

"Don't say anything!". War as an individual and cultural trauma: mechanisms of construction and how it works

Online seminar

February 20, 2023, 15:00-18:00

Dr. Alyona Ivanova *

Psychological support for war refugees in Russia: problems, resources, reality

The paper describes an experience of volunteer psychological counseling of refugees from Ukraine in Russia, which is a part of general volunteer movement in the country. We will discuss the meaning of the very volunteer activity for both professionals and refugees, organizational challenges and issues. We will try to characterize the social group of the clients, their more or less common problems (such as self-identification and a (non)shared language) and the spectrum of individual issues and questions. Finally, professional challenges and possible resources will be addressed.

Dr. Inga Ignatieva *

Basic psychological needs of a child, the destructive influence of war, assistance to Ukrainian psychologists in Estonia

The report will focus on the basic psychological needs of children. I will talk about why it is so important that they are satisfied and how it influences the further development of the personality, how the war can destroy the satisfaction of needs. Also I will talk about how to help satisfy these needs and how Ukrainian psychologists who fled from the war to Estonia are involved in the work.

В докладе хочу рассказать о базовых психологических потребностях ребёнка, почему так важно, чтобы они были удовлетворены, как это влияет на дальнейшее развитие личности, каким образом война может разрушить удовлетворение потребностей. А также о том, как можно помочь удовлетворить эти потребности. И как в Эстонии задействованы украинские психологи, бежавшие от войны в Эстонию.

Dr. Alexander Karenin-Smakotin*

Several episodes Ukrainian refugees life in Russia

I tell just tell you stories. And you make your own conclusions

Я рассказываю истории, выводы делаете вы сами.

*Bio

Alyona Ivanova is a clinical psychologist and psychotherapist, currently involved in volunteer psychological support for refugees. She teaches clinical psychology and is a researcher. Among her latest scientific interests are psychological trauma, dark humor, hospital clowning research. Email: ivalenka13@gmail.com

Inga Ignatieva is a clinical psychologist, trained in cognitive behavioral therapy and circuit therapy. Also she helps Ukrainian psychologists in Estonia to adapt.

Alexander Karenin-Smakotin is sociologist, composer, creator of the musical project KARENIN, author of soundtracks for plays and films, writer, children's poet, screenwriter. He is also involved in volunteer support for refugees.