

# ICDP UKRAINE REPORT OF ACTIVITIES IN 2025

ICDP Ukraine has managed to adapt to the difficult war conditions, and ICDP activities are going on in several cities by newly trained facilitators, as well as by some of those previously trained. See more details in the [presentation from June 2025](#).

Update by Sergey Krasin and Anya Trukhan

ICDP is continuing to be active in Ukraine. This year, training was carried out in several cities, such as: Kramatorsk, Druzhkivka, Kryvyi Rih, Kharkiv.



Two facilitators, a married couple, Nikolai and Galina Khomchenko, conduct parent groups in the territory close to the front line, as part of a humanitarian project. The participants were not only parents, but also grandparents. The programme dialogues were discussed at the meetings. Nikolai notes that this group format is very useful, as it provides an opportunity to expand discussions and exchange experiences. It is especially useful for those families in which not only parents, but also the older generation are involved in raising children.

Galina conducts ICDP courses for parents at the Children's Centre for Mental Health. The participants are the parents of children who attend the Centre. The facilitator notes that her groups were attended only by women, as there are very few young men left in the city now. Before starting with the ICDP programme and its dialogues, there are meetings in which a process of psycho-emotional stabilization takes place.

Active work was also carried out by new facilitators who were trained under war conditions. Natasha Vinichenko and Amelia Khomchenko began their work in the Donetsk region. The new facilitators held their groups in one of the city schools, and the participants were parents of first-grade children. A Parents' Club was created linked to the school. Familiarization with the programme took place throughout the year.



ICDP facilitator Olesya Romancha from Krivoy Rog conducts parent groups as part of the “Conscious Parenting” project. The project was created for young parents and young people who are planning to become parents.

Olesya receives a lot of positive feedback from the participants of the meetings:

*“It was important for me to talk about different situations. Theory is one thing but practice is completely different. Although my son is almost an adult, I found many useful recommendations for myself for further reflection. It’s never too late to learn! I thought that I knew everything about children*

*and their behaviour, but when I took the course, I learned a lot of new things. I thought most deeply assessing my actions in relation to the principles of the programme.”*

Facilitator Liliya Dolgikh was trained by a married couple from Kharkov: regional trainer Victoria Lepekha and facilitator Alexander Lepekha. Liliya recalls that immediately after the training she began to practice the principles of the programme at the Church School. Several parent groups were organized at the same time, one of which was held regularly once a week. Three more groups were organized at different times. This was done so that women – parishioners could attend meetings at a time convenient for them. The group participants speak very positively about the meetings and attend them willingly, saying that *“they come for knowledge that leads to good changes.”* Over two years, more than 160 parents attended parent meetings with Liliya Dolgikh.

### **Activities Presented by Mariia Bingyol and Larysa Konarska within ICDP Ukraine (2025)**

In 2025, Mariia Bingyol presented the ICDP within educational, scientific, and professional contexts focused on emotional interaction, psychological resilience, and support for children and adults living under wartime conditions.

#### **II International Scientific and Practical Conference**

##### ***“Psychological Foundations for Preserving the Mental Health of Participants in the Educational Process”***

Organized by the Municipal Higher Educational Institution *Vinnitsya Academy of Continuing Education* This presentation highlighted the importance of adults’ emotional wellbeing within educational settings during wartime. Particular attention was given to the influence of teachers, caregivers, and parents on the emotional climate surrounding children, and to how ICDP principles contribute to creating safer, more supportive, and emotionally stable learning environments.

The discussion emphasized the role of empathic interaction in reducing stress, strengthening emotional connections, and supporting children’s concentration, emotional wellbeing, and resilience during prolonged periods of instability and uncertainty.

#### **Seminar-Practicum**

##### ***“Developing Adult Sensitivity Toward the Child: The ICDP Programme”***

The seminar-practicum, facilitated by Mariia Bingol and Larysa Konarska, introduced participants to the foundations of ICDP through experiential learning, reflective practice, and group interaction. The programme focused on helping adults better recognize and respond to children’s emotional needs, understand the significance of emotional dialogue, and develop more sensitive, supportive, and constructive ways of relating to children.

Special attention was given to strengthening adults’ capacity to:

- recognize and respond to children’s emotional states;

- support children's initiative and participation;
- create emotionally safe environments;
- build trusting and respectful relationships.

The practicum combined theoretical discussion, practical exercises, and personal reflection, enabling participants to experience ICDP principles not only conceptually but also through direct interaction and observation.

### **Online Event**

#### ***“Development of Emotional Intelligence in Primary School Children in Conditions of War”***

Conducted in cooperation with Mariupol State University

This online event focused on the emotional development of children living under conditions of war, displacement, uncertainty, and chronic stress.

The presentation explored how children absorb emotional tension from their environment and how emotional intelligence develops through interaction with emotionally available and responsive adults.

Particular attention was given to:

- emotional safety;
- co-regulation;
- the role of adults as stabilizing figures;
- the importance of supportive communication during crisis situations.

The event emphasized that emotional interaction is not only a key component of child development but also an essential factor in maintaining psychological resilience and wellbeing during wartime.

Organizer of the event: Olga Groshovenko

### **Article by Larysa Konarska**

#### ***“Implementation of the ICDP Programme in Conditions of War”***

The article below by Larysa Konarska, dedicated to the adaptation of ICDP principles to wartime conditions in Ukraine, was presented as part of the professional activities of ICDP Ukraine and included in the programme materials library:

One of the key factors in maintaining psychological resilience in Ukraine during wartime is preserving the emotional connection between adults and children. Accordingly, my experience as an ICDP facilitator during this period has gained special meaning and depth.

Since the ICDP programme is aimed at developing sensitive and responsible interaction, helping adults better understand the child's needs and support their emotional state, I would like to emphasize that even in situations of prolonged stress and uncertainty, ICDP helps adults develop sensitivity to children's needs, build warm and supportive relationships, and create a sense of safety for the child.

Working with parents, educators, and specialists, I observed how the quality of interaction with children changes through simple but meaningful steps: attentiveness, acceptance, and support.

Particularly touching are the moments when adults begin to see the child differently — noticing the child's strengths, better understanding emotions and needs.

In wartime conditions, adults themselves often need support, which is why an important part of facilitation is creating a safe space for sharing experiences, reflection, and restoring internal resources. Very often people come exhausted, anxious, and with feelings of helplessness. Yet through the process of joint discussions and reflection, more confidence, calmness, and inner stability gradually emerge.

Programme participants noted that the knowledge they gained helped them not only in interaction with children, but also in coping with their own emotional tension.

As a facilitator, the moments that are especially valuable to me are when participants share:

“I began to understand my child better,”

“It became easier for me to simply be present,”

“I allowed myself not to be perfect.”

This confirms that even in difficult circumstances, people can still find resources within relationships. Supportive relationships based on trust and acceptance create the foundation for psychological safety and resilience.

The experience of implementing the ICDP programme during wartime confirms that warm, trusting relationships between adults and children are a powerful source of recovery and strength. Through such relationships, we can support children today and help them preserve a sense of safety, faith, and stability.