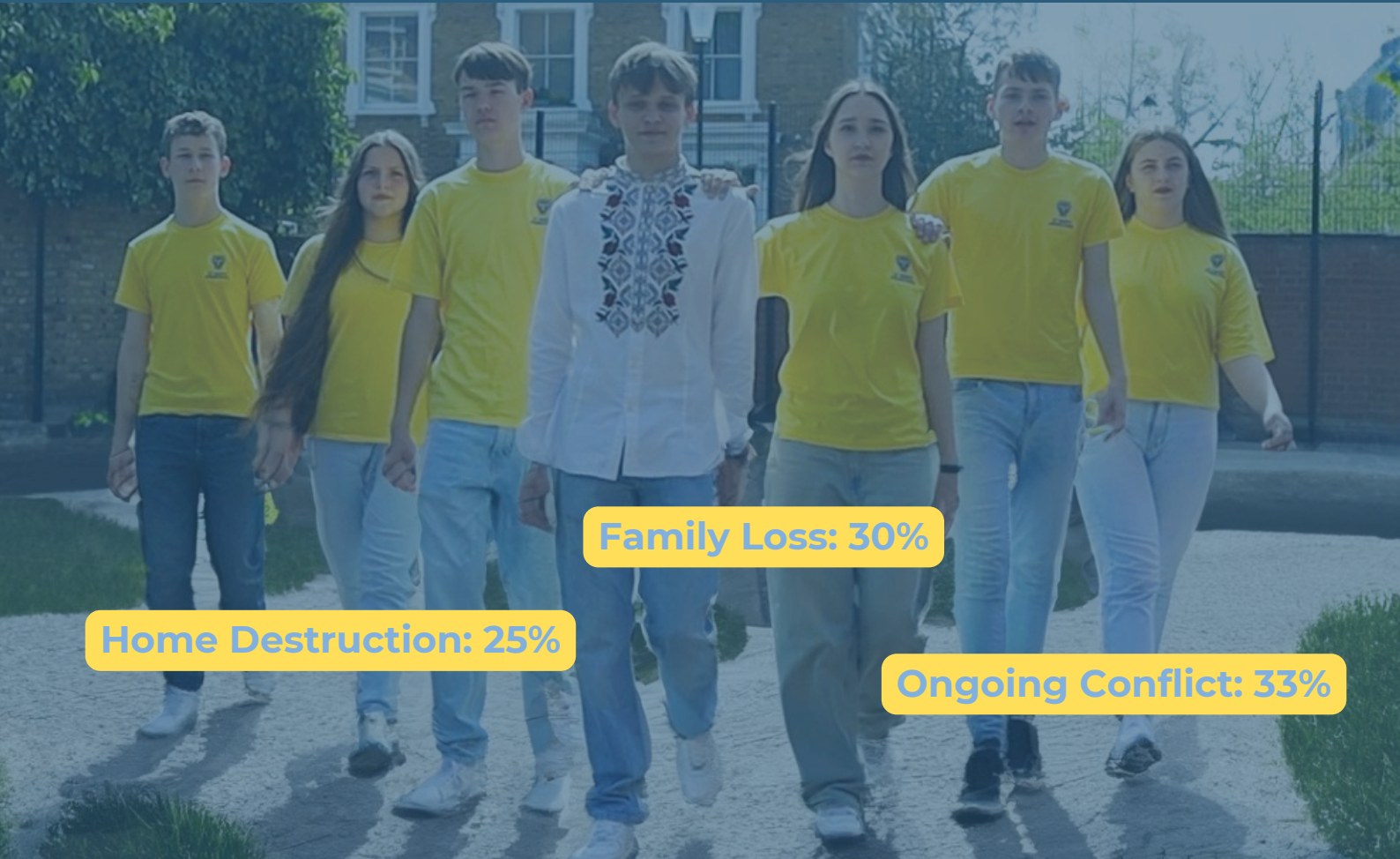




Funded by  
UK Government

# CONFERENCE 2024



Home Destruction: 25%

Family Loss: 30%

Ongoing Conflict: 33%

## Supporting **Trauma Recovery** in War-Affected Children



UKRAINIAN  
ST MARY'S TRUST

**MONDAY, OCTOBER 21,  
FROM 09:00 TO 17:00**

Toynbee Hall

28 Commercial Street, London E1 6LS

**ORGANISED BY UKRAINIAN ST MARY'S TRUST/  
ST MARY'S UKRAINIAN SCHOOLS**

*Please be advised, attendance is by invitation only*

Enquiries:  [events@stmarysukrschool.co.uk](mailto:events@stmarysukrschool.co.uk)

