

UKRAINIAN AND EUROPEAN PSYCHOTHERAPY ALLIANCE TENTH SYMPOSIUM

Friday February 20th 2026 09.30am – 4.00pm CET

“FREEDOM, DIGNITY AND MEANING”

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 OPENING ADDRESSES

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

PRESENTATIONS:

09.50am Myroslav Marynovych, Political Prisoner; Humanitarian Leader.

“Freedom and Dignity.”

10.30am Professor Lutz Goetzmann, Prof. Dr. med., Analyst in private practice in Berlin (SGPsa/IPV),
Co-founder of the Institute for Philosophy, Psychoanalysis, and Cultural Studies (IPPK).
“On the Position of the Absolute Idea in the Ethics of Psychoanalysis.”

11.15am COFFEE BREAK

11.30am SOCIODRAMA

Olena Stupak and Olena Kuchynska (Ukraine), **Diane Adderley** and **Ron Wiener** (UK).
“How Has Meaning Changed During the War in Ukraine?”

The story of a Ukrainian sociodrama group which has been working since 2022 under the leadership of Diane Adderley and Ron Wiener. Presented as a live sociodrama.

1.30pm LUNCH

AFTERNOON SESSION PRESENTATIONS:

1.50pm Dr. Zvenyslava Kechur (European Confederation of Psychoanalytic Psychotherapies) and
Professor Roman Kechur (Ukrainian Umbrella Association of Psychotherapy).
“Fate Neurosis and the Path to Freedom.”

2.30pm SMALL GROUP DISCUSSIONS

3.00pm ROUND TABLE OF ALL SPEAKERS

Moderators: Larysa Didkovska and Eugenijus Laurinaitis

4.00pm CLOSE OF THE SYMPOSIUM

TO TAKE PART IN THIS FREE EVENT FOR PSYCHOTHERAPISTS IT IS NECESSARY TO REGISTER. PLEASE REGISTER BEFORE MIDNIGHT CET ON WEDNESDAY 18TH FEBRUARY 2026 BY VISITING THE OFFICIAL WEBSITE:

LINK: 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.

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“FREEDOM, DIGNITY AND MEANING”



Patricia Hunt FRSA

*Chair of the Ukrainian and European Psychotherapy Alliance,
Former President of the European Association for Psychotherapy
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It is extraordinary and wonderful that we have reached the Tenth UUAP and EAP Symposium, organised by the Ukrainian and European Psychotherapy Alliance. When we first began our work together, the Alliance could never have imagined that we would reach ten Symposiums.

The idea of these Symposiums has proven to be visionary and highly successful, with more than 1,000 psychotherapists registering for each event held so far. In total, the first nine Symposiums have received 10,850 registrations!

The feedback has been overwhelmingly positive, and it is clear that the Symposiums have helped to strengthen the resilience of Ukrainian psychotherapists, offering vital professional and human support during the war. We extend our heartfelt thanks to everyone who has contributed to these remarkable Symposiums, and to the participants who make them meaningful and alive.

The theme of our Tenth Symposium is “Freedom, Dignity and Meaning.” This follows our Ninth Symposium, which focused on four primary emotions: Anger, Humour, Connection and Love. In this Tenth Symposium, we turn our attention to three core dimensions and longings of humanity – Freedom, Dignity and Meaning.

These fundamental aspects of our shared humanity are of profound importance for Ukrainians, particularly as this Symposium marks the fourth anniversary of the start of the full-scale war in Ukraine.

- **Freedom** – the freedom to be fully alive and fully human.
- **Dignity** – the essence of human worth; humanity deserving of respect.
- **Meaning** – the heart of our work as psychotherapists: giving life its fullest meaning and honouring the deepest significance of human existence.

These three aspirations lie at the core of humanity’s deepest hopes and desires, and they form a foundation of hope for the future of Ukraine.

We are deeply honoured and grateful to celebrate our Tenth Symposium with a group of highly distinguished speakers, as well as a live sociodrama. Our distinguished speakers include Myroslav Marynovych, Professor Lutz Goetzmann, Professor Roman Kechur and Dr. Zvenyslava Kechur.

The sociodrama will be conducted by Olena Stupak together with Olena Kuchynska in Ukraine, and Ron Wiener with Diane Adderley in the United Kingdom.

This Tenth Symposium promises to be a rich, moving and truly memorable event!

SPEAKERS



MYROSLAV MYRONOVYTCH

Political Prisoner; Humanitarian Leader

Lecture “Freedom and Dignity.”

First and foremost, the speech refers to two important changes:

- a) the emergence of a powerful fighter capable of significantly paralyzing the Kremlin octopus, replacing the previously subdued Ukraine, and
- b) a change in the US itself, which joined Putin in destroying the international order and replaced the language of values with the lexicon of national (if not personal) egoism.

As a result of these two developments, Ukraine was faced with the question of whether to continue fighting for values, which we consider to be, above all, human dignity, and freedom. The second part of the speech will focus on the threats to these values and the prerequisites for guaranteeing dignity and freedom.

