**AGPA Connect 2023 Presenter Information**

**Course Code:** 209-5

**Course Title:** Support Group During Ukraine Crisis

**Course Times:** 2:30 PM - 4:00 PM

**Course Dates:** Friday, March 10

**Instructors:** Mikhail (Misha) Bogomaz

 Irina Derkacheva

 Olga Fridman

 Nadia Greenspan

 Tamara Roth

**Course Description:** The panelists will discuss their experience of creating and maintaining a daily Zoom support group for Ukrainian Mental Health professionals.

**Learning Objectives**

The attendee will be able to:‎

1. ‎‎‎‎Describe the drop-in support group model that was started during the time of crisis and war to ‎support mental health professionals.‎
2. ‎Discuss unique challenges of facilitation of support groups and contrast the commonalities and ‎differences between facilitators and participants.‎
3. ‎Discuss how this model can be utilized in other times of crisis.‎

**Significant Articles:**

1. Banbury, A., Chamberlain, D., Nancarrow, S., Dart, J., Gray, L., Parkinson, L. (2017) Can ‎videoconferencing affect older people’s engagement and perception of their social support in long-‎term conditions: A social network analysis from the telehealth literacy Project. Health and Social Care. ‎‎25, (3). https://doi.org/10.1111/hsc.12382‎
2. Loewenthal, & Rogers, M. B. (2004). Culture-Sensitive Counselling, Psychotherapy and Support Groups ‎in the Orthodox-Jewish Community: How they Work and How they are Experienced. International ‎Journal of Social Psychiatry, 50(3), 227–240. https://doi.org/10.1177/0020764004043137‎
3. Leszcz, M.,(2020). Promoting our colleagues’ wellbeing: Group work with healthcare providers. ‎Presented at The American Group Psychotherapy Association, E-learning, March 30th.‎

**Agenda:**

1. Introductions and reviewing objectives (10 min. Objective 1-3. Greenspan/Fridman//Roth/Bogomaz/Derkacheva)
2. Creation of the support group and development (15 min. Objective 1. Greenspan. Lecture)
3. Unique challenges facilitating support group (15 min. Objective 2. Roth. Lecture)
4. Lessons learned and implementing similar models (15 min. Objective 3. Fridman/Derkacheva. Lecture)
5. Questions/Answers/Discussion (30 min. Objective 1-3. Greenspan/Fridman//Roth/Bogomaz/Derkacheva. Discussion)
6. Participant Evaluations (5 min)

**Assessment Questions:**

Question 1 (include possible answers)

In determining the date/time for support group you must take into account: 1. Ease for the facilitators 2. Ease for the attendees 3. Both

Correct Answer 1

3

Question 2 (include possible answers)

The danger of not having new people join the support group is: 1. Regular attendees will turn it into a process group 2. The group will become boring 3. No danger

Correct Answer 2

1

Question 3 (include possible answers)

Nadia was able to advertise the group by: 1. Posting flyers on the social media 2. Asking Ukrainian colleagues to forward flyers 3. Both of the above

Correct Answer 3

3

Question 4 (include possible answers)

The conversations only focused on discussing ongoing traumatic experiences 1. True 2. False

Correct Answer 4

False

Question 5 (include possible answers)

When it comes to attendance, the expectations was: 1. Must come on-time and stay for the duration of an hour 2. Must agree to come every day for the first four meetings 3. Can come at any time for any length of time

Correct Answer 5

3

Question 6 (include possible answers)

The role of the facilitator in a support group is: 1. Similar to the leader of a process group 2. One of a more experienced member 3. Similar to a leader of a psycho education group. 4. None of the above.

Correct Answer 6

4

Question 7 (include possible answers)

To maintain cohesion and continuity Nadia 1. Created a Telegram chat group that allows the participants to maintain contact 2. Called group members individually every other week 3. Cohesion is not important in a support group

Correct Answer 7

1

Question 8 (include possible answers)

Group membership was open to: 1. Any Ukrainian 2. Any Ukrainian in a war zone 3. Any Ukrainian mental health professional 4. Any Ukrainian mental health professional in a war zome

Correct Answer 8

3

Question 9 (include possible answers)

The working language of the support group was: 1. Ukranian 2. Russian 3. Both

Correct Answer 9

2

Question 10 (include possible answers)

To maintain cohesion between facilitators: 1. They attended regular weekly meetings 2. A separate chat group was created 3. They stayed for 10 minutes after each support group for a brief discussion

Correct Answer 10

2