

Family Center “Alviaia”

Psychological Recovery and Socialization of Children
in War Conditions

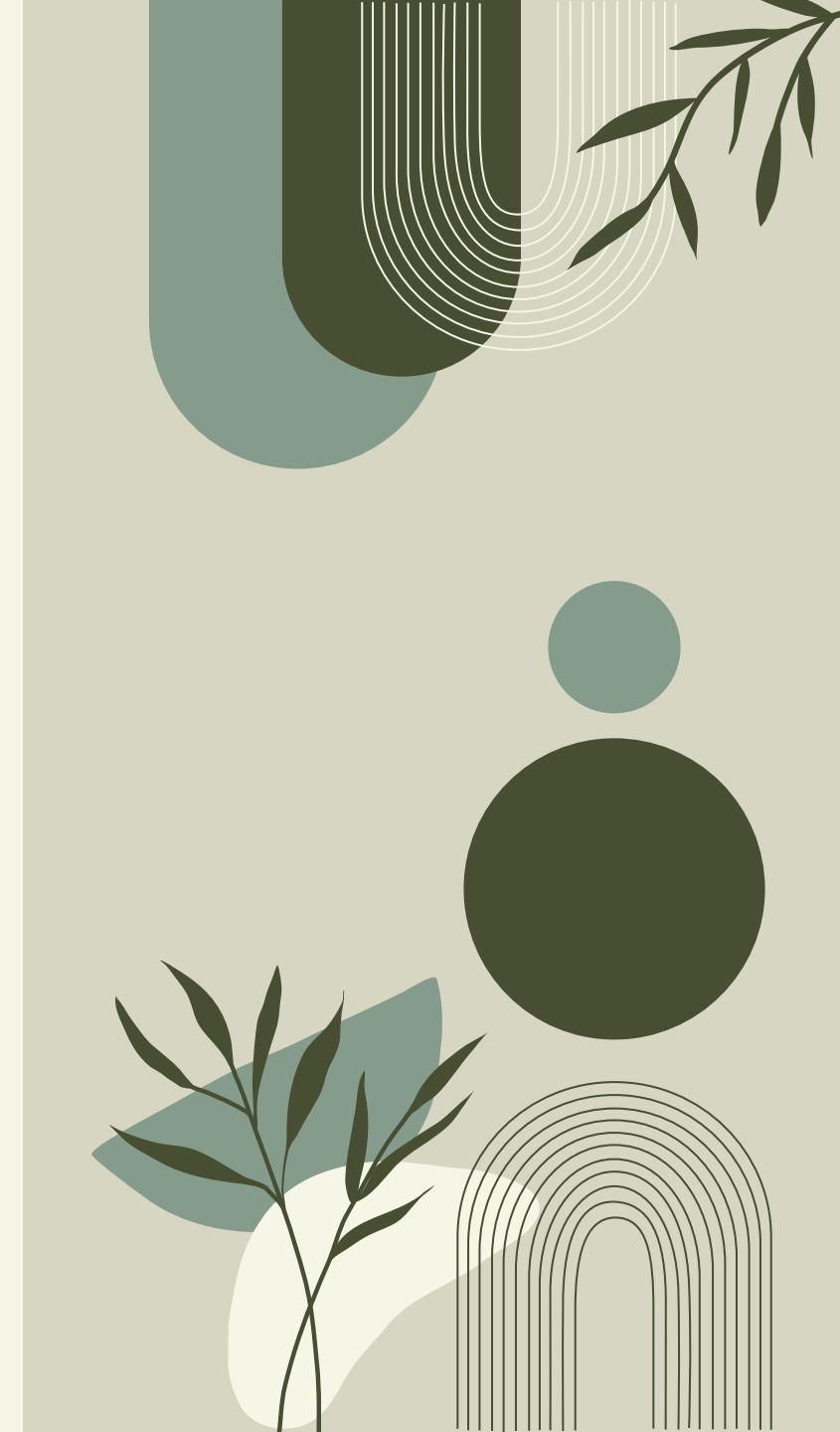


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ABOUT THE “ALVIIA” CENTER

Context, Challenges, and Approach





1.1 Who We Are

Family Center "Alvia" provides systematic psychological and social support to children and families living in frontline conditions in Ukraine.

