

Psychological face of protest: crisis intervention and support experience of protesters in Kyiv, December 2013-March 2014.

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This study contains the results of the psychological protesters' support service experience during Euromaidan from December 2013 to March 2014. The protests, caused by the deprivation, frustration, unfair rejection of Association Agreement between Ukraine and the EU signing by the corrupted government, became widespread after beating peaceful demonstration by "Berkut" in Kyiv, November 30, 2013. Methodology: 4 focus groups from Kyiv, Lviv and 2 interviews from Dnipropetrovsk. Participants – 32 psychologists and psychiatrists, volunteers of Maidan Psychological Service.

Study categories: a meta-analysis of protesters' revealed needs and psychological states; methods and techniques of crisis intervention work with them. It was found that the cognitive component of deprived needs was a motivator to take part in the protest, but still affective one prevailed (expressed such feelings as resentment, anger, discontent, confusion, paranoia aggression). Psychological support was carried out using techniques psycho-education, psychohygiene, self-regulation, body-oriented technology, art-therapy and relaxation, container of negative emotions through active listening and finding resources were used. Setting of crisis intervention took place outdoors, in tents, in places of temporary accommodation, which was significantly different from clinical one.

At the beginning protesters were reluctant to use psychological support proposed by volunteers, but became claimed later.