



Ukrainian
Umbrella
Association of
Psychotherapy



EAP
European Association
for Psychotherapy

UKRAINIAN AND EUROPEAN PSYCHOTHERAPY ALLIANCE NINTH SYMPOSIUM

Friday November 14th 2025 09.30am – 16.00pm CET

“ANGER, HUMOUR, CONNECTION AND LOVE”

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

09.15 am Introduction to the technical details of the Symposium.

09.30 am OPENING ADDRESSES

Patricia Hunt FRSA, Chair of the Ukrainian and European Psychotherapy Alliance,
Former President of the European Association for Psychotherapy.

Professor Anastasia Sklyaruk, Ukrainian Umbrella Association of Psychotherapy.

10.00 am WHOLE SYMPOSIUM THEMATIC GROUP SHARING EXPERIENCES OF ANGER, HUMOUR, CONNECTION AND LOVE

Conducted by **Olena Stupak** (Head of the Psychodrama Section of the UUAP) and

Olena Dobrodnyak (Training coach and supervisor in the method of the family systems psychotherapy)

The Thematic Large Group will be conducted using the method of Reflecting Team. This method was created by Tom Anderson. According to this approach the group of therapists or colleagues watches the main discussion, and then openly shares their own feelings and warm non-judging reflections concerning what moved them in the discussion. The Reflecting Team will be the members of the Ukrainian and European Psychotherapy Alliance. The aim is to enrich the perspective of the Group, to create the space for new senses and possibilities, and to focus on the main resonant themes of Anger, Humour, Connection and Love.

12.00 noon COFFEE BREAK

PRESENTATIONS

12.15 pm **Mirjana Mavrak**, Professor of pedagogy and psychology, Ph.D in educational sciences
“Humour as Life Support in Difficult Circumstances.”

12.55 pm **Oleh Hukovsky**, Military Psychiatrist, Psychotherapist, Captain of Ukrainian Military Forces
“Love, Death, Psycho-Mobiles and Dogs.”

1.15 pm LUNCH

AFTERNOON SESSION PRESENTATIONS

1.40 pm **Anatoly Gargaun**, MD. Psychiatrist, Psychotherapist, Lieutenant of Medical Service of Military Forces of Ukraine
“Emotions Empowering the Warrior (and not only).”

Anatoly Gargaun is currently in such dangerous circumstances that he may be able to be present at the Symposium or may speak via a pre-recorded video. We thank Anatoly for his courage to speak whilst in danger.

2.00 pm **Vibeke Lubanski** (European Room for Listening) and **Lyudmyla Kolisnyk** (PhD, counseling psychologist)
“Retreat-Based Practice: Resource Components and their Impact of the Psycho-emotional wellbeing of Ukrainian Psychotherapists and Psychologists in the Context of the Ongoing War.”

2.30 pm SMALL GROUP DISCUSSIONS

3.00 pm ROUND TABLE OF ALL SPEAKERS

Moderators: **Larysa Didkovska** and **Eugenijus Laurinaitis**

4.00 pm CLOSE OF THE SYMPOSIUM

TO TAKE PART IN THIS FREE EVENT FOR PSYCHOTHERAPISTS IT IS NECESSARY TO REGISTER. PLEASE REGISTER BEFORE MIDNIGHT CEST ON THURSDAY 13TH NOVEMBER 2025 BY VISITING THE OFFICIAL WEBSITE:

[LINK: UASYMPOSIUM.ONLINE](https://uasympoium.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.

UKRAINIAN AND EUROPEAN PSYCHOTHERAPY ALLIANCE NINTH SYMPOSIUM “ANGER, HUMOUR, CONNECTION AND LOVE”

We cordially invite all European Psychotherapists to join with Ukrainian Psychotherapists in this Ninth Symposium on Friday November 14th. These Symposia are one part of EAP's support for Ukraine during the full-scale war. *We welcome you to join us!*



Patricia Hunt FRSA

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

SPEAKERS



OLENA STUPAK

*Registered Psychotherapist of the UAAP in the field of psychodrama,
training therapist, supervisor of the UUAP*

OLENA DOBRODNYAK

*Systemic family psychotherapist, training therapist and supervisor of the
SFT section of the UUAP*



**Whole symposium thematic group, sharing experiences of
anger, humour, connection and love**

The Thematic Large Group will be conducted using the method of Reflecting Team. This method was created by Tom Anderson. According to this approach the group of therapists or colleagues watches the main discussion and then openly shares their own feelings and warm non-judging reflections concerning what moved them in this discussion. The aim: to enrich the perspective of the Group, to create the space for new senses and possibilities, to focus on the main resonant themes. In our case The Reflecting Team will consist of the members of working Alliance of the Symposium. The main topic of the discussion is for the thematic group is the title of the Symposium - Anger, Humour, Connection, Love.

Olena Stupak – *Registered Psychotherapist of the UUAP in the field of psychodrama, training therapist, supervisor of the UUAP. Head of the Psychodrama Section of the UUAP. Full member of the NGO “Ukrainian Association of Specialists in Overcoming the Consequences of Psycho-traumatic Events”.*

Olena Dobrodneyak, *Chair of the Education Committee of the Family Systems Psychotherapy Section of the Ukrainian Umbrella Association of Psychotherapy. Training coach and supervisor in the method of the family systems psychotherapy. Co-founder of the Ukrainian Psychotherapeutic University. Curator of the Family Systems Psychotherapy programme. She has completed supervision education according to ANSE standards. Co-founder of the Ukrainian Association of Supervision and Coaching (USSC). Training supervisor.*

SPEAKERS



MIRJANA MAVRAK

Professor of pedagogy and psychology, Ph.D in educational sciences

Lecture “Humour as Life Support in Difficult Circumstances: Joke with Love in Bosnia and Hercegovina.”

