

War is the Only Reality

Judith Tészary

KYIV - The Maidan Revolution 2014

an open wound in the city's heart

- Members of the FEPTO Task Force is invited to Kyiv, to elaborate on the Collective Trauma of the Revolution.
- Warm Up -a long and shocking walk down the long, winding pathway.
- the rubble of Independence Square (Maidan) The burned and torn paving stones, the tents, the temporary memorials with flowers and lights with pictures of the killed people, edged the road.
- The Euromaidan protest began peacefully when President Yanukovych broke the cooperation with the European Union. The protest turned into a violent, devastating event.
- Security Forces attacked the people. The snipers were a specially trained Russian Alpha Unit living in Ukraine.
- Documentaries on large screens, interviews with the demonstrators and activists run endlessly. Many of those in the movie had passed away by then. Relative watching their loved ones.

Psycho-Sociodrama –perspectives of a split society

- Within families
- Groups representing
 - Pro-Russians
 - Ukrainian Nationalists
 - PRO-Co European Union
 - Citizens and peaceful protester

Symbolic ACTIONS

- Clean up Maidan, clean up the chaos
- Clean the Black sea
- Bury the dead ones
- Morning
- Raise a monument
- The Heavenly Hundreds monument raised a year later

The full scale invasion starts in 2022

- The Maidan Revolution was as a miniature of the large scale invasion
- IAGP and Ukrainian organisations organised Support groups
- Ongoing groups without break
- Members are therapists – working with soldiers, families, children

The purpose of work is

- Re-establish balance
 - Regulate the nervous system through the senses/breath work
 - Integrate rational and emotional functioning,
 - Broadening the window of tolerance
 - Tolerate stressful situations
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- Focusing on the resources,
 - Bring the good experience into life,

Develop activities you can have control over.

CTSD – Continuous Traumatic Stress Disorder

- In previous wars, families received letters from the front line by snail mail. Today, they contact their sons and brothers directly in the trenches. War constantly occupies the mind and nervous system.

Topics of the Support group

Work through and prevent

Secondary traumatisation, being overly empathetic with their clients' traumatic experiences?

Survival strategies of the ancestors, through trans-and intergenerational messages

- **Overcome hypo and hyper arousal**

Re-live joyful life events

Case presentations

- The therapists work with a mother who saved her children from a burning house.

The therapist who met her in the hospital became emotionally as helpless and worthless as the therapist hearing the devastating story, seeing her hands in bandages, not being able to take care of even herself.

- In the drama, I asked the therapist to be the mother and the group to be the four children.

The group members reacted spontaneously in their roles as children.

You saved our lives, you are a hero, a war hero. We can be your hands and arms, doing everything you did for us: cooking, cleaning, and volunteers help us.

We survived, and you survived. We can hug you, you can hug us without hands, with your whole body.

- In the mother's role, the therapist became very emotional, and that frozen numbness disappeared.
- The next time she met the mother in the hospital, she approached her in a hopeful mood, and the mother became similarly more hopeful.
- Although she lost vital aspects of her maternal role, the use of her hands, but that doesn't mean that all functions of her motherly role were wiped out. She could read tales for the children and organise the homework. This transformation of role and accepting the change requires a lot of support and imagination, but hope is back.
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Drama about the high sugar level

- What we explore in this
- To see how this disease influences her life, what it does with her.
- Build a dialog between the symptoms and herself.
- Mentalisation - recognise the life events the symptom represents

- I ask her to be the high sugar level
- I am pressing her, and keeping her in total control.

We know from earlier dramas that she is controlling her son, her husband, working without any joy or other activities. Sitting and writing day and night, not moving.

Under constant stress. The latest one is to rewrite her habilitation where no Russian references are permitted concerning the new Ukrainian Academic regulation. She herself wrote research articles in Russian.

Many unforeseen circumstances became