# Embracing Journey to Healing



UKRAINIAN  
ST MARY'S TRUST

*"War and conflict sadly seem to be a feature in our lives today - for some as a headline they see or hear perhaps daily or weekly and for others a lived reality and the reason their world has suddenly turned upside down. As a globally connected community, it is impossible to ignore the consequences of war. As we receive children from war affected countries within our local communities suddenly the reality of conflict is brought closer to home for many."*

As a hosting nation for children and families fleeing conflict, I believe it is our duty to find ways of supporting children as they adjust to life in another country. As they grapple with cultural, language, environmental, educational and many other changes it remains crucial to address the consequences of conflict on their wellbeing, including the impact of trauma, displacement and loss.

*This conference draws upon the expertise of those actively involved in supporting children and families affected by war, demonstrating practical ways to develop psychologically and culturally relevant trauma screening and support programmes that address childrens' needs and which can be implemented in local schools and through collaborative partnerships.*

The work undertaken with Ukrainian children gives me great hope for future projects with children arriving from other conflict zones and exemplifies the benefits of experts working with community organisations that hold cultural expertise. I somewhat ambitiously hope the learning will be adopted as a national programme for all refugees, as there is much disparity in the support currently available to children based on where they live. The work with St Mary's Ukrainian School gives me much hope for the future of children affected by war and serves as a model intervention in this area."

***By Dr Jai Shree Adhyaru and Inna Hryhorovych***





**ST MARY'S**

**SUPPORTING**

**DREAMS**

## OUR MISSION

To create a healing and supportive educational environment for displaced Ukrainian children, helping them preserve their cultural identity, overcome trauma, and integrate into their new lives in the UK.

## SUPPORT PROGRAMS

### OUR IMPACT

**2,500+**

Displaced children and their families supported weekly

**85%**

Of new staff recruited are displaced teachers from Ukraine

**14**

St Mary's locations nationwide, with 3 more being set up

Education support to displaced children in mainstream schools, covering over 245 schools across RBKC & Westminster, Hounslow, Hillingdon, Richmond, Kingston and Merton.

**14 Satellite Schools:** Located in London (6), Richmond, Kingston, Hillingdon, Amersham, Woking, Tunbridge Wells, Glasgow, Northampton and Guildford.

**GCSE Support Tutoring Sessions:** Focused on helping year 10 and 11 students achieve their academic goals across all the locations.

- **TRT Support Project:** Funded by the Department of Levelling Up to provide trauma recovery support.
- **Holiday Provision:** Ensuring continuous support and engagement during school holidays.

**Afterschool Activities/Enrichment** weekends and evenings. Offering art, music, drama, IT, and photography classes to enhance students' creative and technical skills.

**Project Warm Space:** A dedicated initiative to support families and elderly displaced cohorts on their integration journey: legal consultations, ESOL classes, enrichment such as art and embroidery, and book club.

# Agenda

## 2024



UKRAINIAN  
ST MARY'S TRUST

09:00 – 10:00

**Registration & Welcome Refreshments**

10:00 – 11:00

**Welcome from Hosts & Special Guests**

11:00 – 12:30

**Opening Panel & Keynote speeches**

12:30 – 13:30

**Lunch provided by St Mary's**

13:30 – 15:00

**Workshops:**

1. **Direct and Indirect Impact of War:** Trauma Screening, Recovery Techniques, Trauma & SEN.
2. **Education Support Workers Project.** Combined multi-agency efforts and lived-in experience approach to foster trauma healing.
3. **How to Talk to Children About War:** Guidelines for Professionals Working with Children.

