



Co-funded by
the European Union



BURN Webinar:

“Psychological Resilience and Well-Being of the University Community”

26–27 February 2026

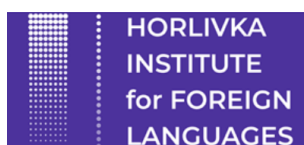
The webinar will highlight the role of psychologists in strengthening the psychological resilience of the university community and will present practical skills for working with resource states, group support, and intervention. The webinar will be useful for both experienced psychologists and those who are new to the field.

During the webinar you will learn about:

- working with resource states through relaxation and sensory equipment;
- the operational model of support groups and intervention groups within the activities of the Center for Psychological Resilience and Well-Being;
- practical tools for facilitating group interaction aimed at emotional stabilization and increasing participants' psychological resilience;
- experience in implementing the Center for Psychological Resilience and Well-Being under relocation conditions;
- the role of student initiatives in shaping the psychological culture of the university.

Only registered participants will receive the link to the online event, will be able to ask questions to the speakers, and will receive certificates.

The webinar is organized by the BURN Project Centers within the project “Strengthening Psychological Resilience and Well-Being of the University Community in (Post-)War Ukraine”, funded by the European Union..





26.02.2026

1 day

Moderator:



- **Kateryna Bondar** – Candidate of Psychological Sciences (PhD equivalent), Associate Professor, Department of Psychology, Kryvyi Rih State Pedagogical University.

Trainers:



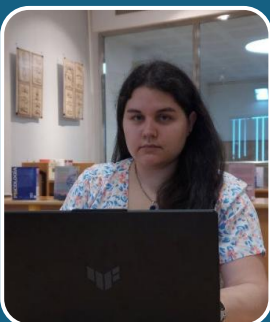
- **Valentyna Vovk** – Candidate of Psychological Sciences (PhD equivalent), Associate Professor, Department of Psychology, Ternopil National Pedagogical University.



Olha Lohvys – PhD in Psychology, Head of the Center for Psychological Resilience and Well-Being, Ternopil National Pedagogical University.



Tetiana Shevchenko – PhD in Psychology, Psychologist at the Center for Psychological Resilience and Well-Being, Kryvyi Rih State Pedagogical University.



Olha Charyieva – PhD in Psychology, volunteer at the Center and psychologist at the Day Care Unit of the Territorial Center for Social Services No. 1 of the Kryvyi Rih City Council.



26.02. 2026

- **14:00–14:15 – Opening Remarks**
- **Iryna Zadorozhna – project presentation and experience of EU university centers.**
- **14:15–14:50 – Use of Relaxation Equipment for Sensory Relief and Resource Recovery in Times of Crisis: the Experience of Kryvyi Rih State Pedagogical University (KSPU) in Cooperation with the “Veteran of Kryvyi Rih” Center and Social Service Center No. 1**
- **Kateryna Bondar, Tetiana Shevchenko, Olha Charyieva (KSPU)**
- **14:50–15:00 – Q&A Session**
- **15:00–15:15 – Break**
- **15:15–15:55 – Psychological Support Practices at Ternopil National Pedagogical University (TNPU): Activities of the Center for Psychological Resilience and Well-Being and Implementation of a Weekend Training on a Sensitive and Trauma-Informed Approach for University Staff Working with Students Affected by War****
- **Valentyna Vovk, Olha Lohvys (TNPU)**
- **15:55–16:00 – Q&A Session**



27.02.2026

2 day



Модератор:

- **Kateryna Bondar – Candidate of Psychological Sciences (PhD equivalent), Associate Professor, Department of Psychology, Kryvyi Rih**



Trainers:

- **Olesia Yesina – trainee lecturer, Department of Psychology, Bohdan Khmelnytsky Melitopol State Pedagogical University (MSPU).**



Ella Eminova – counseling psychologist at the Center for Psychological Resilience and Well-Being, Bohdan Khmelnytsky Melitopol State Pedagogical University (MSPU).



Tetiana Borozentseva – Candidate of Psychological Sciences (PhD equivalent), Associate Professor, Head of the Department of Psychology, Horlivka Institute for Foreign Languages of the Donbas State Pedagogical University (GIIM).



Mariia Pohekta – PhD in Psychology, psychologist at the Center for Psychological Resilience and Well-Being, Kherson State University (KSU).



Larysa Tor – Candidate of Psychological Sciences (PhD equivalent), Associate Professor, Department of Psychology, Kherson State University (KSU).



27.02.2026

- **14:00–14:10 – Opening Remarks**
- **Iryna Zadorozhna – project presentation and the experience of EU university centers.**
- **14:10–14:50 – The Use of Innovative Psychological Approaches in Support Groups and Intervision Groups within the Activities of the Center for Psychological Resilience and Well-Being of Bohdan Khmelnytsky Melitopol State Pedagogical University**
- **Olesia Yesina, Ella Eminova (MSPU)**
- **14:50–15:00 – Q&A Session**
- **15:00–15:15 – Break**
- **15:15–15:35 – Techniques for Effective Interaction Through the Lens of a Trauma-Informed Approach**
- **T. Borozentseva (GIIM)**
- **15:35–15:55 – From Relocation to Community: Tools for Psychological Support**
- **M. Pohekta, L. Tor (KSU)**
- **15:55–16:00 – Q&A Session**