



Image source: Pinterest @[Art Online Ukraine](#)

# Clinical implications for those impacted by the war in Ukraine

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# Ukrainian Folk Dance

- A visual form of storytelling
- Intended to preserve & spread cultural values, history, music, & dance
- An opportunity to build community with other artists & proud Ukrainians/Ukrainian Americans



# Historical context



9<sup>th</sup>  
century

10<sup>th</sup>  
century

1237-  
1240

1349-  
1596

1648-  
1764

Founding of Kievan  
Rus:

-First major Eastern  
Slavonic state

“Golden Age”:

-Rurik dynasty  
established under  
Prince Volodymyr the  
Great  
-Orthodox Christianity  
adopted

“Golden Horde”  
empire:

-Mongols (“Tatars”)  
invade, ending Kievan  
Rus’s power

Poland & Polish-  
Lithuanian  
Commonwealth  
annex most of  
western & northern  
Ukraine

-Greek-Catholic  
Church established by  
Poland; Becomes  
popular in Western  
Ukraine

-Majority of Ukraine  
remains Orthodox

“Hetmanate” state  
established:

-Cossacks rise against  
Polish rule

-Hetmanate  
eventually comes  
under Russian control

-Treaty of Eternal  
Peace between  
Poland & Russia ends  
37-year war with  
Ottoman Empire

# Historical context: Soviet influence

1918	1920s	1932	1939-1945	1960s-1970s	1986
Ukraine declares independence  -Civil war	Soviet Rule:  -Russia conquers 2/3 of Ukraine; Poland controls 1/3 in west	“Holodomor”:  -Stalin unleashes man-made famine, killing est. 3.9 million	WWII:  -Soviet Union annexes Western Ukraine under Nazi-Soviet Pact  -Nazi occupation results in deaths of over 5 million Ukrainians; Est. 1.5 million Ukrainian Jews killed (most of Jewish population)	Covert resistance to Soviet rule results in Soviet campaign to silence dissidents	Chernobyl nuclear power plant explosion infects Europe with deadly radiation



# Ukrainian Independence

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# Historical context: Ukrainian Independence

1991	1990s	2000-2002	2004-2008	2010	2013-2014
<p>Ukraine declares independence:</p> <ul style="list-style-type: none"><li>-Soviet Union collapses</li><li>-250,000 Crimean Tatars formerly deported by Stalin return to Crimea</li></ul>	<p>New democratic government established</p>	<ul style="list-style-type: none"><li>-Chernobyl power plant shut down; Est. 10,000 total deaths, health impact felt by millions</li><li>-Parliament begins formal bid to join NATO</li></ul>	<p>“Orange Revolution”:</p> <ul style="list-style-type: none"><li>-Opposition leader Viktor Yushchenko leads campaign against rigged elections; Russian-sympathizer candidate Viktor Yanukovich wins election, which is later overturned</li><li>-Global economic recession causes Ukraine’s currency value to drop</li></ul>	<ul style="list-style-type: none"><li>-Yanukovich wins second round of presidential election</li><li>-Parliament withdraws NATO membership bid</li></ul>	<p>“Maidan Revolution”:</p> <ul style="list-style-type: none"><li>-Parliament fails to join European Union (EU)</li><li>-Est. more than 50,000 total protestors occupy Kyiv, demand removal of President Yanukovich &amp; renewed EU agreement</li><li>-Clash with security force police kills 103 protesters, 13 police; Over 750 injuries; 184 gunshot wounds</li></ul>

# Maidan Revolution in Kyiv, Ukraine



# Historical context: Current Russia conflict

2014

- Russia annexes Crimea, results in US/EU sanctions
- Pro-Russian groups seize Donetsk & Luhansk regions on Russian border
- Pro-Russian forces shoot down Malaysian airliner in eastern Ukraine conflict zone; 298 killed

2015-2018

- “Minsk Accords” signed between Russia, Ukraine, France, Germany for ambiguous ceasefire
- Economy stabilizes
- EU agreement ratified
- Putin illegally links Crimea to southern Russia with bridge
- Ukrainian Orthodox Church gains independence from Russian oversight

2019

- President Volodymyr Zelenskyy (former comedian) elected from “Servant of the People” party; Promises return of Donbas Region to Ukraine

2021

- Zelenskyy appeals to U.S. President Biden to join NATO
- Russian troops move to Ukrainian border under guise of “training exercises”; Est. over 100,000 troops
- Putin demands NATO troops & weapons be removed from eastern Europe
- NATO puts forces on standby



# Historical context: Current Russia conflict

Feb.  
2022

-U.S. & allies commit to economic sanctions if Russia invades Ukraine

Feb. 21,  
2022

-President Vladimir Putin orders “peacekeeping forces” be deployed into eastern Ukraine invoking “de-Nazification rhetoric”; Formerly reclaims Donetsk & Luhansk territories

