



Ukrainian
Umbrella
Association of
Psychotherapy



EAP
European Association
for Psychotherapy

UKRAINIAN AND EUROPEAN PSYCHOTHERAPY ALLIANCE TWELFTH SYMPOSIUM IN ASSOCIATION WITH THE GERMAN NATIONAL ACCREDITING PSYCHOTHERAPY ASSOCIATION

Friday November 13th 2026 09.30am – 4.15pm CET

“ABNORMAL NORMALITY: THE ABNORMAL BECOMING NORMAL IN TIMES OF WAR AND UNCERTAINTY.”

Cost – Free. The Symposium will be held in Ukrainian and English with simultaneous translation of presentations. All times given are Central European Time (CET)

09.15am	Introduction to the technical details of the Symposium.
09.30am	<u>OPENING ADDRESSES</u> Patricia Hunt FRSA , Chair of the Ukrainian and European Psychotherapy Alliance, Former President of the European Association for Psychotherapy. Yana Gololob , Ukrainian Umbrella Association of Psychotherapy. Martin Haberzetti , German National Accrediting Psychotherapy Association. <u>PRESENTATIONS:</u>
10.00am	Professor Anastasiia Sklyaruk , Head of Department of Practical Psychology of Psychology, Zaporizhzhye Private University. “The Little Match Girl, Or The Reverse Side of Adaptation in the Psychodrama Tradition.”
10.30am	Dr Uta Blohm , Psychotherapist in Private Practice. “An Example of Abnormal Normality: Growing up in West-Germany in 1970s/1980s.”
10.50am	Dr Olexandr Mironenko , Senior Lecturer Ukrainian Catholic University. “Dissociation in Abnormal Normality.”
11.10am	COFFEE BREAK
11.30am	<u>SOCIODRAMA</u> “Anatomy of the New Normal: A Sociodrama Study of Today.” Conducted by Olena Stupak and Professor Anastasiia Sklyaruk.
1.30pm	LUNCH
1.50pm	<u>AFTERNOON SESSION PRESENTATIONS:</u> Tom Warnecke , General Secretary of the European Association for Psychotherapy. <i>The title will be announced later.</i>
2.20pm	Professor Maibom , Institute of Psychosynthesis, Berlin. <i>The title will be announced later. (Including an Introduction to the Small Group Discussions)</i>
2.35 pm	<u>SMALL GROUP DISCUSSIONS</u>
3.05pm	Professor Maibom , Institute of Psychosynthesis, Berlin. Concluding Remarks.
3.15pm	<u>ROUND TABLE OF ALL SPEAKERS</u> Moderators: Irena Bezic and Professor Larisa Didkovska.
4.15pm	CLOSE OF THE SYMPOSIUM

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TO TAKE PART IN THIS FREE EVENT FOR PSYCHOTHERAPISTS IT IS NECESSARY TO REGISTER. PLEASE REGISTER BEFORE MIDNIGHT CEST ON THURSDAY 12th NOVEMBER 2026 BY VISITING THE OFFICIAL WEBSITE:

[LINK: UASYMPOSIUM.ONLINE](https://uasymposium.online)

A CERTIFICATE WILL BE SENT TO YOU AFTER THE SYMPOSIUM CONFIRMING YOUR ATTENDANCE. PLEASE NOTE THAT FULL ATTENDANCE IS REQUIRED TO RECEIVE A CERTIFICATE FOR THE SYMPOSIUM.



Patricia Hunt FRSA

*Chair of the Ukrainian and European Psychotherapy Alliance,
Former President of the European Association for Psychotherapy
patricia.hunt@europsyche.org*

I am delighted to announce the Twelfth Joint UUAP and EAP Symposium, organised by the Ukrainian and European Psychotherapy Alliance. The support which these Symposiums are giving to Ukrainian Psychotherapists during the full-scale war in Ukraine seems to be increasing as more and more people join our Symposiums. Our Ukrainian colleagues say that the Symposiums have become a “Cultural Phenomenon” in Ukraine. They are attracting interest and participants from beyond the world of Psychotherapy. Colleagues from the National Academy of Sciences in Kyiv are joining the Symposiums. It is quite remarkable and something to celebrate!

For our Twelfth Symposium the Alliance is very pleased and honoured to be joined by the German NAO, and our colleague Uta Blohm, to jointly host and fund the Symposium. This is excellent for us and, we hope, for their organisation also.

Our theme for the Twelfth Symposium is:

“Abnormal Normality: The Abnormal Becoming Normal in Times of War and Uncertainty.”

We will explore the ways in which what is abnormal becomes normal once war has raged for a long time. Things which are abnormal begin to feel normal, even though there is a natural resistance to this. As day after day, month after month, and year after year war continues there is an attempt to try to hold in mind how abnormal war is. The emotions experienced, the fears, the anxiety on a daily basis are not normal, and yet they begin to feel normal after such a long time. The abnormal becomes normal for young children during war because it is the only normal they have ever known. We will explore the difficult impact of this for parents and for children.

We are very conscious that our theme of Abnormal Normality is relevant both for those in Ukraine and for participants coming from Europe and around the World. We are all experiencing a period of great global uncertainty, both in the shifting tectonic plates of global politics and also of global climate change. Perhaps we all find ourselves having to adjust to the abnormal even when we don't want to.

We are honoured to have excellent speakers for our Twelfth Symposium. We will hold a Sociodrama for all participants. This will give all of the participants of the Symposium the opportunity, and containment, within which to articulate their experience of Abnormal Normality.

We cordially invite all Ukrainian Psychotherapists to join us for the Twelfth Symposium. We cordially invite all European and Global Psychotherapists to be in support of Ukrainian Psychotherapists by being present at the Twelfth Symposium on Friday November 13th 2026.

Together we can do so much. The spirit of the Symposiums - and the spirit of Ukraine during the war - is of working together; supporting each other; bringing the best wisdom from our profession of Psychotherapy to enrich, strengthen, give insight and hope to Ukraine and sustain her during the war.

We look forward to welcoming you to the Symposium!

SPEAKERS



PROFESSOR ANASTASIIA SKLIARUK

Head of Department of Practical Psychology of Psychology, Zaporizhzhye Private University

Lecture “The Little Match Girl, Or The Reverse Side of Adaptation in the Psychodrama Tradition.”

The presentation introduces an original approach to studying the phenomenon of adaptation under conditions of "abnormal normalcy." The author combines academic analysis with the psychodrama method to explore the psychological price a person pays to adjust to crisis conditions of life.

The primary conceptual focus is directed at the "dark sides" of adaptation—situations where successful survival and the suppression of pain become destructive and lead to psychological exhaustion. The fairy tale "The Little Match Girl" by H.C. Andersen, adapted to a contemporary context, serves as a metaphor for this state, where attempts to "warm oneself with illusions" draw a tragic finale closer. The presentation combines scenic action for the audience's emotional processing of this experience with a theoretical block dedicated to methods of psychological prevention and correction.

Anastasiia Skliaruk, Professor, Doctor of Sciences, researcher, certified psychodramatist. Affiliation: Head of the Department of Practical Psychology at the Classic Private University, Zaporizhzhia, Ukraine.