

Play Therapy, Ukraine, and You

As you probably know, the people of Ukraine are currently experiencing complete devastation of their homes, lives, and sense of the future, and the levels of trauma and loss are difficult to even imagine. What you may not know is that you share a connection with a small group of emerging play therapists in Ukraine. In 2018, the International Institute for Postgraduate Education- Ukraine launched a postgraduate certificate program in Child and Adolescent Mental Health Issues, a 2-year accredited education program that heavily focuses on the application of play therapy. This play therapy program (established around APT standards and competencies) was the very first of its kind in Ukraine, and the small group of Ukrainian students within this fledgling program represent pioneering play therapists for a nation. While child mental health specialists, especially those trained and supervised in play therapy, were desperately needed beforehand, the recent war in Ukraine has increased the mental health needs for children and their families to unimaginable proportions, and needs will continue far into the future.

As a fellow play therapist, you can anticipate the difficulties your colleagues in Ukraine are facing, both personally and professionally, and I want to invite you to consider an opportunity to help. In collaboration together, the Association for Psychological Counseling and Traumatherapy- Ukraine, International Mental Health Consultants, LLC, and the International Institute for Postgraduate Education- Ukraine are raising financial support for our fellow play therapists in Ukraine. 100% of these funds will go directly to the salaries of our Ukrainian counselors and will cover crisis counseling, child and family counseling, parent support, educational consultations for schools, playful regulation groups, and psychological first aid for Ukrainians impacted by the war. With ongoing supervision, training, and support from our American team of volunteer faculty and supervisors, our Ukrainian play therapists will provide these essential services to their countrymen so that Ukrainian professionals are helping Ukrainians. Your financial donation will allow a Ukrainian play therapist to retain their livelihood during a time of significant upheaval and will also provide critical mental health services to Ukrainian children and their families FREE of charge. Just \$30 will cover the entire cost of a crisis/counseling/group/consultation session provided by a Ukrainian play therapist.

Please consider how you might help meet the tremendous mental health needs of a Ukrainian child while simultaneously showing your support for our “playborhood” that reaches all the way to Ukraine.

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Founding President, Child & Adolescent Mental Health Counseling Branch - Association for Psychological Counseling & Traumatherapy - Ukraine

Founding Director, Child & Adolescent Mental Health Counseling Postgraduate Certificate Program - International Institute of Postgraduate Education - Ukraine

Donate Here:

<https://secure.givelively.org/teams/international-mental-health-consulting-incorporated/help-support-mental-health-for-children-in-ukraine/association-for-play-therapy>

Learn More Here:

Check Out this 5-min Video to Learn More: <https://www.youtube.com/watch?v=02NWloFB3c4>

Creative Ways to Raise Funds:

- Consider creative support raising by facilitating partnerships with mental health clinics, professional groups, community organizations, and non-profit groups in your community.
- School counselors can organize school fund-raising events.
- Mental health discipline graduate students can organize fund-raising events through your university's academic honor society.
- Faith-based institutions can donate a special financial gift.

Organization Links

International Mental Health Consultants, LLC

<https://www.imhcinc.com/>

Association for Psychological Counseling & Traumatherapy - Ukraine:

<https://en.psycounseling.org/>

International Institute of Postgraduate Education - Ukraine:

<https://americanprogram.net/eng>

Open Doors: Center for Psychological Counseling & Traumatherapy- Kyiv, Ukraine:

<https://odukraine.com/en/home-page-2/>