We work with children growing up under conditions of war, with a focus on:

- restoring emotional balance;
- rebuilding a sense of safety;
- strengthening social connections;
- supporting resilience development.

Our programs combine long-term trauma therapy with intensive rehabilitation formats.





1.2 Alviiia in Frontline Zaporizhzhia

Zaporizhzhia is a frontline city where security risks may arise at any time. Air raid sirens, explosions, instability, and sustained tension are part of children's daily reality.

In this context:

- children experience constant anxiety;
- psychological systems remain under continuous stress;
- a stable sense of safety is disrupted.

1.3 Chronic Stress as the New Norm of Childhood

Under wartime conditions, natural recovery mechanisms for children are often inaccessible:

- outdoor play and movement are limited;
- sleep is disrupted by air raid alarms and explosions;
- power and heating outages contribute to physical and emotional exhaustion.

As a result, children live in a state of chronic stress, without sufficient opportunities to return to internal balance.





1.4 Trauma Without an End

The war experience in Ukraine represents trauma without a clearly defined “post” phase. It is ongoing and cumulative.

Children:

- lack time and conditions to integrate traumatic experiences;
- accumulate psychological and bodily tension;
- display anxiety, emotional instability, withdrawal, and somatic stress reactions.

This context requires adapted, trauma-informed approaches to childhood mental health support.



1.5 Safety as the Foundation of Our Work

The Alviaa Center is equipped with a fully functioning shelter, which enables:

- continuity of sessions during air raid alerts;
- stability of therapeutic processes;
- reduction of repeated traumatization.

In frontline conditions, physical safety is not an additional feature but a core component of effective psychosocial intervention.





1.6 Our Approach

Alviia operates through a systemic, long-term model rather than episodic support.

Core principles include:

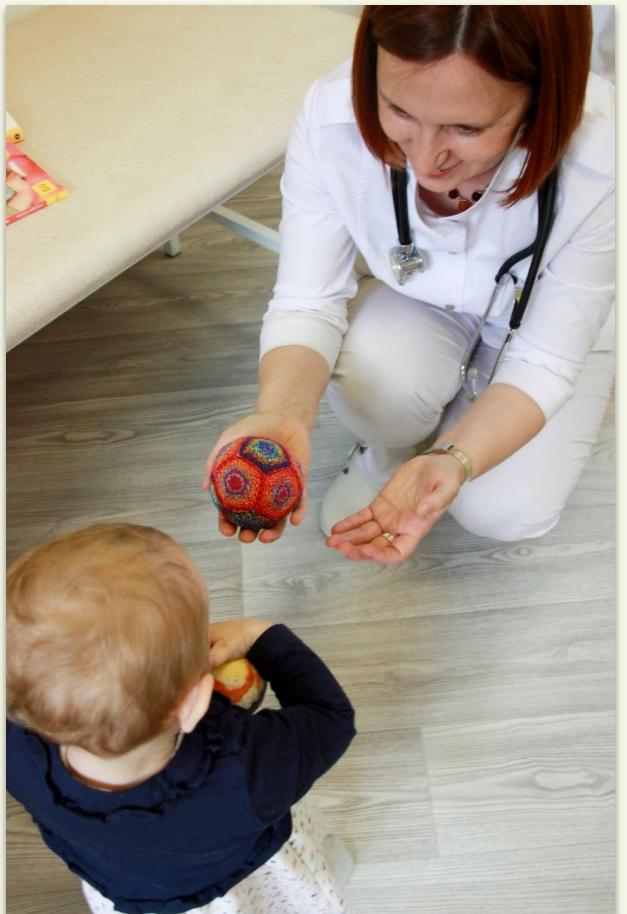
- safety as a foundation;
- regular and sustained engagement;
- trauma-informed, age-appropriate methods;
- involvement of the family as a key recovery resource.



TRAUMA THERAPY

Core long-term program





2.1 Trauma Therapy at Alviia

Trauma therapy is the core long-term program of the center.

It targets children who:

- live under continuous security threats;
- have experienced loss or prolonged stress;
- demonstrate difficulties in emotional regulation and social interaction.



