



LAGERTA
— WORLD WOMEN COMMUNITY —

partner events

«Music therapy for children.
Resilience through art and music»

On September 16 and 24, 2024,
events were held within the framework of the
project «Music therapy for children. Resilience
through art and music»

***Number of participants:**

- 1 meeting: 19 children.
- 2 meeting: 19 children and 15 women.



General information



**The project is implemented under the patronage of
the National Commission of Ukraine for UNESCO**

The project is implemented thanks to the cooperation of:

- Charitable Organization «Charity Fund «Mission Ukraine».
- Public Organization LAGERTA INTERNATIONAL COMMUNITY OF WOMEN.
- Kyiv Classic Orchestra under the direction of German Makarenko, UNESCO Artist for Peace.
- Shevchenkivska District State Administration in the city of Kyiv.

General information

<i>Goal</i>	→ Development of psychological stability in children and families, development of healthy mechanisms for overcoming stress and building a sense of community.
<i>Tasks</i>	→ Reduce the level of stress and anxiety in children whose parents serve in the Armed Forces of Ukraine. → Teach children effective stress management techniques using the provided materials. → Help build a sense of community so that children and their families don't feel isolated because of their stress. → Increase the level of awareness and emotional literacy through psycho-education for military wives.
<i>Target audience</i>	→ Children aged 9-12 and their families or legal guardians, whose relatives serve in the AFU.

Project experts



OKSANA KOROLOVYCH

Psychologist Ph.D., psychotherapist in a systemic approach. Systemic family psychologist. Trauma therapist. Systemic facilitator, mediator. Educational trainer, supervisor.

President of the Public Organization LAGERTA INTERNATIONAL COMMUNITY OF WOMEN. Founder and director of «Oksana Korolovych Development and Educational Space».

Widow of an officer of the AFU and mother of three children.

ANNA BORODINA

Child and family psychologist. Certified trainer.
Regeneration project graduate, Regeneration 2.0 project interviewer.
The host of support groups for women and parents.



The following work methods were used during two group classes with children

- ➔ art therapy methods (music therapy, isotherapy, sculpting);
- ➔ body-oriented therapy.



Working with the wives of military personnel from the AFU

- ➔ psychoeducational session on the topic «Long distance relationship. Peculiarities of family relations during the war» in the format of group psychological work.



Art therapy — is a methodology that uses the arts (painting, sculpting, writing, drama, music, etc.) to help clients, on the one hand, recognize, explore and express emotions and thoughts, and on the other hand, to use art to solve psychological problems

Art therapy advantages

- Creative activity as a therapeutic intervention restores the client's sense of control over their own life, a sense of purpose, confidence through self-expression and external support.
- Art causes various psychological, physiological, social and behavioral reactions.
- Art therapy is effective in overcoming traumatic experiences, post-traumatic stress disorders and depression.

- Increased production of neurotransmitters and endorphin level.
- Reduction of depression, negative emotions, anxiety and stress.



Music therapy — is a specialized branch of psychotherapy that uses music to improve a person's physical, emotional, cognitive and social well-being. It can be a means of prevention, rehabilitation or treatment.

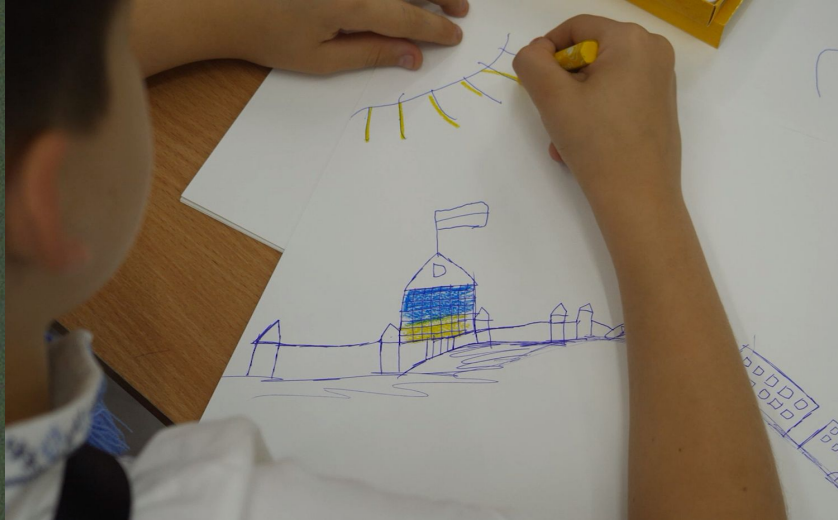
Music therapy advantages

- The therapeutic effect of music therapy is based on the various sounds' frequency oscillation that resonate with individual organs, systems or the whole organism.
- Music therapy adapts to the individual needs of each client.
- Demonstrates significant success in the treatment and correction of many conditions, including mental disorders, neurological problems, development and learning, as well as pain and stress relief.
- Helps to express one's emotions and feelings, improves communication and social skills, which makes it a valuable tool in a comprehensive approach to health and well-being.
- Contributes to the development of potential human qualities and body functions restoration by achieving a higher degree of intrapersonal and/or interpersonal integration and, accordingly, a higher quality of life.