Humour is often considered as the child of joy but there are some hidden meanings too. A joke exists in reality and vice versa: reality, sometimes cruel and sad, is a joke content. Considered as an important coping mechanism among the others (BAXSIC Ph coping theory, for example), humour is comprehensive term which appears at the meeting point of convention and human nature, helping person and community to survive.

In Bosnia and Hercegovina, the country which lies in the middle of the Balkan peninsula, country with complicated history and disturbing presence, country with many confusions and obstacles in national/state rule-system, humour has been persistent as way of life which helps citizens' survival. The ability to make a joke with love - love for self and love for others - speaks about self-confidence and human creative accommodation to the most traumatic life circumstances.

Mirjana Mavrak, Professor of Pedagogy and Psychology, holds a Ph.D. in Educational Sciences on communication quality among socialization factors in work with healthy and chronically ill children. Recently retired from the University of Sarajevo, Faculty of Philosophy, she authored numerous publications, three professional handbooks (for adult educators, hospital teachers, and medical staff), a monograph on biography and creativity, and a book on the andragogical reception of literature.

During the 1992–1995 war, she worked with UNICEF before continuing educational and psychosocial work with hospitalized children, teachers, and medical staff.

Over 36 years, she coordinated and led many educational programs for diverse professionals. Since 2014, she has been active in psychotherapy education and practice with adults, focusing on lifelong learning and professional growth as key to education and therapy.



OLEH HUKOVSKY

Military Psychiatrist, Psychotherapist, Captain of Ukrainian Military Forces

Lecture “Love, Death, Psycho-Mobiles and Dogs.”

We are incredibly privileged that Oleh Hukovsky will speak to the Symposium about his experiences.

Oleh Hukovsky, Military Psychiatrist, Psychotherapist, Captain of Ukrainian Military Forces, currently serving his country at Ground Zero on the frontline of the war in Ukraine.

SPEAKERS



ANATOLY GARGAUN

MD. Psychiatrist, Psychotherapist, Lieutenant of Medical Service of Military Forces of Ukraine

Lecture “Emotions Empowering the Warrior (and not only).”

Anatoly Gargaun is currently in such dangerous circumstances that he may be able to be present at the Symposium or may speak via a pre-recorded video. We thank Anatoly for his courage to speak whilst in danger.

Anatoly Gargaun, MD. Psychiatrist, Psychotherapist, Lieutenant of Medical Service of Military Forces of Ukraine, currently serving his country at Ground Zero on the frontline of the war in Ukraine.



VIBEKE LUBANSKI

European Room for Listening

LYUDMYLA KOLISNYK

PhD, counseling psychologist



Lecture “Retreat-Based Practice: Resource Components and their Impact of the Psycho-emotional wellbeing of Ukrainian Psychotherapists and Psychologists in the Context of the Ongoing War.”

This presentation highlights the preliminary results of a pilot study on the impact of retreat-based interventions on the psycho-emotional well-being of Ukrainian psychologists and psychotherapists during the ongoing war. The study aims to examine the effectiveness of retreat-based interventions in enhancing psycho-emotional well-being among professionals working under prolonged crisis and war-related stress.

The research employs a mixed-methods design, including a socio-demographic questionnaire, standardized assessment scales (WHO-5, CORE-10, BSI, HAAS), and semi-structured interviews. The presentation outlines the resource components of the retreat and the specific ways in which they affect the psycho-emotional well-being of Ukrainian psychologists and psychotherapists. The findings are based on 14 interviews with retreat participants conducted in three countries in 2025: Denmark, Poland, and France.

Vibeke Lubanski, Head of Secretariat in the Danish Association for Psychotherapists since 2018. Educational background: Master of Social Science and East European Studies 1999. Family therapist 2015. Right now an active member of the EAP working group European Room for Listening.

Lyudmyla Kolisnyk, PhD, Counselling Psychologist at Sumy State University (Sumy, Ukraine), Postdoctoral Researcher at Aarhus University (Aarhus, Denmark), EuroPsy Psychologist, Board Member of the National Psychological Association of Ukraine.

Lyudmyla Kolisnyk is a counselling psychologist with 18 years of professional experience, specializing in the psychodynamic approach. She holds a PhD in Developmental and Educational Psychology and is the author of multiple scientific publications as well as educational courses for university students. Her research interests include adolescent psychology and mental health, emotional intelligence, trauma responses, and post-traumatic growth.

In addition, she has been actively involved in professional organizations, serving as a board member of the National Psychological Association of Ukraine and as deputy head of the Association of Psychologists of Higher Education of Ukraine. Following the outbreak of the full-scale war in Ukraine in 2022, she relocated to Denmark with the support of a research grant and has since continued her work in academia and non-governmental organizations, while also providing crisis intervention as well as psychological and psychotherapeutic support to Ukrainians both within and outside the country. One of the directions of her current activity focuses on supporting Ukrainian psychologists and psychotherapists practicing abroad through regular group meetings.

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