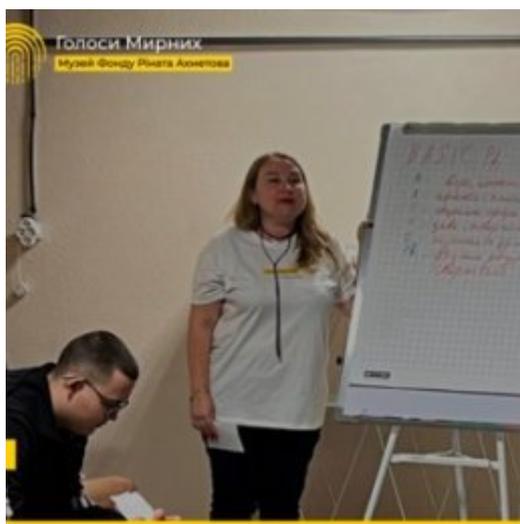


25 October

Mobile psychologist teams from Rinat Akhmetov Foundation provide support in overcoming war trauma to social workers, educators, and medical staff



The mobile psychologist teams from the [Rinat Akhmetov Foundation](#) continue their mission, helping Ukrainians maintain emotional resilience amid Russian armed aggression. Recently, group lectures on How to Cope with War Trauma were held in Kramatorsk, Pavlohrad, Kamianske, and Kryvyi Rih.

“The danger of war trauma is that if you do not seek professional help in time, it can develop into a complex set of issues that are very difficult to resolve. Breathing exercises, grounding techniques, and art therapy methods can help people cope with it. In a time like this, it is important to stay engaged and take action,”

explained Tetiana Kovalska, a psychologist with the Foundation’s mobile teams.

In September and October, these sessions were organised for people who work extensively with others, particularly social workers, educators, and medical staff. Among those attending these psychological lectures were internally displaced people from the frontline Pokrovsk, who reside in Kamianske now.

The Rinat Akhmetov Foundation's mobile psychologist teams employ various tools for working with trauma. Some are designed to help individuals stabilise themselves during acute states, while others focus on supporting other people ensuring that they don't inadvertently worsen the situation for themselves or others.

The Foundation's psychological support project began in 2014, with mobile psychologist teams joining the effort in 2022.

More than 1,075,000 Ukrainian residents have already received psychological assistance from the Foundation during the war. In preparation for this effort, 250 psychologists were trained in the Rinat Akhmetov Foundation's War Trauma course.