**Humanitarian Crisis in Ukraine – B-roll on psychotherapists support**

**English Subtitles**

**Shoot Date: January 2023**

**Location: Ukraine – Lviv**

**Please Credit: Canadian Red Cross**

1

00:02:25,937 --> 00:02:28,398

My name is Dr. Oleh Berezyuk.

2

00:02:29,065 --> 00:02:30,942

I’m a psychiatrist and psychotherapist

3

00:02:31,234 --> 00:02:35,029

working in St. Panteleimon hospital

4

00:02:35,029 --> 00:02:38,199

of the first medical union of Lviv.

5

00:02:39,659 --> 00:02:46,207

And, here, we are developing

the model for diagnostic and treatment

6

00:02:46,875 --> 00:02:52,839

of patients who have suffered from combat trauma.

7

00:02:55,717 --> 00:03:01,681

Actually, our hospital opened the first

psychiatric ward in the general clinic in Ukraine

8

00:03:02,432 --> 00:03:04,976

and also outpatient mental health centre.

9

00:03:04,976 --> 00:03:13,109

They’re combining efforts to help people

with PTSD or acute posttraumatic disorder.

10

00:03:14,444 --> 00:03:16,946

From the beginning of the war, we actually have

11

00:03:16,946 --> 00:03:19,782

very little knowledge on how combat trauma

12

00:03:19,782 --> 00:03:24,913

and psychotrauma as a result of war

13

00:03:24,913 --> 00:03:26,080

looks like.

14

00:03:26,789 --> 00:03:33,922

And we proposed to our colleagues from Red Cross Canada

15

00:03:34,297 --> 00:03:38,384

to be a partner of our model development,

16

00:03:38,384 --> 00:03:40,303

how we should work with such a patient

17

00:03:40,303 --> 00:03:43,097

because we’re going to have hundreds of thousands

18

00:03:43,097 --> 00:03:45,266

of patients in Ukraine who would need this.

19

00:03:45,475 --> 00:03:48,645

My name is Sofiya Nevoyt.

I’m a psychotherapist.

20

00:03:48,770 --> 00:03:52,357

I’m working with the EMDR therapy.

21

00:03:52,357 --> 00:03:53,441

And I’m still studying it.

22

00:03:53,691 --> 00:04:00,073

Mostly patients came here

very soon after their trauma.

23

00:04:00,490 --> 00:04:03,868

So mostly they have big stress with that.

24

00:04:03,952 --> 00:04:08,915

So we help them to stabilize their mental feelings

25

00:04:09,082 --> 00:04:12,794

because they feel a lot of anxiety

26

00:04:12,794 --> 00:04:18,007

and sometimes they lose their houses or their relatives.

27

00:04:18,258 --> 00:04:23,096

and so we often work first with the stabilization,

we have some techniques.

28

00:04:23,930 --> 00:04:26,391

My name is Khrystyna Ruda,

29

00:04:26,474 --> 00:04:31,104

and I am the leader

of our interdisciplinary team

30

00:04:31,437 --> 00:04:37,568

We started working with

internally displaced people and troops

31

00:04:37,652 --> 00:04:40,822

 in March or April approximately.

32

00:04:40,905 --> 00:04:43,324

And we had a problem—

33

00:04:43,408 --> 00:04:48,830

every month there were

more and more patients.

34

00:04:49,455 --> 00:04:53,376

Thanks to the Canadian Red Cross,

35

00:04:53,459 --> 00:04:56,337

we were able

to hire new psychotherapists,

36

00:04:56,421 --> 00:05:01,050

new specialists providing

long-term supportive therapy

37

00:05:01,759 --> 00:05:04,012

and high-quality drug treatment.

38

00:05:04,095 --> 00:05:07,974

And they received

financial support for their work.

39

00:05:08,975 --> 00:05:12,645

This is very motivating, and …

40

00:05:12,854 --> 00:05:15,481

it helps us as well as our patients.

41

00:05:16,524 --> 00:05:21,362

Because we can see

that we are providing quality care.

42

00:05:21,446 --> 00:05:23,489

We do not forget any of our patients.

43

00:05:24,157 --> 00:05:27,410

Now we have the same principle problem:

44

00:05:27,493 --> 00:05:30,204

there are more and more patients.

45

00:05:30,288 --> 00:05:34,709

But with the Canadian Red Cross,

with this project,

46

00:05:34,792 --> 00:05:40,340

we have strong financial support,

47

00:05:41,174 --> 00:05:46,054

and we understand that we can do our job.

48

00:05:46,929 --> 00:05:50,767

And our psychotherapists,

our specialists will also be able

49

00:05:50,850 --> 00:05:53,102

to support their families well.

50

00:05:53,186 --> 00:05:54,479

And …

51

00:05:55,229 --> 00:05:58,900

Many of them get to work

at eight in the morning

52

00:05:58,983 --> 00:06:01,903

and leave the hospital

at ten in the evening.

53

00:06:03,321 --> 00:06:12,497

We understand that such specialists

should be paid decently, because …

54

00:06:14,457 --> 00:06:17,377

no matter how much

we want to help these people,

55

00:06:17,460 --> 00:06:22,131

we still need to bring something

back to our families.

56

00:06:22,215 --> 00:06:25,343

And the Red Cross

gives us this opportunity.

57

00:06:27,053 --> 00:06:32,558

It gives us help, support and confidence.

58

00:06:33,893 --> 00:06:37,980

And it gives us

the opportunity to help people.

59

00:06:40,274 --> 00:06:42,652

To help them

with quality and efficiency

60

00:06:42,735 --> 00:06:45,363

and to have many

high-quality specialists

61

00:06:46,572 --> 00:06:48,866

who know their jobs well.

62

00:06:49,492 --> 00:06:50,910

They …

63

00:06:52,120 --> 00:06:53,079

… also …

64

00:06:54,997 --> 00:06:59,794

They don't just help

people in need once or twice,

65

00:07:00,503 --> 00:07:03,548

but can do it for a long time.