15:00 – 15:30

**Coffee Break**

15:30 – 16:30

**Reflections and Q&A**

16:30 – 17:00

**General resolution**



# Opening Panel **Speakers**



UKRAINIAN  
ST MARY'S TRUST



**INNA HRYHOROVYCH, MBE**

*Executive Director  
at Ukrainian St Mary's Trust,  
St Mary's Ukrainian Schools*



**TETIANA HUMBERSTONE**

*Senior ESW Lead, Trauma  
Support Project Lead  
at Ukrainian St Mary's Trust*



**DR JOHN GREEN**

*Consultant Clinical  
Psychologist at CAST,  
Centre for Anxiety, Stress  
and Trauma*

**Moderator**



**DR JAI SHREE ADHYARU**

*Consultant Counselling  
Psychologist at CAST,  
Centre for Anxiety, Stress  
and Trauma*



**KATERYNA YAVNA**

*Lead Psychologist  
at Ukrainian St Mary's Trust*



**VIKTORIIA SHYMANSKA**

*Senior ESW, TRT Trainer  
at Ukrainian St Mary's Trust*



**TETIANA KYRYLENKO**

*TRT Trainer  
at Ukrainian St Mary's Trust*

*Special guest representatives from the government will be announced at a later date.*



# Opening Panel



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## **Inna Hryhorovych, MBE**

*Executive Director*

*at Ukrainian St Mary's Trust,*

*St Mary's Ukrainian Schools |*

*Leader for Humanitarian Relief Project for  
Ukrainian Displaced Children*

Since the first days of the full-scale invasion, **Inna has been leading St. Mary's** in a fast-paced and demanding environment, aimed at doing the very best for its pupils and families, while being their voice to local authorities and the government. **Trauma support and the creation of a healing environment** quickly became the focus of **St. Mary's**. Thanks to the resilience, dedication, and professionalism of the team, new collaborations were launched, and new approaches aimed at trauma healing were piloted. Very soon, positive changes were noticed. Routine, structure, leisure, trust, and a multi-agency approach have proven to make a positive impact. In 2023, Inna was honored with **an MBE for her services to education and the Ukrainian community in the UK**. Under her leadership, **the St. Mary's Ukrainian School Trauma Recovery Team was nominated for the Lionel Hersov Memorial Award at the 2024 ACAMH Awards**, recognizing their commitment to supporting children affected by the war in Ukraine.

**"We cannot fully heal trauma while the war is still ongoing, but we can definitely support these children to prevent the escalation and development of PTSD. And we can, for sure, help them DREAM AGAIN."**



# Opening Panel



## **Tetiana Humberstone**

*Senior ESW Lead | Trauma Support Project Lead | GCSE Delivery Lead at Ukrainian St Mary's Trust | St. Paul's Boys School and St. Mary's Ukrainian Schools Partnership Manager*

Over the last two years, my work with displaced children has revealed the profound impact trauma can have on their lives. Witnessing the struggles these children face, I felt a deep responsibility to provide more than just basic support—I wanted to help them heal, recover, and rebuild their sense of safety and hope. This led me to take on a leadership role in Trauma Recovery Support for displaced children, where I can work directly with these vulnerable individuals and ensure they receive the care and attention they desperately need.

My job is to make a real difference in the lives of these children. Helping them regain their confidence and seeing them thrive despite the hardships they've endured is incredibly rewarding. I also deeply value the relationships I build, not only with the children but with the dedicated teams and communities working together to foster resilience and recovery. It's a privilege to contribute to their healing journey, and it drives my passion for this work every day.

# Opening Panel



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## **Dr Jai Shree Adhyaru**

***Consultant Counselling Psychologist  
at CAST, Centre for Anxiety, Stress and Trauma***

Dr. Jai is a Counselling Psychologist with expertise in working with children in forensic, community, and youth settings. She was involved in the UK's first trial of Multisystemic Therapy (MST), a model focused on addressing high-risk behaviors such as suicidal ideation and violence through home-based interventions. Dr. Jai's work in developing MST teams in Birmingham and London, combined with her experience in designing services for underserved populations, led to the creation of crisis response services, including the Grenfell Health & Wellbeing Service and mental health screening for refugees from Afghanistan and Ukraine.

In addition to her role as a Consultant Psychologist in the NHS, Dr. Jai runs a private practice, consults on crisis-related emotional impact, and supervises professionals. Her research focuses on staff wellbeing, burnout prevention, and digital interventions in health. As a 2021 Digital Pioneer Fellow, she advises on using apps, virtual reality, and augmented reality in therapy. Dr. Jai serves as Lead Psychologist for Hidden Strength, an app-based therapy platform for young people, and guest lectures at several universities, with honorary roles at Cardiff University and Kingston University.



