

Training interventions for Ukrainian MH professionals for better treatment of people with PTSD

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Introduction. As an immediate response to the increasing needs of Ukrainians in mental health support, the Research & Recognition Project, in collaboration with the MH4U Project, launched a series of seminars in RTM™ Protocol.

Methods. The operational feasibility of the training was explored through problem-solving assessment during the implementation.

Results. The training aimed to provide Ukrainian professionals with an evidence-based, effective method and answer to such problems usually faced in similar initiatives: long-term preparation of qualified specialists, risks for teaching process sustainability and consistency, and lack of continuous support and supervision for graduates. From the beginning, two-and-a-half-day online live training with mandatory preliminary e-course and orientational session was offered. The trainees' level and skills development were monitored in pre-test assessment and during on-training supervision by qualified coaches. To keep sustainability, three graduates were selected and trained as coaches and lid-trainers, with further possibility to expand the Ukrainian team. Five acting members and two candidates are currently working under R&R Project supervision. To answer a quality support issue, every training participant was provided with two coaching sessions before certification and invited to a weekly RTM international support group. Later, a biweekly RTM Ukrainian support group was established. Additionally, the recruitment process was improved with a preliminary diploma screening and competency test. Eventually, for one year and seven months, the training resulted in 118 engaged Ukrainian professionals, 33 certified practitioners and 76 acting members of the RTM Association from Ukraine.