

UKRAINIAN APPROACH IN AOP

Outcomes from workshop in
August





STRATEGIC CONTEXT: KOLOMYIA AS A REAR REGION IN WARTIME

The Challenges of a Rear Hub

- Serves as a key sanctuary for IDPs (Internally Displaced Persons) and families of defenders.
- Acts as a vital hub for the rehabilitation and social reintegration of military personnel and veterans.

Systemic Chronic Stress & Occupational Burnout

- High emotional and operational burden on frontline civic workers: educators, healthcare workers, social personnel, and municipal staff.
- Continuous pressure demanding sustainable, non-intrusive emotional recovery tools.

Arts on Prescription (AoP) as a Gentle Bridge

- Fills the gap between everyday coping and formal clinical interventions.
- Offers low-threshold, accessible, and non-stigmatizing mental health support through culture and community.

OUR JOURNEY WITH AOP: SERIES OF LOCAL INITIATIVES

Over
162

**Mental Health Events Held
(Since Jan 2026)**

- **Diverse Therapeutic Modalities**

Systemic integration of expressive tools: music therapy, dance & movement therapy, traditional art therapy, sand play, narrative therapy, and visual arts.

- **Transitioning to an Institutional Model**

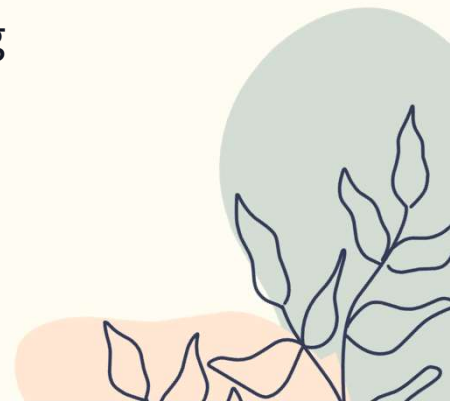
Moving from standalone events toward a structured, Baltic-inspired Arts on Prescription system embedded in local cultural infrastructure.



TARGET GROUPS & BENEFICIARIES

Key Target Audiences & Local Partners:

- Veterans & Military Personnel: Rehabilitation support through the local center "Warmth of the Winged Soul" (Тепло крилатої душі).
- Children & Youth with Disabilities: Targeted programs with the Children's Social Rehabilitation Center and the Inclusive Resource Center.
- Individuals with Intellectual Impairments: Dedicated creative workshops in partnership with the "Crocus" (Крокус) Charity Foundation.
- Wartime Community & IDPs: Local educators, social workers, and families seeking emotional recovery and resilience.



ARTS ON PRESCRIPTION IN ACTION: LOCAL EXAMPLES

Community & Veteran Outreach: Therapeutic Art Session in Tseniava

- Venue & Focus: Held at the "Warmth of the Winged Soul" Veteran Rehabilitation Center in Tseniava, organized by the Narodnyi Dim Community Cultural Center.
- Format & Activities: Integrated vocal performances, dance, interactive contests, and community singing ("Kolomyika", "We Are Ukrainians").
- Key Partners & Facilitators: Featuring vocal coach Zhanna Romaniuk (ZHAROM Studio), the youth dance ensemble Dyvohrai, veteran support specialist Nina Midsiuseva, and community leader Natalia Tarabalka.
- Therapeutic Impact: Created a warm, non-formal healing space for military personnel undergoing rehabilitation—fostering emotional recovery, movement, and a sense of unity through joint art-making.



Writing Workshop: "Word as Home"



- **Focus & Methodology:** A specialized workshop on expressive and therapeutic writing led by author and lecturer Anna Burban, focusing on emotional self-regulation rather than literary craft.
- **Core Goal:** Rebuilding inner support structures and emotional stability amidst wartime uncertainty, addressing personal crisis states and the loss of home.
- **Key Exercises:** Participants engaged in 3 therapeutic writing techniques, mastered self-soothing practices, and authored a personal "Letter of Self-Support."
- **Target Audiences:** Adapted for art students from the Kolomyia Pedagogical College (using tailored audio-visual support) and displaced women (IDPs), providing a safe creative space to process loss and trauma.

Folklore & Heritage Therapy: "Vesnianky & Hayivky"

- Venue & Context: Held in the courtyard of Kolomyia Music School No. 1 as part of the regional "Pysanka" festival and the Arts on Prescription grant framework.
- Format & Activities: Performance of authentic spring ritual songs (vesnianky) and traditional folk singing games (hayivky), bringing local folklore into an open-air therapeutic setting.
- Inclusion & Social Integration: Active participation of children from the Unified Center for Rehabilitation and Social Services of Kolomyia, building bridges between music students and youth with special needs.
- Therapeutic Impact: Utilizing traditional music and heritage rituals to foster cultural grounding, intergenerational connection, and joyful emotional release.





Inclusive Drama Therapy: "Workshop of Dreams"

- **Venue & Context:** Presented at the Narodnyi Dim Cultural Center on International Day of Persons with Disabilities, directed by art therapist and theater director Larysa Oleksiuk (Solomiia Theater Studio).
- **Co-Creation & Integration:** A collaborative theatrical production featuring children and youth from the Unified Center for Rehabilitation and Social Services, the "Crocus" Charity Foundation, and local theater students.
- **Audience Engagement:** Attended by local school pupils and university students, fostering empathy, open dialogue, and genuine social integration across diverse peer groups.
- **Therapeutic Impact:** Uses fairytale imagery, roleplay, and drama therapy to give voice to youth with special needs—building self-esteem, agency, and community solidarity.



