



Ukrainian voices from

ICDP

Vinnitsa region

Mariia Bingol  
Larysa Koňarska

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# Марія Бінгьоль - тренер 2017

# Maria Bingöl - coach 2017

**To see with the heart.  
To touch with the word.**

**2015 - facilitator  
2017 - trainer**

**Coordinator of facilitators  
in Vinnitsa region**

**100 facilitators  
More then 1700  
participants of group  
and other events**

**Master of pedagogy,  
psychodramatist,  
traumatist, art-**





# Лариса Конарська - тренер ICDP

# Larisa Konarska - ICDP 2025 trainer

**Constantly striving for growth and motivated to help others.**

**ICDP is a powerful tool to support foster parents and build emotional connections with children.**

**The pandemic taught me flexibility and how to provide support remotely through online formats.**

**The war heightened the importance of facilitation as a form of crisis support for families.**

**Emotional presence and empathy are key skills in my work.**

**My goal is to create a safe space where parents and children can build trust.**





# Робота ІСДР в Україні

# ICDP work in Ukraine



- ◆ Represented in the regions: Vinnytsia region (Vinnytsia, Mogilev-Podilskyi, Bratslav), Khmelnytskyi, Kyiv
- ◆ Participation in events: – All-Ukrainian conferences (Kyiv, Vinnytsia) – Forums, seminars, educational meetings

- ◆ Presentations of the program in institutions:
  - Vinnytsia State Pedagogical University named after Kotsiubynsky
  - Branch of the Kyiv Institute "Ukraine"
  - University of Donetsk
  - Rehabilitation centers: "Promin", "Parostok", "Harmony"
  - Institute of Theological Sciences of the Blessed Virgin Mary

- Results:
  - Training of facilitators (together with Larisa Konarska) – Grateful feedback from students and parents
  - Real changes in interaction in families and the professional environment
  - Support for workers working with children with disabilities



# Представлення ІСДР на міжнародних платформах

## Representing ICDP on international platforms



### ◆ Participation in conferences and presentations:

- Bulgaria – conference on education
- Turkey – Istanbul University (Department of Pedagogy), conference on mental health
- Ankara – sound therapy center (original method of the Turkish family)
- Italy and Switzerland – conferences and congresses of the IAGP

### ◆ Participation formats:

- online and offline presentations

### ◆ Important event of 2023:

- Trauma Conference in Antalya – Participation of trainers: Larysa Konarska, Viktoriya Sydorenko – Topic: ICDP in times of war – Audience: participants from 26+ countries around the world



# Робота з фасилітаторами

# Working with facilitators



- ◆ Coordinator of facilitators of Vinnytsia region
  - over 100 specialists
  - organization of conferences, seminars, supervisions
  - support for translation and adaptation of materials into Ukrainian
  - created metaphorical card with topics of ICDP
- ◆ Pandemic period
  - with the support of Mariana and permission of Nicoleta
  - created an online version of ICDP
  - held an online marathon of 12 meetings
  - 10 facilitators worked with psychologists, social workers, parents, people with disabilities



- over 100 participants

- ◆ New challenges
  - the pandemic opened up new formats of interaction
  - the war brought deep pain, losses and emotional challenges that require special support



## ICDP під час війни в Україні



## Psychological Impact of War and the Role of ICDP

**War causes trauma in both adults and children.**

**The depth of trauma depends on circumstances and an individual's inner resources.**

**The greatest need is to support adults to maintain healthy family relationships.**

**Emotional withdrawal is both a protective mechanism and a sign of psychological exhaustion.**

**Our mission is to restore trust in the parent-child relationship.**

**The ICDP program is an effective tool for support, empathy, and developing emotional skills.**

**It's important to understand that emotions are normal and need to be felt, not suppressed.**

**When emotions are processed, people remain resilient and able to support others.**



# Емоційний діалог

## Emotional dialogue

What is it?

Warm, open contact with a child, where they can express their emotions, and an adult supports and empathizes.

Why is it important?

⚠ Children experience war through fear, anger, fatigue, anxiety.

💬 Emotional dialogue gives them a sense of security, choice, and control.

Challenges:

- ◆ Exhausted adults
- ◆ Avoiding difficult topics
- ◆ Intolerance to children's emotions

Keys to support:

- ✓ Acceptance of emotions
- ✓ Empathy without pressure
- ✓ Dialogue, play, hugs, rituals
- ✓ Adult strength is a support for the child

*The goal is to bring the child closer to the “green zone” (calm, focus, joy).*





# Посередницький діалог

## Mediation dialogue

What is it?

A form of communication with a child based on respect, emotional support and cooperation.

- ◆ Why during war?

- Reduces anxiety
- Restores a sense of security
- Forms trust in an adult
- Helps the child make sense of events

- ◆ What does it look like?

- Instead of: "Don't be afraid!"
- We say: "I see that you are afraid. It's normal. I am with you."



- ◆ Key principles:

- ✓ Acknowledging emotions
- ✓ Discussing difficult topics
- ✓ Asking questions instead of giving directions
- ✓ Co-creating solutions
- ✓ Stability rituals (hugs, calm box, shared readings)

- ◆ Outcome:

- ♥ Emotional resilience
- ♥ Self-reflection
- ♥ Trust and connection



# Регулятивний діалог

## Regulatory dialogue

**What is it?**

This is sensitive communication that helps a child:

- calm down,
- understand their emotions,
- maintain a sense of control,
- learn to act in difficult conditions.

