

Dear Members of the SE European Associations, dear SE Humanitarian friends,

In the face of the escalating crisis associated with the war in Ukraine, we all find ourselves in a situation of great insecurity and vulnerability. This applies not only directly to our physical and emotional integrity, but also to many aspects of social, economic and political life. We come to turn the tide to reorient, nourish and heal.

As you already have been informed, with the call of our Polish organizer **Marta Ułaszewska-Żuk** and senior trainer **Sonia Gomes** a collaboration of **EASE and SEI** have been initiated for creating a "healing vortex" during the current war situation in Ukraine and crisis all around Europe.

For more than 2 weeks a **SE Ukraine Task Force** is being built with the urgent engagements of **Hilary Witt, Zlata Kostejnova** and **Defne Erdur**. Following many meetings with EASE and SEI Board Chairs, some of our Senior Trainers, Senior Assistants and SE informed Crisis Management Experts from different NGOs, today **Zlata** and **Defne** are co-leading the formation and the actions of the **SE Ukraine Task Force**.

We want to inform you about the recent SE Interventions realized. But before that **we ask you to disseminate the SEP Helping the Helpers and SEP Volunteer Forms to your SEPs, SE Students, i.e. SE Community in your region**. The aim of these forms is to understand the needs of our SE community in the face of this crisis and also find volunteers who can take active part during the crisis. In the form they will find many different options that they can help.

SEP Helping the A Form : <https://forms.gle/SZDV9A4MzZEkTfT17> - This is a form to register your need during the Ukraine/European crisis.

SEP Humanitarian Volunteers Form : <https://forms.gle/QosYCSALDDtorp176> - This is a form to register your interest to help in the Ukraine/European crisis.

If you wish to translate these forms in your own language, it is still possible to add more language options. Please send your translations to seukrainetaskforce@traumahealing.org and we will add more languages in.

Update from the Last 2 Weeks :

The first actions of this force were to support **Sonia Gomes** and our organizer **Marta Ułaszewska-Żuk** from Poland to create a educative video for emotional first aid for the helpers. An interview with Stephen Porges was made for this video. The full video will be shared with our community soon and further collaboration with the Poly Vagal Institute for further action will take place.

Secondly, **Ariel Giarretto** and our organizer **Eszter Kovacs** from Hungary organized 3 zoom meetings oriented towards therapists, doctors, social workers, i.e. helpers in the fields of crisis management, crisis intervention, health and assistance professions. Hundreds of people joined these meetings from Hungary and neighboring countries. The needs of these helpers have been collected via online forms to formulate further interventions that SE communities can realize. Outcomes will be shared further with the SE community soon.

In Romania, **Liane Pinto** and our organizer **Florentina Niculescu** have been supporting SE students during the ongoing training and are now getting ready for an ongoing online support group facilitation for supporting SEPs or SE® students who are already working with Ukrainian refugees due to the current war situation.

There is more to happen and many of our Associations, SEPs, Organizers are being mobilized. The SE Ukraine Task Force's goal is to support these local actions and mobilize resources and connections accordingly...

With love, respect and trust,
Zlata and Defne - for SE Ukraine Task Force