2.2. Goals of Trauma Therapy

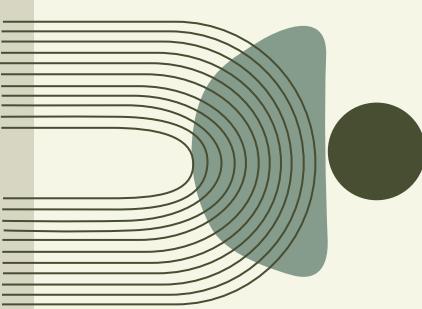
Primary goal:

To create conditions for restoring psychological stability and resilience for children.



Key objectives:

- reduction of anxiety-related symptoms;
- development of self-regulation capacities;
- restoration of a basic sense of safety;
- rebuilding trust in adults and the surrounding environment.



2.3 Program Delivery Formats

Individual support

- trauma-focused psychotherapy;
- art- and narrative-based therapeutic methods;
- body-oriented and breathing practices.

Group-based support

- small therapeutic groups;
- play-based therapeutic activities;
- emotional literacy and regulation development.

Family-focused support

- parental psychoeducation;
- family consultations;
- strengthening of parental caregiving capacity.

2.4 Group-Based Work



Children in Zaporizhzhia have experienced prolonged social isolation due to:

- COVID-19 lockdowns;
- multiple years of full-scale war.

Most children:

- study remotely;
- have limited opportunities for live peer interaction.

Group work restores:

- a sense of belonging;
- safe peer engagement;
- trust in others.



2.5 Tools: Art, Body, and Movement



Art therapy supports emotional expression, internal resource development, and a sense of safety.

Body-based practices and movement activities (including climbing) support bodily regulation, restore a sense of control, and reduce accumulated tension.

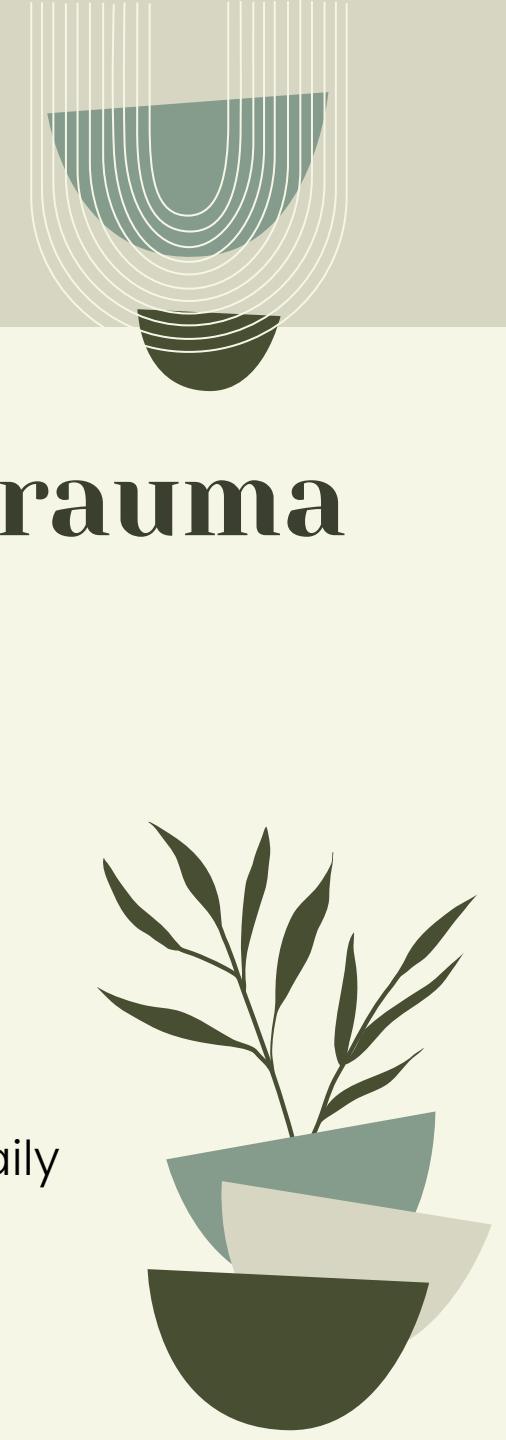
Together, these approaches facilitate psychological stabilization through developmentally appropriate and accessible modalities.



2.6 Outcomes of Trauma Therapy

Observed outcomes include:

- reduced anxiety levels;
- improved emotional regulation;
- increased social engagement;
- renewed interest in learning and daily activities.