Myroslav Myronovytch, Advisor to the rector of the Ukrainian Catholic University (since 2024), President of the Institute of Religion and Society at the same university (since 1997). Founding member of the Ukrainian Helsinki Group. Long-time political prisoner (1977–1987). He headed Amnesty International's structures in Ukraine (1991–1996). President (2010–2014) and honorary president of the Ukrainian Center of the International PEN Club (since 2014). Member of the First of December Initiative Group (since 2011).



LUTZ GOETZMANN

Prof. Dr. med., Analyst in private practice in Berlin (SGPsa/IPV), Co-founder of the Institute for Philosophy, Psychoanalysis, and Cultural Studies (IPPK)

Lecture “On the Position of the Absolute Idea in the Ethics of Psychoanalysis.”

I would like to start my lecture by introducing Hegel's absolute idea, which is completed in the union of theory (knowledge) and practice (action), and interpret its gradual formation within the framework of the Borromean registers, i.e., within our thought processes. Here, I argue that the ethics of psychoanalysis lie not only in fidelity to desire, but above all in the freedom to choose whether to follow our desires. This also involves the distinction between natural and pure will/desire. I will apply this model to several passages from the diaries of Viktor Klemperer, which he wrote during the German Nazi regime.

Lutz Goetzmann, Prof. Dr. med., analyst in private practice in Berlin (SGPsa/IPV), co-founder of the Institute for Philosophy, Psychoanalysis, and Cultural Studies (IPPK), and co-editor of the journal "Y- Zeitschrift für atropisches Denken". Author of numerous psychoanalytical works, including on psychosomatics and cultural studies, and most recently editor of the climate volume: "Im Angesicht der Katastrophe – Theorie und Aktion in Zeiten des Klimakollaps" („In the Face of Catastrophe – Theory and Action in Times of Climate Collapse“), IPPK-Verlag, Berlin.

SPEAKERS



OLENA STUPAK

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

OLENA KUCHYNSKA

Psychodrama Therapist and Project Manager of the psychodrama section “Psychodramatists of the World for Ukraine”

DIANE ADDERLEY

Honorary President of the British Psychodrama Association (BPA)

RON WIENER

Former Honorary President of the BPA

Sociodrama

“How Has Meaning Changed During the War in Ukraine?”

Olena Stupak and Olena Kuchynska are members of the Ukrainian Umbrella Association of Psychotherapists (UUAP), both are initiators and participants of the sociodramatic group of Ukrainian psychodramatists under the leadership of Ron Winer and Diana Adderley (Great Britain), which has been operating since September 2022. The group explores and reflects on the social processes, challenges and contradictions experienced by Ukrainians during the Russian war against Ukraine.

Olena Stupak is a teaching therapist and supervisor of the UUAP, head of the psychodrama section of the UAAP.

Olena Kuchynska is a psychodrama therapist and project manager of the psychodrama section “Psychodramatists of the World for Ukraine”. Both live in Kyiv.

Diane Adderley and Dr. Ron Wiener are Senior Sociodrama Trainers with the British Psychodrama Association (BPA). Ron is a former Honorary President of the BPA and Diane is the current Honorary President, with her term running to 2027. They have worked together for many years and currently run a sociodrama support group for Ukrainian therapists which is now entering its 4th year.

In previous years, they have run training workshops across Europe and were both founder members of ISCAN (International Sociodrama and Creative Action Methods Network), a support and practice group for action methods practitioners from around the world to reflect on their work, try out workshop ideas, develop their practice and receive feedback.

SPEAKERS



ZVENYSLAVA KECHUR

Doctor-psychotherapist, training therapist and supervisor of the UCP (ECPP) and USP



ROMAN KECHUR

MD, PhD, psychiatrist, psychoanalyst, teaching therapist and supervisor

Lecture “Fate Neurosis and the Path to Freedom.”

In this talk, we combine the social dimension of freedom in the context of Ukraine's hard-won independence with an overview of theoretical contributions by scholars about freedom, as well as material from clinical practice. The theoretical review draws on the work of both psychoanalytic and non-psychoanalytic authors, including cultural theorists, historians, and others. An attempt at the authors' own conceptual reflection on the issue is also undertaken.

Zvenyslava Kechur, Doctor-psychotherapist, training therapist and supervisor of the UCP (ECPP) and USP, psychoanalyst of the Ukrainian Psychoanalytic Society (UPS), a Direct Member of the International Psychoanalytic Association (IPA), group psychoanalyst of the EAP.

Specialization - group and individual psychoanalytic psychodynamic psychotherapy and psychoanalysis.

Editor of translations of articles and books on psychoanalysis (August Rus "Lacan. Introduction to structural psychoanalysis", Timo Storck "Psychoanalysis and psychosomatics"), organizer of International Educational Projects in Psychoanalysis and Psychoanalytic Psychosomatics.

Roman Kechur, MD, PhD, Head of the Department of Psychology and Psychotherapy of the Ukrainian Catholic University, psychiatrist, psychoanalyst, teaching therapist and supervisor of the Ukrainian Union of Psychotherapists and the European Confederation of Psychoanalytic Psychotherapies, Chairman of the Training Council and Secretariat of the Ukrainian Union of Psychotherapists. President of the Ukrainian Confederation of Psychoanalytic Psychotherapies, Chairman of the Board of the Ukrainian Psychotherapeutic University.

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