UKRAINIAN DANCE MOVEMENT THERAPY ASSOCIATION

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International Invitation to

Cross-Cultural Collaborations

A Professional Support Project for Ukrainian Mental Health Specialists
Initiated by the Ukrainian Association for Dance/Movement Therapy (UADMT)

In response to the urgent and long-term need for qualified psychological support in Ukraine due to the ongoing war, the Ukrainian Association for Dance/Movement Therapy (UDMTA) in collaboration with other US & UK based DMT/DMPs are launching an international volunteer-based project to promote cross-cultural exchanges of skills, knowledge, and support.

We invite colleagues from across the globe and other dance/movement therapy associations, including certified therapists, supervisors, trainers, and educators, who have experience in:
- trauma and violence recovery,
- long-term crisis, war-related conditions, and rehabilitation
- psycho-emotional recovery and community support in collective trauma and medical settings.

Project Goals:
1. To strengthen the professional capacity of Ukrainian therapists in working with trauma, violence, displacement, and long-term psychological impact.
2. To create a sustainable, ethical, and supportive space for intercultural cooperation and mutual learning.
3. To build a strong, modern base of trauma-informed knowledge and skills for the future mental health system in Ukraine.
4. To contribute to the psychological resilience of Ukraine through direct support for mental health professionals.
5. To honour and acknowledge the contribution of international colleagues through official recognition, gratitude, and long-term partnership.

Project Objectives:
- A series of online orientations, lectures, workshops, and consultation sessions.
- Facilitate a space for open dialogue, ethical knowledge exchange, co-creation, and support.
- Engage professionals from international DMT communities with prior experience or interest in Ukraine.

- Provide all contributors with certificates of appreciation, public acknowledgements, and the opportunity to become honorary members of UDMTA.
- Integrate the outcomes of this project into the evolving history of psychotherapy in Ukraine, particularly as the profession moves toward formal legal recognition.

What We Offer to Our International Colleagues:

- An opportunity to make a meaningful contribution to the preservation and restoration of Ukraine.

-Collaboration with a leading professional association in the field of dance/movement therapy in Ukraine.

- Official recognition of your contribution through certificates, acknowledgements, and publication on UDMTA platforms.

- A space for interdisciplinary enrichment, cultural dialogue, and deep human connection.

- A chance to participate in the formation of a new ethical and therapeutic practice in a post-war society.

- Mutual knowledge exchange: we are also committed to sharing the insights and approaches that we develop through this collaboration.

Areas of Expertise We Seek:

1. Trauma-Informed Approaches in DMT

– Clinical models and structured protocols (if available)
– Balancing structured trauma work with creativity and improvisation
– Use of Laban Movement Analysis (LBMS) or Kestenberg Movement Profile (KMP) to observe trauma-related movement patterns

2. Working with PTSD and Psychosomatic Symptoms

– Support for flashbacks, hyperarousal, panic, numbness, freeze responses
– Movement-based integration of fragmented or dissociated experiences

3. DMT and Dissociation

– Identifying dissociative states in movement
– Gentle re-embodiment and restoring presence
– Preventing re-traumatization through movement

4. Displacement Trauma and the Loss of Home

– *Working with themes of uprootedness, grief, identity, and instability*
– *Movement as a tool for restoring internal safety and a sense of belonging*

5. Group Work with Displaced Women and Children

– *Creating safe spaces in shelters, hotels, and temporary housing*
– *Group DMT for women dealing with grief, overload, and isolation*
– *Adapting DMT for mothers and children with shared or generational trauma*
– *Movement practices for co-regulation and mother–child bonding*

6. Cross-Cultural and Ethical DMT Practice

– *Adapting DMT to cultural and collective trauma contexts*
– *Addressing historical and political trauma through movement*

7. Resourcing and Meaning-Making Through Movement

– *Supporting internal resourcing, life orientation, and sense-making*
– *Rebuilding hope and identity after trauma through embodied practices*

8. Therapist Support and Consultation

– *Preventing vicarious trauma and burnout in war-time practitioners*
– *Peer support and reflective spaces for helpers*
– *Somatic containment of collective pain in the professional community*

Additionally (if available):
- Access to video recordings, training materials, manuals, or case studies
- Opportunities for live exchanges, peer mentoring, or co-hosted events
- Partnership in co-developing culturally adapted DMT programs for Ukraine

If you have experience in trauma work or long-term crisis response, or if you wish to share your knowledge with Ukrainian colleagues — we warmly welcome your participation.

📩 **To join us, please contact:**
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