OUTDOOR REHABILITATION CAMPS

Recovery Outside the Zone of Constant Threat



3.1 Goals of the Camps

Children from frontline areas often:

- remain confined to limited spaces for extended periods;
- study remotely with minimal peer contact;
- lack access to safe movement, play, and nature;
- remain in a constant state of hypervigilance.

Urban environments cannot fully provide relief from perceived threat, making relocation to safer settings a critical component of recovery.

The primary goal is to support psychological, physical, and social recovery of children living under prolonged war-related stress.

Key objectives include:

- reduction of anxiety and stress responses;
- restoration of a basic sense of safety;
- physical recovery and bodily regulation;
- re-establishment of live social interaction.





3.2 Program Structure

Outdoor camps are structured rehabilitation programs that include:

- physical activity and sports;
- team-based interaction;
- creative practices;
- psychological support;
- stable daily routines and safety rituals.

The integration of play, movement, creativity, and professional support enables therapeutic impact in forms that are natural and accessible for children.

3.3 Role Within the Overall Support System

Outdoor camps:

- reinforce the effects of ongoing trauma therapy;
- provide intensive recovery periods;
- reduce risks of trauma deepening;
- enable program scalability.
- They function as a continuation of Alvia's systemic intervention model.



CAPACITY, SUSTAINABILITY, AND IMPACT

Who Delivers the Programs and How Long-Term Change Is Achieved



4.1 Leadership

Aliona Permiakova

Founder and General Director of the Family Center "Alviia" (Zaporizhzhia & Kyiv). Medical doctor in general and anthroposophical medicine with 22 years of professional experience. She initiated the creation of an integrated center combining pedagogical, psychological, and medical approaches.

Aliona is responsible for:

- strategic leadership and organizational development;
- integration of multidisciplinary methodologies;
- quality assurance and long-term program sustainability.





4.2 Our Expertise

The Alviaa team consists of medical professionals, psychologists, rehabilitation specialists, and educators with 15–26 years of practical experience working with children in complex and high-stress contexts.

We operate within a multidisciplinary model, integrating:

- psychology;
- medicine;
- pedagogy;
- body-oriented and movement-based practices.

4.3 Our Team



Aliona Marianova

top-category neonatologist, rehabilitation specialist, and pediatrician, works with premature children and children with inclusive needs, focusing on early development, medical support, and rehabilitation.

Olena Kabachenko

gynecologist-endocrinologist and pediatric gynecologist, PhD in Medicine, Associate Professor, lecturer at the Department of Obstetrics, Gynecology, and Reproductive Medicine at Zaporizhzhia State Medical University.

Tetiana Borodulkina

practicing psychologist, PhD in Psychology, Associate Professor at the Department of Psychology of the National University "Zaporizhzhia Polytechnic," specializes in psychological assessment, therapeutic work with children and families.

Olena Hanotska

psychologist, Master of Psychology, certified cognitive-behavioral therapist, practices art therapy and therapeutic work with metaphorical associative cards (MAC), supporting emotional processing and self-regulation.

Our Team

Aliona Lapytska

practical psychologist with 15 years of experience, gestalt and art therapist, Montessori educator (7 years of practice), and group facilitator, works with children and groups, combining therapeutic and educational approaches.

Viktoriia Kyashko

child and adolescent psychologist, family systems therapist, and art therapist, speech development specialist with over 17 years of professional experience, focuses on child development, family dynamics, and communication skills.

Dmytro Dragunov

climbing coach and physical correction specialist, sports tourism judge, holder of the II sports category in sports and mountain tourism, supports children's physical regulation, confidence, and body awareness through structured movement activities.

Anastasiia Bykovchenko

assistant climbing coach with more than two years of experience working with children, supports movement-based activities and assists in creating a safe and engaging physical environment.





4.4 Long-Term Perspective

The end of active hostilities will not mark the end of psychosocial needs.

