

Strategies to overcome linguistic barriers in the psychological support.

LESSON 7

Perceptions of Inclusion, well-being and Identification with the European Union in Ukrainian university students



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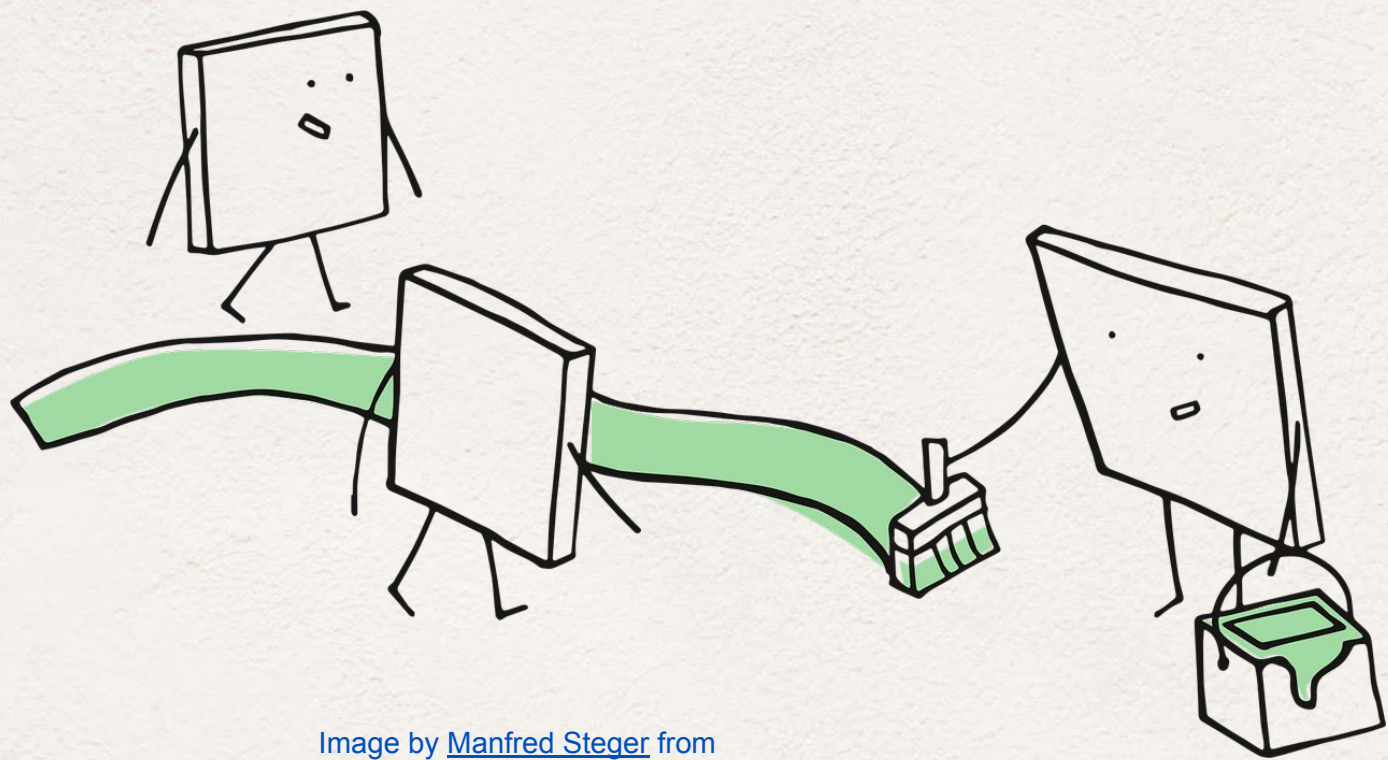


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- Language barriers reduce students' ability to express complex emotions and engage in psychological support
- This can lead to frustration, withdrawal, and reduced effectiveness of counseling
- Ukrainian-speaking counselors or trained interpreters improve trust, safety, and cultural familiarity (EthnoMed, 2023)
- Clear communication about roles, boundaries, and confidentiality is essential

Nonverbal and Creative Approaches

- Art and music therapy enable expression of trauma when verbal communication is limited (Javanbakht, 2022; Simons et al., 2025)
- Drama, movement, and body-based techniques support emotional release and sense of agency
- These approaches rely on gesture, rhythm, and embodiment, reducing dependence on language
- They are particularly relevant for war-affected populations

Inclusive and Culturally Sensitive Support

- Low-verbal activities such as mandala coloring, sand play, and pet therapy support emotional regulation
- Visual aids and culturally familiar materials enhance emotional connection and accessibility
- Combining interpreter services with creative and body-based methods ensures inclusive support
- Multimodal strategies improve emotional safety, cultural validation, and engagement
(Vitruk, 2023; Javanbakht, 2022)

Thank you

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