Feb. 24,  
2022

-Putin authorizes “special military operations” in Ukraine, launching missile & ground troop attacks in civilian-populated cities

Feb. 24,  
2022-  
present

-Ukrainian military resists Russian attacks

-Western allies impose increasingly harsh economic sanctions on Russia; Global relief efforts begin for Ukraine

-Male Ukrainian civilians are called to defend country

-Some female Ukrainians, youth, & non-Ukrainian civilians flee homeland to bordering countries as refugees; Others stay in homes amidst war

-Reports of documented war crimes from Russia grow; 474 confirmed deaths + unknown injuries as of 3/8/2022)



# Understanding the power of government disinformation



Russia and Ukraine have a familiar history of political corruption, disinformation, and propaganda designed to mislead and control the public



# Cultural considerations

Intersecting influences of Western culture & Slavic culture

Rich history of cultural arts, literature, theatre, dance, performance art, sporting events, architecture, free media (recent)

Variety of foods; Traditional foods & customs emphasized

Passionate, “intense” demeanors common among people



Image source: [Anna Perun](#)





**Ukraine / Україна** ✓ @Ukraine · 2h

freedom  
dignity  
respect  
human rights  
rule of law  
solidarity  
self-organization  
social responsibility  
equality  
freedom of speech  
peaceful protest  
transparency  
accountability  
religious freedom  
multiculturalism  
international law

\*shortlist of what we stand for

[#StandWithUkraine](#)

649 5,999 30.2K

Image source: Twitter



# Cultural considerations

## RELIGIONS:

Mostly Christian Orthodox, followed by Greek Catholic, Protestant, Roman Catholic, Jewish, Muslim (U.S. Dept. of State, 2019)

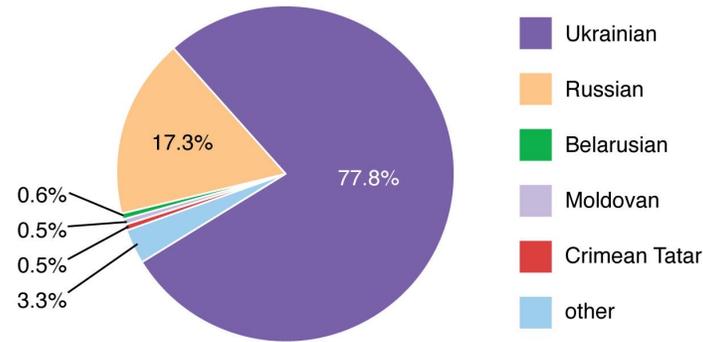
## LANGUAGE:

Mostly Ukrainian (Cyrillic alphabet), followed by Russian, Polish, Yiddish, Rusyn, Belarusian, Romanian or Moldovan, Bulgarian, Crimean Turkish, Hungarian (Britannica, 2022)

## MENTAL HEALTHCARE:

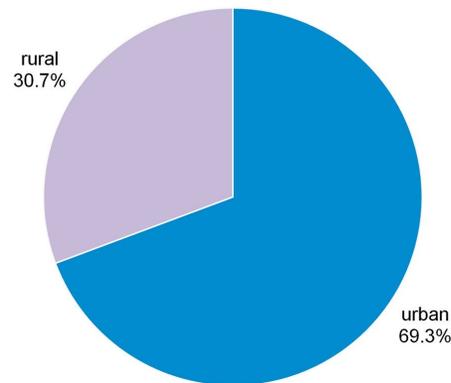
Generally not prioritized;  
Lingering mistrust of therapy

Ethnic composition (2001)



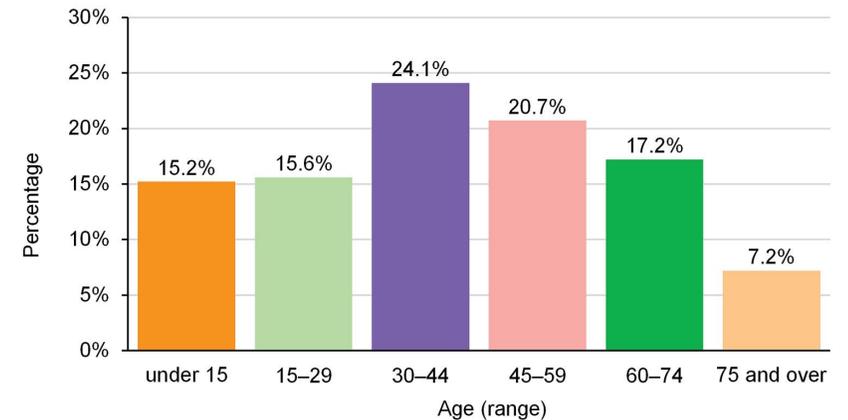
© Encyclopædia Britannica, Inc.