# Opening Panel



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## **Dr John Green**

*Consultant Clinical Psychologist  
at CAST, Centre for Anxiety,  
Stress and Trauma*

John Green is a Clinical Psychologist. After qualifying he specialised in psychological and behavioural aspects of infectious diseases, co-editing the first textbook in the world on the clinical management of AIDS and heading a national training unit for AIDS/HIV counselling. He carried out consultancies overseas on AIDS and other infectious diseases on behalf of international agencies and developed an interest in the broader management of major health emergencies and disasters.

For many years he was Chief Psychologist for an NHS Trust as well as Clinical Director for 5 IAPT (NHS Talking Therapies for Anxiety and Depression) services as well as being an active researcher. He co-ordinated the NHS mental health response to the Ladbroke Grove Rail Crash and was Clinical Director for mental health for the Grenfell Tower Fire response. He has recently been particularly interested in how cross-agency partnerships can provide effective help to people with PTSD and other trauma spectrum disorders after disasters at a time when human and financial resource are stretched in the UK and overseas. Much of his recent work has been with forced migrants.

# Opening Panel



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**Kateryna Yavna**

*Lead Psychologist  
at Ukrainian St Mary's Trust*

Kateryna is the Lead Psychologist at Ukrainian St Mary's Trust, where she oversees psychological support and trauma care for individuals affected by war and displacement. She is also a trainer in the UK-based "Healing Techniques" program, focused on helping children recover from the effects of trauma. From 2022 to 2023, she served as a supervisor for the "Poruch" project, supported by UNICEF, and consulted for the NHS, providing psychosocial support to Ukrainian refugees.

In addition, she has contributed to the "Rucksack" project, developing therapeutic exercises for families in the UK, and has facilitated CBT-based webinars on disordered eating and trauma, helping professionals enhance their skills in trauma care. In 2023, she led psychosocial support efforts in the "Soborna Ukraine" project, further solidifying her expertise in trauma intervention and care. Her extensive work across British and international projects highlights her dedication to healing trauma in both children and adults.



# Opening Panel



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## David Trickey

*Consultant Clinical Psychologist and  
Co-Director of the UK Trauma Council*

David is a leading Consultant Clinical Psychologist and Co-Director of the UK Trauma Council. He has specialised in working with traumatised children, young people, and their families since 2000, particularly following domestic abuse and family homicide.

He continues to focus on direct clinical work, as well as the training, supervision, and support of others and is the clinical team lead for a specialist service for Children in Care. He presents at conferences and supervises research.

He is chartered by the British Psychological Society and registered with the Health and Care Professions Council. He was a member of the committee responsible for the 2018 revision of the NICE Guidelines for PTSD. In all of his roles he draws heavily on the research literature to which he has made a modest contribution.

# Opening Panel



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## **Viktoriia Shymanska**

*Senior Educational Support Worker /  
Teaching Recovery Techniques Trainer  
at Ukrainian St Mary's Trust*

Viktoriia is an experienced practitioner with a deep commitment to supporting children who have experienced trauma, particularly those affected by forced displacement due to war. With extensive expertise in Inclusion and Special Educational Needs (SEN), she has played a critical role in trauma recovery for SEN Ukrainian children displaced by the ongoing war. In her role as a Lead Educational Support Worker, Viktoriia has been instrumental in bridging communication between Ukrainian families and British schools, aiding children in their adaptation to new environments.

Additionally, as a trainer in Teaching Recovery Techniques (TRT), she equips children with practical tools to manage and recover from trauma, ensuring a comprehensive and culturally competent approach to their emotional and psychological well-being. Her work has had a profound impact on helping children rebuild their sense of security and begin the process of healing from their experiences.



# Opening Panel



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## **Tetiana Kyrylenko**

*Teaching Recovery Techniques Trainer at  
Ukrainian St Mary's Trust*

Tetiana is a compassionate expert in teaching recovery techniques to children, particularly focusing on supporting displaced Ukrainian children affected by the ongoing war. As a mother of a displaced child, a teacher with over 15 years of experience, and someone who personally experienced and fled the war, she deeply understands the impact of trauma on young minds. Her work is centered on creating a safe, nurturing environment where Ukrainian children can express their emotions and begin the healing process. Her experience as an education support worker for displaced Ukrainian children in British schools, helping them adjust to a new academic environment while coping with war trauma, naturally led her to continue working as a trainer in recovery techniques.