The main goals of music therapy

- ➔ **Emotional expression and processing.** Music therapy helps people express and process complex emotions, such as sadness, anger, fear, joy and helps increase their emotional awareness.
- ➔ **Cognitive development.** Through musical activities such as creating and interpreting music, music therapy improves cognitive functions, including attention and memory.
- ➔ **Social interaction and communication.** Music therapy is often used to improve communication skills and promote more effective social interaction, especially in individuals with autism or social phobia.
- ➔ **Psychological relief and relaxation.** Music is used to reduce stress and anxiety, promoting deep relaxation and psychological well-being.



Isotherapy — is creative, spontaneous or thematic drawing. The drawing is an effective tool, because thanks to it, a person can freely express his thoughts, feelings and experiences through the language of images, symbols and colors, as well as release negative experiences and «paint» his attitude to the surrounding reality.

Isotherapy advantages

- Activates important mental functions (speech, perception, motor coordination, thinking) and provides a connection between them.
- The psychocorrective possibilities of isotherapy consist in studying and researching the features of events, situations, the spectrum of emotions and feelings, the development of interpersonal relationships, and increasing the level of self-acceptance.
- In the process of drawing, a person's concrete-figurative thinking (right hemisphere) and abstract-logical thinking (left hemisphere) are activated. As a result, a person can depict in the picture all that they cannot say, or thinks it is better to remain silent – their fears, worries, negative emotions.
- Promotes self-expression and development of creative potential, especially in children.
- Creates a feeling of psychological comfort due to the tension and stress release.



Sculpting — Sculpting is one of the most effective ways of interacting with the inner world, experiences that may be inaccessible or difficult to live through. As a therapeutic method, sculpting helps to get rid of negative experiences, reduce of the tension and stress level.

Sculpting advantages

- Contributes to the child's socialization and development of communication skills.
 - It has a calming and therapeutic effect on children, improves their psycho-emotional state, helps active children to become calmer.
 - Contributes to the tension, stress, muscle cramps relief, neuroses prevention.
 - Thanks to activation of the brain and mental processes in the process of sculpting, there is an active development of intelligence.
- Causes positive emotions, helps to overcome apathy and lack of initiative, helps to form an active life position and motivation.
 - Removes barriers related to the fear of self-expression, strengthens the belief in one's own success and influences the formation of a positive «self-concept».

Body-oriented therapy — a psychotherapy approach that works with psychological problems through procedures of physical exercises and physical contact.

Physical exercises and practices act as a tool for:

- deepening contact with one's own body;
- obtaining a safe new interaction experience;
- establishing a connection between thoughts, emotions and bodily sensation;
- teaching self-regulation practices;
- activation of internal resources.

Body-oriented therapy advantages

- Prevention of psychosomatic diseases caused by chronically «squeezed» emotions and experiences in the body. Working in a bodily approach allows to release these experiences and prevent their impact on the human body.
- Greater speed, compared to exclusively conversational psychotherapeutic methods. Answers from the body sometimes come almost instantly and the improvement of the condition occurs much faster.
- The basis of work in the bodily approach is the idea of a person's own ability to cope with the difficulties of life. Working with the body helps to activate the client's capabilities and help them to rely more on themselves.
- It increases sensitivity, relaxation, a sense of fullness of life. Reestablishing contact with one's own body gives an experience of more intense perception and acceptance of oneself, knowledge of one's desires and readiness to follow one's inner calling.



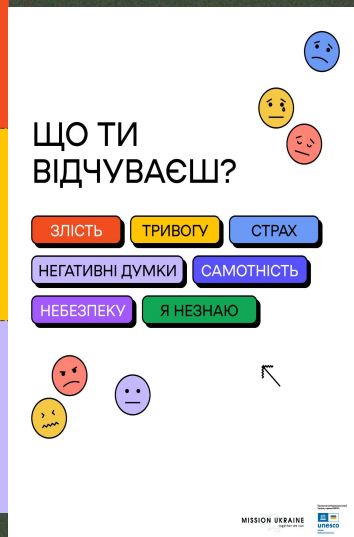
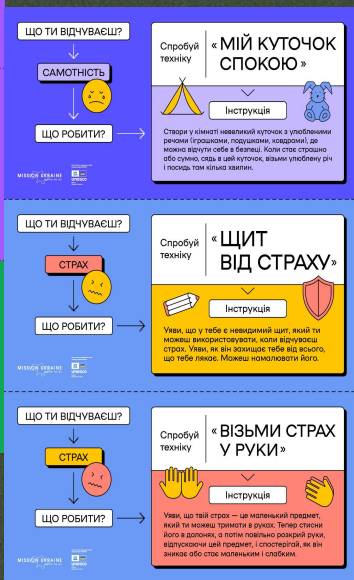
Process features

- One of the events tasks was to form a psychological ***state of belonging*** (feeling of being not alone in one's grief) or group identity.
- Group identity is the basis of cohesion processes, it underlies the needs of a person to belong to a group.
- A sense of belonging is a powerful resource for people experiencing an unidentified loss, provides them with additional supports and helps stabilize the psycho-emotional state and healthy living through the grieving process.

