

«Being moved from war to peace»

Vilena Kit

Lviv Crisis Psychological Service
Ukraine

Summer University ANSE

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+380506686109

vilenak@gmail.com



«Moving from peace to war»
and well come back to pease life..

What do you value in your
life the most?

A situation of permanent war (combat) in the east of our country there is a war for 3.5 years

For this period about 100,000 people from the western regions has been on the war and got this experience



The first 2 years of the war (from the spring of 2014 to 2016) our Army was not completely professional.

During the 2.5 years of the war, there were 7 waves mobilizations that provided the needs of soldiers in the eastern part of the country. In general, the mobilization during the war was carried out by a circle of **450,000 people** (all Ukraine) who are not professional military personnel but who has made civil duty to the state country and the people.



The Crisis Psychological Service basis on the Ukrainian Union of Psychotherapists.
The service was formed on December 2, 2013 and began to act as a point of psychological assistance to the participants of the Revolution of Dignity, our Maidan

In Lviv, our Service had at that time 40 volunteers of psychologists, psychiatrists and psychotherapists, had it's coordination and function in several of the hottest places in the city - hospitals, military units, places where people gathered where mass rallies of confrontation with corrupt authorities took place.

The army at the time could not cope and was not ready to hold off the military strike, needed new soldiers, waves of mobilization of the civilian population began.

We had to make
ready common civil
people to very quick
(to 45 days) to stay
military go to war,
shut, be ready to
hold aggression, to
kill and prepared to
be killed



These were antistress training, the first psychological help during psychotrauma, the development of skills to confront traumas, self-regulation skills as well.

As psychologists and psychotherapists of peaceful life, we had ALL of the one available guidance that we brought up in universities and in practice "in the focus of our work ALWAYS the main value is the person (human), his health, quality of life and development." That is, there is nothing more important than the health, life and human well-being. Value is - a person (human).

Completely change the angle (point) of our view of psychological support. Since that time, the main thing in the work was the "ability to sacrifice" in order to fulfill the task of the combat unit (the main goal is — to do his military duty, no matter what is the price should be paid).

We should have been preparing people to neglect both their interests and health and, if necessary, their own lives. It was morally very difficult for us.

Therefore, we had to look for everyone to motivate - for the sake of which man can become so sacrificial.

As you know, and then and still, the state of our war is quite speculative. We are essentially conducting military operations against the peaceful population of the same Ukrainians and against the soldiers of the Russian Federation army in the east of our country. At the same time, Ukraine and the Russian Federation have peace agreements on joint business and commercial projects. People did not understand what was happening.

But the main thing we have understood now is that, **before going to war, a person psychologically and morally must be reoriented from the focus on himself, on individualism, to the focus on collective success, the success of the team with which he came to war.**

Mobilizants spent in the area of fighting **from 1 year to 1.5** years. Then they began to return home.

As a norm, they usually took 4-5 months to readilitaid back to a peaceful life. In our area, it can be said that such an average of 65% of all solders. From 5 to 10 percent again returned to war by issuing a contract that made them professional servicemen.



And in the range of 25 - 30 percent had varying complexity of difficulty in returning to a peaceful life.

We faced a new challenge. This is to adapt these men to a peaceful life.

In the field of professional implementation, the main difficulties are:

- preciousness of previous work
- unability to find an understanding with the work team, that is, people who were not in the war
- devaluation of the company's values in which "nothing can be more significant than war"
- values that were acquired during the war in the workforce prevailed those that were offered in peace groups
- the men wanted the same transparent relations with the leadership in the peaceful working group that were in the military collectives
- The routine work did not bring much satisfaction, now men lacked experience that can only provide for risky tasks and stay in extreme conditions.
- men did not feel their significance in peaceful life
- men needed a constant reinforcement of the significance of their feats

All of these psychological and moral problems created problems in the work teams. The management did not usually know what to do about it.

In individual consultations, it seemed that all responsibility for the tensions that arose in the work teams was translated (sended) into workers who returned from the war.



Very quickly, the heads of some companies began to demand, upon returning the certificate from psychologists, that the worker returned emotionally stable and not mentally ill. This was a direct violation of human rights. Therefore, this practice was discontinued.

Instead, it became clear that veterans returning from the war require a special period of rehabilitation, including re-socialization. In Ukraine, there are still no centralized programs.

A serviceman (veteran) who has returned from the war has 2 weeks to rest just at home and have time to re-register the documents and return to the previous job, if it was.

It takes some time, and the veteran notices that it is difficult for him to adapt. In many, this process is accompanied by a deterioration of the mental state:

- difficulty of sleep
- loss of interest in life
- constant thoughts about life in the war
- unability to communicate with people who were not in the war
- constant feeling of injustice (несправедливість)
- compliances in the construction of labor relations
- loss of the meaning of life
- dissonance between past and present that arose as a result of being in the combat zone

At this time, we will receive an appeal only from the employees themselves or from their wives. Employers still do not consider it a problem for the company or their own. The state has no centralized programs for the psychosocial rehabilitation of veterans. But, we already have experience working with several hundred such cases.



Which algorithm of work can be described.

First of all, it should be noted that in **about 40%** of cases there is an opportunity to remain in the paradigm of coaching.

Here we should mention what we have already noticed - a person before the war is oriented entirely on himself, and on the satisfaction of his own needs. Then work for him - this is a tool to meet their own needs, including self-realization.