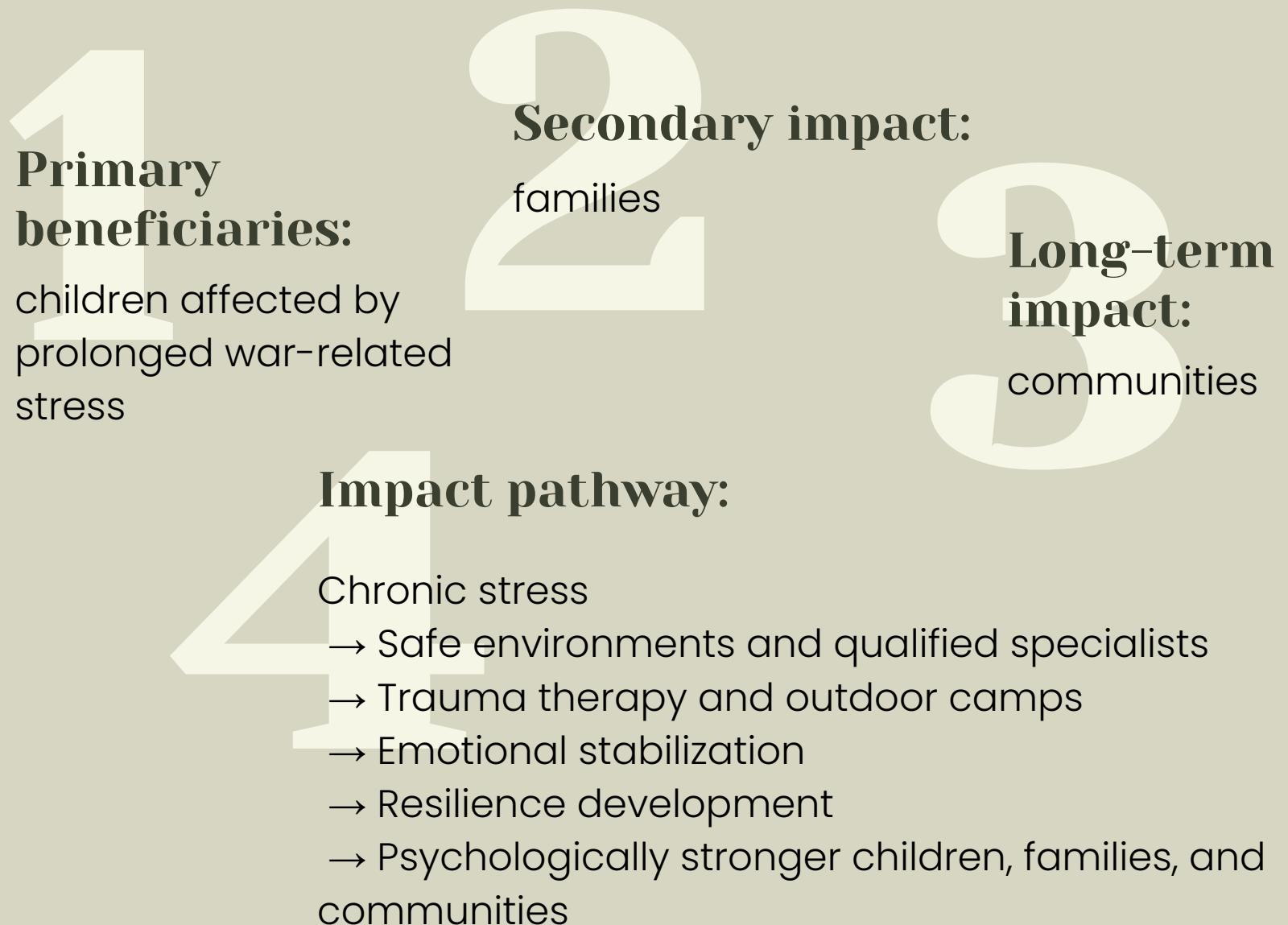
Ukrainian society will face:

- delayed trauma responses;
- cumulative exhaustion;
- changes in behavior and social functioning;
- long-term somatic effects of chronic stress.

Alvia's programs are designed for sustained, long-term engagement.



4.5 Impact and Theory of Change



This approach addresses immediate needs while reducing long-term risks of chronic trauma and social disengagement.

4.6 Why Support Is Needed

The scale of childhood trauma in Ukraine exceeds the capacity of local initiatives.

Partnership support enables:

- expansion of service coverage;
- continuity of care;
- response to long-term psychosocial needs;
- protection and sustainability of professional teams.



Thank you!

Do you have any questions?

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