Through teaching these recovery techniques, Tetiana helps children process their trauma, build resilience, and regain a sense of safety and stability amid their challenging circumstances.

# Special guests



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The representative  
of Embassy  
of Ukraine to the UK



**Dame Rachel de Souza**  
*Children's Commissioner for  
England*



**Dame Christine Ryan DBE**  
*Chair of the Office for  
Standards in Education,  
Children's Services and Skills  
(Ofsted)*



**Felicity Buchan**  
*Ex-minister  
Homes for Ukraine*



**Bishop Kenneth Nowakowski**  
*Eparch for the Ukrainian  
Catholic Eparchy of the Holy  
Family of London*

# Special guests



UKRAINIAN  
ST MARY'S TRUST



**Natalya Pipa**

*Ukrainian politician, People's  
Deputy of Ukraine, secretary of the  
Verkhovna Rada Committee on  
Education, Science and Innovation.*



**Iryna Suslova**

*Representative of the Ombudsman  
for Children's Rights,  
Ukraine President's Office*



**Helen Hetmanenko**

*Ukrainian journalist*

Relocated to the UK with her child since the war in 2022, supported by St Mary's Ukrainian School.



**Yana Vintskovska**

*Student*

Relocated to the UK 2,5 years ago, supported by St Mary's Ukrainian School.



**Lyuba Lyubchuk**

*Chair of the Ukrainian World  
Congress (UWC) International  
Educational Coordinating Council  
(IECC)*



# Special guests



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**Anna (Hanya) Dezyk MBE**  
*AUGB Deputy Chair,  
GoFundMe#HelpUkraine  
Emergency Appeal, Ukrainian  
Welcome Centre, Holodomor Essay  
Prize Judge & Coordinator*



**Maria Callias**  
*Consultant clinical psychologist  
and a founder of  
Children and War UK*



**Khrystyna Shabat**  
*Head of Child Dignity Center at  
Ukrainian Catholic University*



**Dr Viktoriia Gorbunova**  
*Sc.D, Marie Skłodowska-Curie  
(MSCA) Postdoctoral Fellow at the  
University of Luxembourg*



**Dr Aaron Reynolds**  
*Senior Educational Psychologist, Specialist  
SEMH, Author, Researcher and Director  
of Dr Reynolds Psychology Services.*

# Special guests



UKRAINIAN  
ST MARY'S TRUST



**Mike Reader**

*Member of Parliament  
for Northampton South*



**Joe Powell**

*Member of Parliament  
for Kensington & Bayswater*



**Danny Beales**

*Member of Parliament  
for Uxbridge & South Ruislip*

**"THE PAIN OF MY TRAUMA MAY ALSO BE THE  
CATALYST FOR MY GROWTH"**



**UKRAINIAN  
ST MARY'S TRUST**

## **Attendees List**

- Nadia Vorokhib - Chair of the Board of Directors,  
Ukrainian St Mary's Trust
- Orysa Novetska - Trustee, COO, Ukrainian St Mary's Trust
- Teji Barnes - Trustee, Ukrainian St Mary's Trust
- Mykola Koval - Trustee, Ukrainian St Mary's Trust
- Olesya Hevchuk - Finance Manager, Ukrainian St Mary's Trust
- Anna Vasiukhno - HR Manager, Ukrainian St Mary's Trust
- Tetiana Vitvitska - Deputy Head for Primary Schools; Satellites Lead  
St Mary's Ukrainian Schools
- Luda Rotko - Deputy Head for Secondary Schools; Satellites Lead,  
St Mary's Ukrainian Schools
- Nataliya Kaplun - Head of PTA committee
- Oleg Daniliuc - Head of IT department

- 
- Alexandra Sevko - Reading Ukrainian School
  - Alina Nosova - ESW Richmond, Ukrainian St Mary's Trust
  - Anna Abdulakh - Human Rights Watch
  - Charlotte Copeland - SafeHaven
  - Dariia Kovnatska - PATH Yorkshire
  - Dmytro Sherengovsky - UCU, Vice - principal | online
  - Helen Reid - CYPR Fund Manager | online
  - Holly Fleck - St Saviours CofE primary school
  - Inna Prystayko
  - Inna Yehorova - Embassy of Ukraine to the UK
  - Iryna Donenko - ESW Merton, Cultural Lead, Ukrainian St Mary's Trust
  - Iryna Hlotova - World Jewish Relief
  - Irina Rotaru - Manager, St Mary's Ukrainian School Wilberforce



