



...With Gratitude, the Journey to Hope & Healing Continues...

A monthly e-newsletter from International Mental Health Consulting, Inc. (IMHC) and the Ukraine Institute of Traumatology (UIT)

Chesapeake, VA • Alexandria, VA
• Kyiv, Ukraine



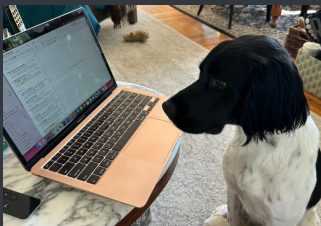
2025 TO DO LIST

- ☐ Drink More Water
- ☒ Start e-Newsletter
- ☐ Read More Books
- ☒ Help Ukraine

Welcome to the official launch of our new monthly newsletter!

We will send an e-newsletter each month with updates on the UIT Capital Campaign, Upcoming Events, Spotlights on our Staff, Board & Volunteers and other useful information to you ~ our IMHC & UIT family.

□□ Thank you for your continued support. □□



WE HAVE A NEW WEBSITE!

<http://imhcinc.org>

*We have migrated from our
.com to a .org website.*

Please check out our
new website...
And then bookmark
it & share it with
friends & family!



OUR BONFIRE SHOP

Check out our newly
stocked up **Bonfire
Shop** for t-shirts,
sweats, note-books
and more in a variety
of sizes & colors.
All proceeds go to
the UIT Capital
Campaign.

PARTNER WITH US

Interested in
partnering with UIT,
or having Dr. Z speak
at your conference,
event, church,
synagogue or
community group?
Please contact Carrie
Ann Alford, UIT
Project Manager:
imhcinc @ gmail .com

New Way to Give! Join our \$20.25 in 2025 Giving Campaign

- ✓ Our Goal: 100 donors
giving \$20.25 monthly for at
least 1 year.
- ✓ All donations go to our
Capital Campaign for a Better
Ukraine to build the Ukraine
Institute of Traumatherapy
- ✓ The first 25 donors who
sign up for this monthly
giving level will receive a t-
shirt as a thank you.



*Subject to size availability. Must provide
address & phone number at checkout.*

DONATE

UPCOMING EVENTS:



Transformational Care for Ukrainian Veterans.



Join us on **Feb. 13**

5:30p - 7:30p at Valor BrewPub
Washington, D.C.

to learn more about our exciting capital campaign and effort to raise \$3,000,000

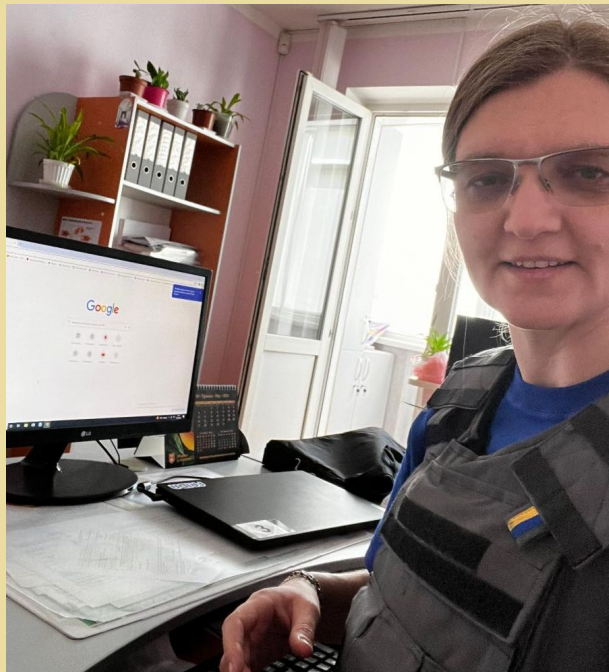
Purchase tickets at:
<https://uithh21325.eventbrite.com>

We will have a special Pop Up Merch store on the 13th with items not available for purchase through our website! Don't miss out - get your tickets today!

Unable to attend, but know someone in the Washington, D.C. area who might be interested? Please forward this email to them!

Valor Brewpub is a restaurant & brewery, located across the street from the Marine Barracks on Barracks Row in Southeast DC. Valor employs Veterans, uses Veteran-owned products and support Veteran causes.

Purchase Tickets



International Mental Health Consulting, Inc. [IMHC] is a Virginia-based non-profit and we are excited to use this newsletter to introduce our supporters and friends to our amazing, dedicated team!

This month, it's our **Founder & President Dr. Olya Zaporozhets**. This photo is her providing services on one of her many trips to Ukraine. (*Can you imagine providing mental health care in a flak jacket?!?*)

Olya is a Licensed Professional Counselor in Virginia and Ohio. She's taught in Ukraine since 2005, and at Regent University in Virginia Beach for over a decade. She splits her time between the U.S., Ukraine, and traveling throughout Europe and the Middle East promoting awareness of

mental health needs in Ukraine, supporting the EMDR therapy community, consulting with mental health professionals, and conducting fundraising for her nonprofit organization. She currently works as a Professor in the School of Psychology and Counseling at Regent University, and directs two institutes: The Ukraine Institute for Education in Psychology and Counseling; and The Institute for the Study of Sexual Identity.

In addition to all of that, she founded, along with Dr. Oksana Syvak, The Center of Psychological Counseling and Trauma Therapy "Open Doors," and created the International Institute of Postgraduate Education [IPE], an accredited postgraduate degree program, both of which are in Ukraine. Her mission is ensuring Ukrainians receive the best trauma-informed trained therapists to help them navigate their mental health needs. Olya and Oksana also created a professional umbrella organization: The Association of Psychological Counseling & Trauma Therapy – Ukraine [APCTT], founded in Kyiv in 2020, dedicated to training future professionals in the use of advanced approaches and standards of trauma therapy. Along with Open Doors and IPE, partners of APCTT include: Borys Grinchenko University of Kyiv; Razom, a nonprofit dedicated to fostering a secure, prosperous, and democratic Ukraine, Regent University, and the Association of Play Therapy. [[APCTT website](#)] Olya and the APCTT members developed the professional Code of Ethics for Ukraine that regulates clinical services for mental health professionals.

In her free time she likes to go to the movies, take long motorcycle rides, and visit Biltmore down in Asheville, NC. - her "happy place". Olya is traveling to Ukraine on **February 15** after spending a few days in Washington, D.C. In 2025, she will also travel to Israel, the Czech Republic and Ukraine a few more times. Please keep her in your thoughts and prayers. ☐☐

STAY CONNECTED

Please send all check donations & correspondence regarding fundraising to our Alexandria office:

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Ukraine email: uatraumatherapy@gmail.com

Ukraine address: 7 Chystyakovska St., Office 75 Kyiv, Ukraine



DONATE:



IMHC EIN: 82-2270159

Donations are tax deductible to the extent allowed by law.

IMHC, Inc. & UIT | P. O. Box 523 | Alexandria, VA 22314 US

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