💬 **Basic principles:**

- ✓ Empathy and support: “I’m with you. You have the right to be afraid”
- ✓ Predictability: “Today we have exercise, then play”
- ✓ Involving the child in decisions: “What will we take to shelter?”
- ✓ Calm explanation of events: “Yes, this is war. But we are together”

🛡️ **Goal:**

To help the child feel safe, act, dream and develop — even in a crisis.





# ICDP для українців за межами України

# ICDP for ukrainians abroad



400 children from volunteering school for Ukrainian kids in Antalya

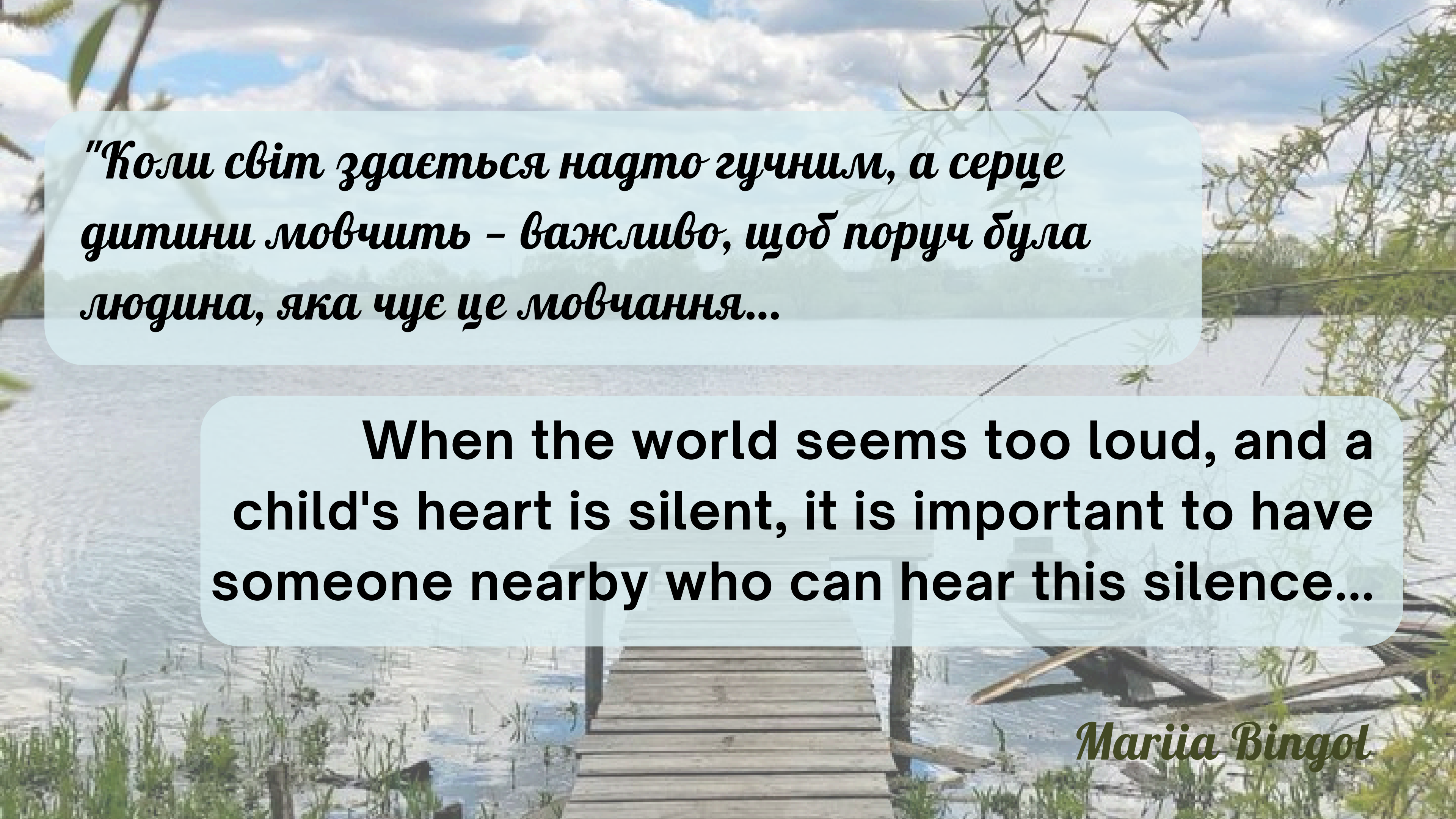
330 volunteers helping kids without parents from East Part of Ukraine a project "Children without war"

"Angel's of Happyness" - huge project for kids and families living next to war area or boarding with Russia or Belarus villages. Viktoriya Andrushchishina and team of volunteers creating beautiful celebration with gifts and games and big toys and real support for family with needs like food.

Meetings for facilitators 23 people who joined support group to work with icdp during war. Led by Silvia Briabin.

Our facilitators working Ukrainian communities in different countries: Poland, Latvia, Great Britain, Turkey.





***"Коли світ здається надто гучним, а серце дитини мовчить – важливо, щоб поруч була людина, яка чує це мовчання..."***

**When the world seems too loud, and a child's heart is silent, it is important to have someone nearby who can hear this silence...**

***Mariia Bingol***