# "GENERATIONAL TRAUMA CAN ALSO BE GENERATIONAL HOPE, FAITH AND HEALING"



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## Attendees List

- Iuliia Tsekhotska-Koc - Hillingdon Council
- Iuliia Ciobanu - ESW Richmond, Ukrainian St Mary's Trust
- Kateryna Chyzhmar - Family Support, Ukrainian St Mary's Trust
- Katie Salari - Never Such Innocence
- Lee Owston - National Director, Education, OFSTED
- Letitia Holden - DHLUC, The Children and Young People's Resettlement Fund
- Liliya Korallo - City Psychological Services
- Liubov Ivanus - Ukrainian School, Nottingham
- Liudmyla Vityk - ESW Kingston, Ukrainian St Mary's Trust
- Laura Timms - Trustee and Chair of Training Committee, Children and War UK
- Maria Magas
- Mariya Dykalo - Aspinall of London
- Meggi Bacikova - Kingston University
- Nadia Smoliar - Kolo Gloucester Ukrainian School, AUGB
- Nadya Kondrya - Manager, St Mary's Ukrainian School Richmond,  
ESW RBKC, Ukrainian St Mary's Trust
- Natalia Kovalevska - Administrator, St Mary's Ukrainian School Woking
- Natalia Samoilova - Manager, St Mary's Ukrainian School Tadpoles Nursery,  
ESW, RBKC Ukrainian St Mary's Trust
- Nataliya Lyalyuk - Manager, St Mary's Ukrainian Glasgow
- Nataliya Zayats - Ukrainian refugee
- Natasha Bishopp - Early Help, RBKC
- Neli Barketallah - Westminster Council
- Oksana Korinetska - Manager, St Mary's Ukrainian School Kingston
- Oksana Kovtun - ESW Westminster, Ukrainian St Mary's Trust
- Oksana Kutsyn - Brent Council
- Oksana Lovochkina - Ukrainian Medical Association in UK
- Oksana Semeniaka-Sira - Kolo Gloucester Ukrainian School, AUGB
- Oksana Veremieienko - HVOSS (Herefordshire Voluntary Organisations Support Service)
- Olha Semyko - TUSOL

## "FIGHTING THE WAR WITHIN"



UKRAINIAN  
ST MARY'S TRUST

### Attendees List

- Oleh Romanchuk - UCU psychologist
- Oleksandra Onyshkevych - Grant Manager, Ukrainian St Mary's Trust, Manager, St Mary's Ukrainian School Guildford
- Manager, DHLUC, The Children and Young People's Resettlement Fund
- Olena Karnaukhova - ESW Kingston, Ukrainian St Mary's Trust
- Olena Shcherbakova - Kingston Council
- Olha Andriuk - ESW Kingston, Ukrainian St Mary's Trust
- Paul Steadman - Nestle, UK
- Paula Kennedy - Inspiration for All
- Paula Muir - Catalyst Psychology
- Rebecca Hawksworth - DHLUC, The Children and Young People's Resettlement Fund
- Representatives of Ukraine Appeal
- Representative of The Ukrainian School of Leicester
- Rimma Bilgovskaya - Ukrainian Association of Psychoanalysis
- Rimma Tertytska - Manager, St Mary's Ukrainian School Tunbridge Wells
- Robert McAlister - Glenbarr Consultancy
- Sam Williams - Catalyst Psychology
- Svitlana Opanasenko - Family Support, Ukrainian St Mary's Trust
- Tanya Naimanova - USPUK
- Ursula Woolley - Ukrainian Institute London
- Valeriya Kobyasheva - Brent Council
- Veena Meetoo - UCL Institute of Education
- Victoria Hrechukh - ESW Merton, Ukrainian St Mary's Trust
- Vira Leshchenko - Hillingdon Council
- Viktoria Hladiuk - TUSOL
- Vittoria De Meo - FOR WOMEN
- Volodymyr Dyrda - Videographer, Ukrainian St Mary's Trust
- Yaryna Soroka - Senior ESW Richmond, Ukrainian St Mary's Trust
- Yulia Marusyk - Communications Manager, ESW Richmond, Ukrainian St Mary's Trust



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*"Support us in building a brighter future for  
children.*

*Together, we can help them heal from  
trauma and thrive."*



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