

# ICDP Ukraine update, November 2023

Since February 2022, ICDP facilitators' activities in Ukraine have been different from those in peacetime. In many cities, such as Kharkiv, Druzhkovka, Dnipro, among others, explosions are heard constantly, affecting the lives of adults and children and causing enormous stress. Adults and children react differently to acute stress. In the spring of 2022, Hanna Krasina, Marina Sklyar, Serhii Krasin, developed a strategy, a model called STEP. STEP was developed specifically to assist parent groups in cities that are constantly under fire. The STEP model is implemented through the use of ICDP principles. STEP stands for:

- S – self-help, support, psychological first aid
- T – talking, clarification of the situation, facts, thoughts, emotions, experience, task
- E – emotions, experience, analysis and study of emotions, the influence of personal factors
- P – planning, productive, effective behaviour strategies, expansion of behavioural models, alternative attitudes.



This approach helps stabilize the psycho-emotional state of parents and contributes to the development of their resilience.



During the 2022-2023 period, a group of psychologists took part in ICDP training in an online format. A group of 25 specialist from the child friendly spaces of the Caritas Ukraine Charitable Foundation became accredited ICDP facilitators.

During the period from February to May, 2023, three groups of specialists from Kharkiv, Dnipro and Poltava, completed training in a face-to-face format.



In May 2023, a group of 62 specialists working with children in various voluntary organizations became facilitators of the ICDP programme.

The training was conducted by trainers Anna Krasin Trukhan and Sergey Krasin, regional trainers Natalya Fedak and Victoria Lepekha and facilitators Antonina Radchenko and Alexander Lepekha.

In Dnepropetrovsk, two facilitators, Natalia Krasovskaya and Lubov Tatomyr, conducted courses for kindergarten parents, as well as for kindergartens teachers. A total of 47 people attended these courses.

In Kharkiv, facilitator Elena Sirota ran ICDP courses for parents at the Caritas Kharkiv Charitable Foundation. The training targeted internally displaced persons and residents affected by war. Elena explained that the programme helps parents find their own answers by raising awareness of their own experiences. Parents noted that the training helps them resolve many difficult issues in parent-child relationships.



Olesya Romancha is a facilitator from Kryvyi Rih, and she gave ICDP courses to groups of parents in the Dnepropetrovsk region. Olesya received a lot of positive feedback from adults who attended her sessions. Parents said that doing self-assessments of their own actions helped them look differently at the behaviour of their children and at the causes of conflicts with children.

Interestingly, for many parents, the ICDP guideline “Follow the initiative of the child” proved to be the more difficult one to implement. They said that this is because they were used to making decisions for their children without taking into account their children’s opinions.



Anna Krasina, trainer, head of ICDP Ukraine:

“Feedback from the facilitators about the programme is very important to me. They said that they often use the ICDP principles, not only in group sessions, but also in meetings with individual parents. ICDP helps establish a therapeutic alliance with adults who care for children in war situations. Many parents are in constant tension and fear for themselves and their children, they see their loved ones die, and experience high levels of anxiety. Children too become anxious when they see their parents worrying. Following the quintessential idea

of the ICDP programme, “to help children, you need to help adults who care for them,” facilitators assist adults to stabilize their condition, reduce anxiety, and help them understand their children and their children’s reaction to stress”.