- The use of an integrative method of therapeutic work (music therapy in combination with isotherapy, sculpting and body-oriented therapy) makes it possible to work with the children's condition holistically, which contributes to:
 - ◆ the emergence of feelings of happiness, relaxation and well-being, helping to cope with anxiety and depression;
 - ◆ cognitive functions stimulation: improving memory, attention and other cognitive abilities;
 - ◆ emotional expression and processing: drawing and sculpting to music helps to express deep and often unconscious emotions, promoting their processing and integration;
 - ◆ social interaction and communication: group classes combined with the above-mentioned therapeutic methods contribute to social integration and improvement of communication skills.

Process features

- ➔ Materials with simple but effective self-regulation techniques for various conditions were provided to children and their families.
- ➔ The purpose of these materials is to support the positive changes in the condition of children achieved thanks to participation in the held events.



At the beginning of the first event the trainers noted physical signs of trauma, increased background anxiety and stress, signs of suppressed emotions and feelings in all participants, namely:

- shallow breathing (with the diaphragm);
- stiffness and tension in posture or a bent back when standing and sitting;
- poor contact between the feet and the ground in a standing and sitting position;
- vague facial expressions or excessive tension of facial muscles, constantly clenched jaws;
- non-verbal signs of isolation and aloofness, protective gestures (crossed arms and legs, avoiding eye contact, «wandering» gaze);
- gestures of confusion and attempts to regain control over oneself and the situation (beating the rhythm with fingers, rhythmic shaking of body parts).

The participants' condition was monitored during both events. And already at the end of the first event, there were noticeable and obvious changes in the participants' condition:

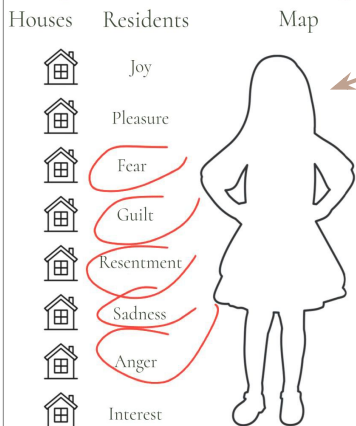
- breathing became deeper (with the stomach) and calmer;
- even, but mobile posture;
- feet stand firmly on the ground, pressed against it with the entire surface in a standing and sitting position;
- facial expressions reflect different emotions, don't freeze, in a state of rest – the face is relaxed;
- non-verbal signals of openness to communication (arms/legs not crossed, hands open with palms up, an interested look at the interlocutor);
- a comfortable, relaxed sitting on the entire surface of the seat (a sign of a feeling of peace and comfort).

Conclusions

- At the beginning and at the end of the first event, children were given «Magic Maps of Feelings» to diagnose their condition.
- Children had to color each card based on their current state.



Magical Land of Feelings

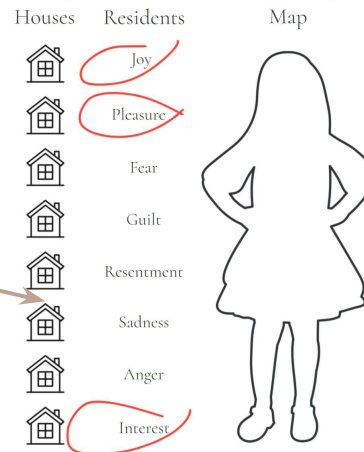


*prevailing feelings
before the start of
the event*

**The results of
processing
diagnostic
questionnaires**

*prevailing feelings
after the end of the
event*

Magical Land of Feelings



- ➔ The methods and tools chosen by the trainers made it possible to effectively work to improve the condition of the events' participants, who have different points of stress and anxiety.
- ➔ The obtained results – a change in the prevailing feelings from negative to positive and non-verbal signs of relaxation and a general decrease in the tension level – showed both the effectiveness of the conducted program and the need to scale it up.
- ➔ Scaling up and conducting such trainings on an ongoing basis throughout the country will contribute to the creation of mentally healthy stress-resistant and motivated younger generation interested in creating a healthy society based on constructive interaction, mutual support, the absence of stigmatization of psychological problems and/or the consequences of psychological trauma.