

Medicine Estonia

UKRAINIAN MEDICINE IS AN EUROPEAN CHOICE II INTERNATIONAL MEDICAL SCIENTIFIC AND PRACTICAL CONGRESS

Conference Hall I. Petrasha Hall Yaremche recreation complex
26/27.10.2023



Medicine

➤ Estonia

„Supporting the Mental Health of Injured Ukrainian Fighters and Their Family Members through Training and Collaboration with Ukrainian Healthcare and Education Professionals“



October 26, 2023

9.00 Opening words by Dr. Kaire Aadamsoo, Head of the Psychiatry Clinic of North Estonia Medical

9.15 -10-15 Kaire Aadamsoo, Head of Psychiatry Clinic at North Estonia Medical Centrepm

- A brief overview of psychological first aid as a method.

10:15 - 11:15

Marko Neeme, Clinical Psychologist at the North Estonia Medical Centre

- Cognitive Behavioural Therapy for Moral Injury
- Practical exercises

Coffee break

12:00-13.00

Kristi Neeme, MSc Physical therapist, BBAT therapist East Tallinn Central Hospital

- Basic Body Awareness Therapy
- Practical exercises

13:00-14.00

Liudmula Cherkas, psychiatrist, psychotherapist

- Post-concussive syndrome: Competences of a psychiatrist.

Competences of a psychologist.

October 26, 2023

14:00 AM - 14:40

Oleksandr Andriushchenko, practical psychologist, Kharkiv

Peculiarities of the war in Ukraine in comparison with other military conflicts. Ways of overcoming difficulties in family relations during the war in the families of military personnel.

Coffee break

15.00 -16.00

Ihor Todoriv, psychiatrist, candidate of medical sciences, Ivano-Frankivsk National Medical University

Peculiarities of psychological rehabilitation of soldiers of the ATO/OOS. Practical experience.

16.00-17.15

Inge Suder, Member of the Board, Medicine Estonia Cluster

Overview of the Medicine Estonia Project - Supporting the Mental Health of Injured Ukrainian Fighters and Their Family Members through Training Ukrainian Healthcare and Education Professionals". Project activities and collaboration.

17.15 Discussion

October 27, 2023

Speakers/presentations 10.00-15.00:

Jakov Shlik, MD, PhD Kanada Ottawa University

- Moral wounds of war

Marika Merits MA; MSc

Anneliis Aavik BSc; Ma

Larysa Shelestova MD; PhD

Tallinn Health Care College, Healthcare Centre

- Low-intensity interventions to support the victims with mental health problems

Coffee break

Endel Talvik, Psychoanalytic

- Trauma and Narcissism

Yuliia Fomenko, practical psychologist, Kharkiv

- The work of a psychologist with combatants in a medical facility. Features of work. The most common requests. Practical aspect

October 27, 2023

15.00 -16.00

Diana Slobodianiuk, child psychologist, Vinnytsia

Features of working with internally displaced children and adolescents during the war in Ukraine

16.00-16.15 Discussion panel

16:15 - 17:00 - dinner

17.00 - 17.45

Oleksandr Andriushchenko and Yuliia Fomenko

Master class: TRE (TRAUMA RELEASING EXERCISES) + TTT (technique of emotional freedom). To relieve excessive stress, insomnia and relieve chronic pain syndrome.

17.45-18.15 - Discussion panel

18.15 Closing remarks

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