейшем психологическом состоянии, многие из них говорят о том, что боятся жить. Но именно любовь родителей и их участие в жизни ребенка возвращает доверие к миру и чувство безопасности.

Мы видим, как меняются взаимоотношения в семьях и насколько легче люди справляются со стрессовыми обстоятельствами; как после наших тренингов многие задумываются о том, почему они перестали обращать внимание на своих детей и партнеров, что их сделало такими черствыми. Мы видим, как насилие и агрессия трансформируются в коммуникацию и взаимодействие.

Мы рекомендуем принять участие в нашем тренинге всем семьям, пережившим сильный стресс. На данный момент мы охватили более 15 школ, расположенных в прифронтовых населенных пунктах, и не намерены останавливаться на достигнутом.