Ukraine urban-rural (2021\*)



© Encyclopædia Britannica, Inc.

Ukraine age breakdown (2021\*)



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\*January 1.

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# What war means for Ukrainians & Secondary Victims



Image source: Instagram @[martelle](#)

## Some impacts on Ukrainian Nationals:

- Invasion of home; Attack on national identity
- Terror; Lack of safety; Experienced as **traumatic** (certain implications for future generations)
- Hypervigilance (e.g. CNS dysregulation, frequent news exposure)
- Interdependence within families, community
- Cut off from connections with loved ones

## Additional impacts on Secondary Victims:

- Guilt/shame at being out of harms-way
- Duality of roles (e.g. torn between Ukrainian loyalty & daily roles/responsibilities); Those in “helper/healer” professions juggle additional role to support others
- Isolation within present communities (e.g. “Does anyone care?”)
- Unrest in diverse Slavic communities (e.g. Russian propaganda disinformation spreads; Anti-Russian sentiments grow)

# Underrepresented/Targeted populations

Children, Youth

Women, Gender Nonbinary

Disabled/Community of folx with disabilities

People of Color, Non-Ukrainian citizens

LGBTQ+

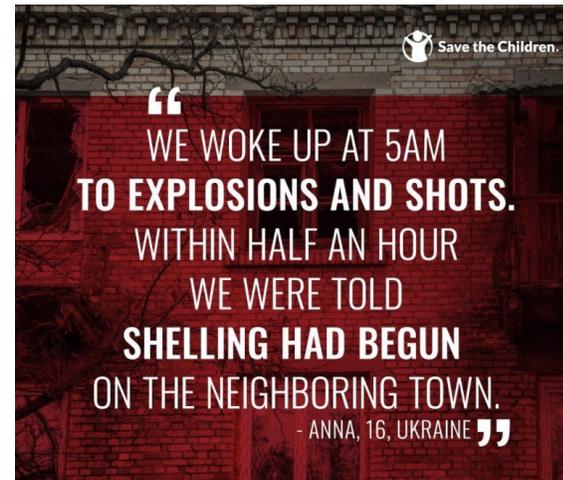




Image source: Instagram @[illustration.ankita](#)

# Crisis Intervention

- Utilize trauma-informed care considerations (Marich & Dansiger, 2018; SAMHSA, 2014)
  - SAMSHA Trauma-Informed Care manual Available online: <http://www.ncbi.nlm.nih.gov/books/NBK207201/>
- Resourcing/Stabilization in clinical work (Cloitre et al., 2012; Van der Hart, Brown, & Van der Kolk, 1989)
- Remain grounded in Core Conditions of Counseling: Congruence/authenticity, Unconditional Positive Regard, empathy
- Reframe “resistance”
- Expect maladaptive coping (e.g. substance use, irrational thoughts, acting-out behaviors, dissociation/“shut down”)
- Expect symptoms of grief & loss
- Avoid pathologizing
- Understand unique impacts of crises (e.g. lack of hygiene & self-care, cognitive dysfunction, attention deficits)
- Create space for story-telling, culture-sharing, emotional expression, self-expression in native language
- Share personal impact of war when appropriate
- Psychoeducation (within cultural lens & trauma-informed lens)
- Offer community resources

**“We need to understand *what we need* in order to refocus on *what we can control* in our world, so we can help in *their* world.”**

**“It’s like I took a big breath when Russia attacked, and *I still can’t exhale.*”**

**-Anna Doroshuk, MS, LPC  
Ukrainian-American immigrant/refugee**



Image source: Instagram @[kasiarubinart](https://www.instagram.com/kasiarubinart)

## Ways you can help

- Offer reduced cost/pro bono services to Ukrainian Nationals & secondary victims
- DONATE to relief efforts in Ukraine
- Support local Ukrainian businesses, schools, places of worship
- Challenge propaganda disinformation in your community
- Attend a protest, vigil, community gathering
- Check on your friends and neighbors with ties to Ukraine, even the ones outside of Ukraine who aren't in harms way! Trust that they need to feel your compassion, even if they aren't asking for it or energetically ready to receive it.

Slava Ukraini!  
Glory To Ukraine!



Image source: [Laura Zerebeski](#)

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# To Learn More about various Trauma- Informed Therapies

## SAMSHA Trauma-Informed Care manual:

- <http://www.ncbi.nlm.nih.gov/books/NBK207201/>

## Institute for Creative Mindfulness:

- <https://www.instituteforcreativemindfulness.com/>

## Trauma-Informed resources / mindfulness recordings:

- <https://www.traumamadesimple.com/>

## Nat. Institute for the Clinical Application of Behavioral Medicine:

- <https://www.nicabm.com/>