

## «PROSTIR RADITY» CAMP AS AN EXAMPLE OF THE TREATMENT CONCEPT OF SECURE TRANSITIONAL HOLDING SPACE AND DIGRESSION IN CASE OF PTSD AND GAD

A. Filz, J. Vynnytska

*Lviv National Medical University, Department of Psychiatry and Psychotherapy  
NGO "PARostir RaDity", [filz.unap@gmail.com](mailto:filz.unap@gmail.com)*

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Our experience shows that neither clinical nor psychodynamic concepts are sufficient quiet enough for explanation clinical manifestation both of generalized anxiety (GAD) and posttraumatic stress disorders (PTSD).

Existing concepts are not sufficient for planning of integrative treatment too.

This was the reason for the work of own conception.

Because of the lack of satisfactory psychoanalytic understanding and theoretical explanation for clinical and therapeutical experience gained by us in the treatment of PTSD condition, we tried to develop a special kind of psychodynamic setting, named "the SECURE TRANSITIONAL HOLDING SPACE".

Psychotherapeutic project – clinical and psychodynamic oriented – was conducted in 2014-2017 and used as a basis our concept. The purpose of our Project is psychological, physical, and emotional rehabilitation with emphasis on psychotherapy. The basis of psychotherapy is the psychodynamic approach.

"PROSTIR- RaDity": the title has two parallel meanings: one of them literally means "the SPACE of joyful children – the Enlightened Space". The second, metaphoric one – "the SPACE of the RaChildren".

The Psychotherapeutic camp (the Enlightened Space) is located in the Carpathian village of NEDILNA in the Lviv region of Ukraine.

Children aged 6 to 16 come here in groups (min. of 12, max. of 20) – for 12 days.

In total, during 2 years the camp was visited by more than 300 children from different re-

gions of Ukraine.

Prostir RaDity believes in three basic principles for forming of the general setting: RESPECT, SAFETY and TRUST.

Two main results fixed in our Project:

- Traumatic experience becomes less isolated and better integrated into the Ego structures.
- Within our Space, the children learn to better use available resources of the Ego.

A two-year follow-up feedback from children who participated in our project shows that they can well enough "transfer" the obtained experience of our "TRANSITIONAL SECURE SPACE" into everyday life.