

APPENDIX A

RECOVERY AND SELF-DISCOVERY TRAINING

Goal: Help the participants to deal with their emotions, increase self-esteem, and develop healthy coping strategies.

Duration: 10 weeks, 2 hours per week.

Format: Group, offline.

PLAN OF THE SESSIONS

1. Getting to know each other, establishing trusting relationships, determining expectations.
2. Understanding the emotions associated with trauma. Relaxation techniques.
3. Development of self-awareness skills. Mindfulness and self-acceptance.
4. Establishing healthy boundaries. Healthy boundaries are the way to understanding.
5. Exchange of experience. Creation of the Green Room of support.
6. Overcoming negative thoughts. Techniques of body-oriented therapy.
7. Visualization. Planning a happy future.
8. Self-care. Information about exercise and healthy eating.
9. Support of social connections. Formation of effective communication skills.
10. Summary, determining further steps.

The *Recovery and Self-Discovery Training* was designed as a 10-week group intervention for women survivors of violence, conducted in-person at the Kyiv Gender Equality Center. Each weekly 2-hour session followed a structured yet flexible protocol, integrating evidence-based techniques to address trauma-related distress while fostering post-traumatic growth.

The program began with foundational trust-building exercises, using guided metaphors to establish group cohesion. Subsequent sessions introduced skills sequentially, starting with emotion regulation tools such as somatic relaxation and affect labeling before progressing to cognitive restructuring techniques. Midway through the intervention, participants engaged in experiential activities including body-oriented therapy and narrative visualization, which bridged theoretical coping strategies with personalized applications.

Later phases emphasized social reintegration through communication role-playing and community resource mapping. The final session consolidated acquired skills through future-self journaling and symbolic closure rituals. Throughout the program, facilitators balanced psychoeducation with participatory exercises, adapting pacing to group needs while maintaining treatment fidelity through standardized manuals. This approach allowed individualized progression within a

replicable framework, with techniques selected specifically for their cultural appropriateness and empirical support in trauma recovery literature.

The complete protocol – including facilitator guidelines, session-specific scripts, and participant materials – was developed to ensure consistent delivery across groups while permitting necessary clinical flexibility. Its design reflects the theoretical integration of Lazarus' coping model with contemporary trauma-informed care principles, operationalized through accessible, non-stigmatizing activities.