Further, when he falls into the war, he is redirected to the fact that he and his needs more not important. It is important to carry out a combat task at any price, even if it is the price of his life, interests or health. So he lives as at lieas for 1 year, and then returns to a peaceful life. It should be borne in mind that during this time it changes consciousness and mentality.

And the practical task of the coach is to find new content with a person, a new motivation him in peaceful life.

From our own practice: 10-15 percent of the men, to stay a short time after returning from war at home, find ways to go back to the war. They mark that there is better for them and they are already making permanent contracts to remain in the army and make this profession their main.

About of 45-50 percent needs 3-4 (maximum 6) months to fully rehabilitated without any help.

The rest have different types of difficulties with resocialization.

It is from these group of people that our clients come to work.

What we do First of all: *we must determine whether there are difficulties experienced by a person of a psychogenic nature. To distinguish cases when a person has a mental disorder that is at the root of his disadvantage. We conduct this survey with special test methods. One of the primary tests I brought today and I will introduce you.*

SO THAT (working with the PTSD test)

This is an easy method of detecting primary symptoms. According to the results of this test, we can see if the person is stable for this period mentally. If not, then we run a series of tests to determine whether this spectrum remains in the psychotherapeutic paradigm, or whether it needs treatment in psychiatry.

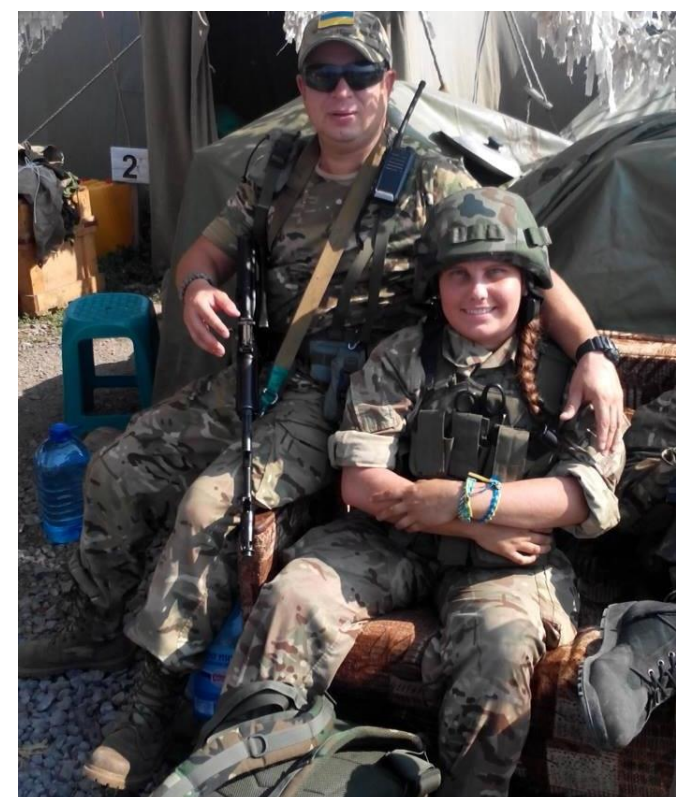
Further, the fact that need psychotherapy then they are directed to the therapist, the same that can be worked out in the method of coaching, they are offered exactly such support.

We begin with the giving back the value - looking what was important before the military duty on the war, what came new, how to use it now. Well come back to peace.



Our work as a coach.

Purpose: To return a person to a previous concentration on himself. We remember this as the main concept of change. But we do not talk about it from the first sessions with the Client. Gradually, step by step, we follow the Client, developing his resource and finding with him the content of what he survived. We find the place of this experience in the present, peaceful life of the client. Returning to him the values that we all profess in peaceful life.



At the end of our master class, I would like to ask your comments about what you have heard today. It can be in any form, recommendations, criticism, comments, remarks, and other.

Thank You for attention!

Vilena Kit
Ukraine, Lviv
+380506686109
vilenak@gmail.com

Lviv Crises Psychological Center



Авторська психологічна програма «Мистецтво бути жінкою»
для дружин учасників АТО.

Програма про жінку, і про її стосунки із чоловіком

«Гармонія жінки — це такий стан, коли вона вміє отримувати задоволення від життя та передавати, дарувати його чоловікові».

5 зустрічей

Початок 23 червня 2017 року. о 14:00

Адреса: Львівський центр надання послуг УБД
вул. Пекарська, 41.

Тривалість заняття 2 години.

Короткий зміст програми:

1. Жіноча конституція: хто я, ролі жінки, актуалізація кожної з них
2. Потреби жінки: індивідуальні, в стосунках, самореалізація, соціальні
3. Ресурс жінки: тіло (здоров'я, зовнішність), спілкування (жінка/жінка), здібності-хобі
4. Гармонія жінки: віднаходження балансу вимоги-права-обов'язки, емоційна регуляція, самоорганізація
5. Жінка у стосунках із чоловіком: баланс брати/давати, кордони, самореалізація себе у стосунках, бачення своєї функції, ролі, корекція цієї позиції

Очікуваний результат — насолода життям!

Вілена Кіт, Львів.

Психолог-психотерапевт, PhD in Psychology (Sweden), член УСП.

Досвід у професії:

психотерапевтична практика (індивідуальна та групова роботи) з 2007р.;
ведення психологічної програми Львівська психологічна школа «Мистецтво бути жінкою» з 2011 р.;
робота із учасниками АТО та їх родинami з 2014р., на базі ДПСУ та ЗСУ.