TO BE CONTINUED... UPCOMING INNOVATIONS IN AOP

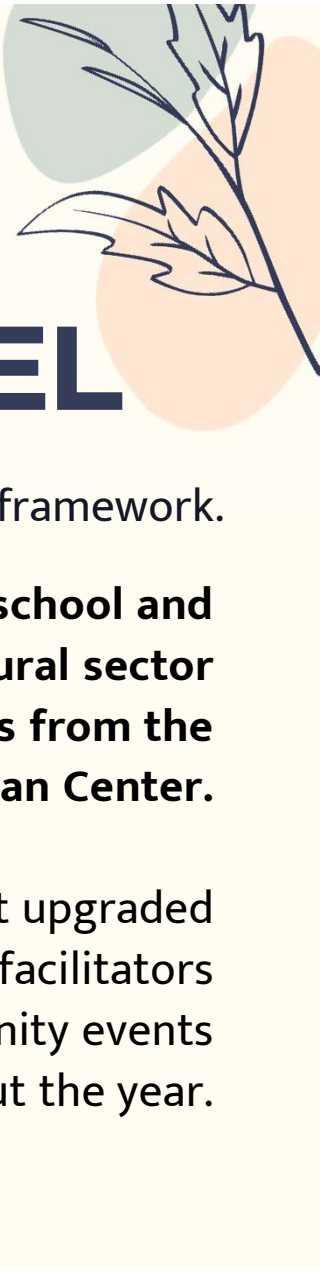
Inclusive Theater: "The Heron's Wing"

- The Concept: A major stage premiere based on Ivan Franko's famous novella, integrating military veterans and active service members directly onto the stage.
- Therapeutic Focus: Immersive drama therapy and theatrical arts as a pathway to emotional re-integration, creative expression, and processing wartime experiences alongside professional actors.

Accessible Heritage: Tactile Tourism for the Visually Impaired

- The Concept: Creating 3D mini-sculptures and tactile models of Kolomyia's primary architectural landmarks, placed directly near the historical sites.
- Therapeutic Focus: "Healing through Tourism" — enabling blind and visually impaired residents, veterans, and visitors to explore urban heritage through touch, restoring physical accessibility, spatial orientation, and cultural belonging.

AUGUST INTENSIVE: UKRAINIAN PRACTICE MEETS BALTIC AOP MODEL



A hands-on intensive blending local Ukrainian expertise with the Baltic Arts on Prescription framework.

4 Core Program Blocks

- Form & the Unconscious: Neurography & Sand Play Therapy
- Word & Metaphor: Art Therapy & Fairytale/Narrative Therapy
- Body & Sound: Movement & Dance Therapy, Music Therapy
- Visual Arts: Phototherapy & Fluid Art (liquid materials therapy)

Designed specifically for school and preschool psychologists, cultural sector methodologists, and specialists from the "HART" Veteran Center.

A multi-sensory workshop that upgraded the skills and toolkits of the key facilitators who drove all 162 community events throughout the year.

OUR FACILITATORS: INTERDISCIPLINARY & INTERNATIONAL EXPERTISE

International Expertise

- Ben Hoffman (USA) — Phototherapy, visual self-expression, and media strategy (40+ years in media).

Local Psychologists & Therapists

- Uliana Bobonych (Sand Therapy), Oleksandr Petryk (Art Therapy), Oksana Motruk (Fairytale/Metaphorical Therapy), Hanna Derkach (Music Therapy).

Creative Practitioners

- Yuliia Kochmar (Neurography), Tetiana Chychuk (Movement & Dance Therapy), Yuliana Symchych (Fluid Art for military personnel and veterans).



AUGUST WORKSHOP HIGHLIGHTS



LONG-TERM IMPACT & FUTURE OUTLOOK

- **The Multiplier Effect**

Trained educators, psychologists, and methodologists scale these practices across local schools, centers, and institutions—reaching thousands of children, parents, and veterans.

- **Easing the Healthcare Burden**

Providing accessible, non-clinical preventive support through community spaces and cultural venues before severe trauma or burnout takes hold.

- **Institutionalizing AoP in Kolomyia**

Establishing a sustainable network of trained local facilitators, standardized practices, and permanent art-based wellness spaces.

- **Building a Ukrainian AoP Framework**

Adapting the European Arts on Prescription model to the unique realities of a nation in wartime, serving as a blueprint for other Ukrainian communities.



CONCLUSION

- **Art as a Pillar of Resilience**

Culture and creative practice are not luxuries in wartime—they are vital tools for emotional healing, dignity, and collective strength.

- **Expanding the ArtWell NET Partnership**

Inviting international partners, expert networks, and neighboring communities to join forces and scale the Arts on Prescription model.

- **Open for Exchange & Dialogue**

Connecting through local municipal departments, cultural hubs, and direct practitioner channels.



ACKNOWLEDGMENTS & PARTNERSHIP

A heartfelt thank you to the Swedish Institute and the ArtWell NET project network for their vital financial and strategic support in bringing this initiative to life.

We deeply appreciate our Baltic and European partners for sharing the Arts on Prescription methodology and supporting its adaptation to Ukrainian wartime realities.

This work is powered by the unwavering commitment of the Kolomyia City Council, the Department of Education and Culture, local experts, and frontline facilitators who dedicate themselves to community healing every single day.



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CONTACT & DISCUSSION



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