

Dear friends in the world (of psychotherapy)!

We are a collective of therapists from the INTRA Center for Psychological Assistance and Education (Osrodek Pomocy i Edukacji Psychologicznej) who wish to help three fellow Ukrainian psychotherapists who came to us after the outbreak of the war.

Background

We are living in a very difficult and terrifying world - the war in Ukraine has been going on for three months. This war has changed the lives of the inhabitants of this country into a nightmare and this is why over 6 million people have left their homes in Ukraine and have fled abroad. Over 2.8 million refugees, mainly children and youth along with mothers and grandmothers have come to our country, to Poland. As time goes by, more and more people are arriving including those who have had very difficult experiences and are struggling with severe trauma they have recently experienced.

A large part of the people who have left their homes because of the war have come to Warsaw looking for a temporary safe place to live and a job.

Who we are



The INTRA center is an important place for education and psychotherapeutic help in Warsaw and the largest humanistic and experiential center in all of Poland.

INTRA currently employs 50 psychotherapists in two locations: "Intra 1" is the part of the center providing help to adults (<https://osrodekintra.pl/o-nas/>) and "Intra 2" is part of the center where help is given to children and adolescents (<https://osrodekintra.pl/poradnia-dzieci-i-młodzieży/o-poradni>).

INTRA currently offers a place to work to three fellow psychotherapists from Ukraine: Tetiana Gera, Iuliia Kuzmenko and Marianna Fedorovich. With time, we want to hire these colleagues permanently so that with their many years of experience and skills they can provide support to emigrants from Ukraine. We want them to be able to earn their living with dignity by providing help free of charge - leading sessions with children, adolescents and adults who have experienced trauma and have recently arrived from Ukraine.

Meet our three colleagues



Tetiana Gera is from Drohobych, a city near Lviv. She came to Poland with her 16-year-old son Daniel as she wanted him to be safe here. She was afraid that despite his young age, he might be mobilized into the army. Daniel is currently going to school and in class for children from Ukraine. Tetiana is taking care of helping other children in need, specifically those who came from Kiev and Bucza. Even before the outbreak of the war, from 2016-19, she worked for Caritas with children from both Lugansk and Donbas. Now in Poland, she works as a volunteer and at the same time she has to earn a living for herself and her son. They are both currently living with nuns who support them a lot. But Tetiana would like to be able to use her 30 years of experience in therapeutic work and working with families and make it a source of income for her family because Tetiana also has two other adult daughters, one in Ukraine and another who left Ukraine and went to western Europe. Tetiana would like to work with youth, teenagers and adults.

Iuliia Kuzmenko is the mother of 8 year old Milena. Iuliia came to Poland at the very beginning of the war from Zaporozhye, near Mariupol. Her parents, grandmother and sister stayed there. In Ukraine, everyone lived close to each other and saw each other every day. This is what Iuliia and Milena miss the most. Iuliia is a psychologist and a Gestalt psychotherapist, she graduated in Psychology from the Kiev Institute and has been practicing for several years. She works with young people and adults. She submitted all the documents for obtaining a psychotherapist's certificate which she received in May. She likes her work very much; she knows from her own experience in psychotherapy how much therapy helped her understand that a lot depends on herself and to appreciate the value of life. She really wants to support those in need. She works in Russian and Ukrainian, and she also speaks English and Polish. She has all the necessary documents to be employed in Poland on a permanent basis. She dreams of a stable job in order to be able to pay for a flat and live in Poland. Iuliia's daughter goes to a Ukrainian class in the center of Warsaw, and Iuliia is renting a tiny studio here for them to live in.





Marianna Fedorowicz is 44 years old, she came to Poland from Kiev with her mother and her 14-year-old son Daniel. She graduated from Psychology in Lviv at University of Frank. Then she moved to Kiev, where she continued to study and specialized in Psychoanalysis. After this she orientated herself towards Gestalt. She specialized in sexology and working with adults. When the war broke out, Ukrainian universities enabled therapists to quickly train in dealing with trauma, psychological support and crisis intervention. Currently, Marianna has found an inexpensive apartment in Wałcz, a small town located 140 km from Bydgoszcz. She was employed there for two months by the local authority and worked with Ukrainian children in several Polish schools. From July, she will be renting an apartment in Warsaw, because she found a school for her son in Warsaw. However, paying for a flat and living in Warsaw will require a stable employment situation from her. She is counting on finding work in Warsaw, at INTRA. She wants to work with young people, adults and children. She will be bringing a lot of experience of working with children from Wałcz. Meanwhile, she also supports a 71-year-old mother who is looking for a job with children.

Our vision

The INTRA Association would like to give an opportunity to our friends, enabling them to provide free psychological help to their compatriots and earn their livelihood. We, INTRA, have submitted funding applications to various organizations, but unfortunately at the moment all the possibilities in this regard are exhausted. However, INTRA cannot currently afford to cover the costs and salaries of the work of three colleagues, enabling them to have a decent remuneration and live in Poland.

How you can help

That is why we now turn to you, our friends psychotherapists from all over the world - we are asking you to help us support the sessions conducted by our friends from Ukraine with donations. To give you an indication of costs, a psychotherapy session in Warsaw at INTRA currently costs PLN 180, which is about EUR 45, USD 38, i.e. by paying EUR 450, you give a person from Ukraine a series of 10 sessions.

Below you will find the account numbers for payment in Euros and USD. The title of the payment must be written in Polish: **dotacja na cele statutowe** (donation for statutory purposes).

BIC: WBKPPLPP.

IBAN EUR: PL89 1090 1014 0000 0001 5034 6779

IBAN USD: PL73 1090 1014 0000 0001 5034 6873

We will be extremely grateful for your support of our Ukrainian friends and their compatriots and for disseminating this letter among the members of your organizations. If you need certify your donation, please send an email to us.

How to can contact us if you have further questions

Board of the Intra – Center for Psychological Assistance and Education:

Majka and Piotr Fijewscy, Jolanta and Krzysztof Jedlińscy,

President of the Intra Association: Paweł Sala

Project coordinator and member of the board of the Intra Association: Katarzyna Świeczkowska,
katarzyna.swieczkowska@stowarzyszenieintra.org.pl

With heartfelt thanks and greetings,

INTRA