

## ICDP in Ukraine during the second half of 2019

Anna Trukhan and Sergey Krasin are trainers and representatives of ICDP Ukraine. They run regular training and group supervision meetings for facilitators.

They also attended two conferences where they conducted master classes on the principles of the ICDP programme: 1) The annual scientific and practical conference on systemic family therapy of the Ukrainian community of psychotherapists "System in System", organized by the Ukrainian Union of Psychologists; and 2) The all-Ukrainian scientific and practical conference "Theoretical and methodological foundations and psycho-technologies for the preservation and restoration of mental well-being".

Anna and Sergey report that in Ukraine, specialists who work with families and children are continuing to show interest in receiving the ICDP training and the established ICDP facilitators continue to conduct parent groups introducing new groups of adults to the principles of the ICDP programme in Odessa, Kiev, and Kharkov. Here are a few examples of their ICDP activities, often conducted in difficult circumstances:



Facilitators Gerasimenko Alina and Bespalko Alyona conduct groups for families of Internally Displaced People from the Donbass area who, as a result of hostilities, had to move to Kharkov.

Facilitators Victoria Lepëha and Elena Bondar apply the programme with parents who are on the verge of abandoning their children, a delicate area of ICDP implementation.

Nastya Kopylova, a facilitator from Severodonetsk, works with parents in field teams on the demarcation lines, not far from the front line.

Odessa, facilitators Natalya Dolapchi, Natalya Kozak, Nina Bakuridze, Viktoria Yakovenko, Katya Konivshinskaya, Marina Arefyeva conduct parent groups for many different categories of the population.

In the city of Vinnitsa, Maria Gorshkova, is the ICDP trainer for the Institute of Theological Sciences of the Immaculate Virgin Mary and works also through the NGO "Harmony" by training employees of a rehabilitation center for people with disabilities. In the School number 32, in Vinnitsa, Maria together with facilitator Victoria Sidorenko, presented the ICDP programme to primary school teachers.

In addition, Maria presented the ICDP programme at two conferences: 1) The "First Health Sciences Research Days" conference in Istanbul at Beykent University, Turkey, where she made a presentation on "Love hunger is stronger than food hunger" and conducted a master class "Positive dialogues – healthy children"; 2) The First Balkan Conference "Peppy Long Stocking and the Modern World" in Varna, Bulgaria, where together with facilitator Mazur Larisa, Maria conducted a master class.

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In September 2019, the ICDP training in Odessa was completed and a group of 10 professionals received their diplomas as ICDP facilitators. These new facilitators operate in several cities, where they implemented the programme with parents: Odessa, Kiev, Poltava and Kharkov. About 80 parents attended their parent groups.

**Reviews of the program given by some new facilitators:**

*«Last month I finished ICDP facilitator course in Odessa. I came here to find my answers on how to connect to my child, find peace within myself with my own inner child and develop new skills as a mother, to grow as a parent. Growth as a value has surprisingly vast amounts of markers and methods on how to deliver it and create an environment for growth within the child-parent system. Relationships are built under conditions which are very clear to me now - I have a clear roadmap where and how to go about building and sharing this culture. I have been part of this community for 6 month and I am very happy that I can help myself and others».*

**Natalia Zakharova** - mother, ICDP facilitator

*“The principles of the programme are accessible, do not require material investments, but they work real miracles. The programme changes lives, saves families and makes people happier. Through it, I realized how to show my love so that the child feels it. Now my son and I are best friends, he always comes to me when he has some problem.*

*When I conduct parent groups on ICDP, I see the changes that happen to parents. These are very valuable changes. ”*

**Konivshinskaya Katya** - mom, ICDP facilitator

*“The programme helped me improve my relationship with my child and husband. I began to understand more about the needs of my daughter. The programme gave me confidence in myself and my abilities. I work as a psychologist. Knowing the ICDP principles, I can advise families in an accessible manner. I apply knowledge in my work. Thank you very much!”*

**Anna Rohulska** - mom, ICDP facilitator