



Agenda Workshop

Self-Care & Dealing with Continuous Traumatic Stress for Ukrainian Judges

Date & Time: 8 July 2026, 10:00-12:00 Kyiv time

Duration: 2 hours

Venue: Opera Hotel, 53 Bohdana Khmel'nyts'koho Street

Organiser: Asser Institute, National School of Judges of Ukraine

Expert Trainer: Alma Taso Deljkovic, Mr. Sci. Psychology, Psychotherapist, Expert in witness/victim support in criminal proceedings

Moderator: Gabriela Radu, Researcher, Asser Institute

Objectives:

By the end of this follow-up session, participants will be able to:

- Deepen understanding of **continuous traumatic stress (CTS)**¹ and how it differs from secondary trauma in ongoing conflict settings
- Identify their own **early warning signs of overload** and chronic stress patterns
- Apply **practical, in-the-moment regulation techniques** during judicial work (hearings, case review, deliberations)
- Strengthen **ethical resilience**, managing moral burden while maintaining professional integrity
- Develop a **realistic, sustainable self-care system** adapted to the constraints of judicial roles in Ukraine

Expected Outcomes:

Participants will:

- Demonstrate increased **self-awareness of stress responses** and personal limits
- Use at least **2–3 concrete regulation techniques** applicable in daily work
- Feel more confident in managing **ongoing exposure to traumatic material without disengagement or burnout**
- Establish at least one **peer-support or collegial coping mechanism**
- Commit to **one immediate behavioural change** supporting their well-being

Agenda:

09:30-10:00 | Registration & Welcome Coffee

10:00 – 10:10 | Welcome Back & Grounding

Well-being is not a “soft issue”. It is directly linked to judicial quality and functioning

- Brief check-in: “Where is your energy today?”
- Link to previous workshop (trauma recognition, secondary trauma)
- Re-establish psychological safety (confidentiality, voluntary sharing)

10:10 – 10:25 | Framing: Continuous Traumatic Stress in Judicial Work

¹ <https://binghamcentre.biicl.org/comments/147/continuous-traumatic-stress-and-judges-professional-quality-of-life-why-judicial-well-being-matters-ukrainian-context>



Expert input on CTS + discussion

- Continuous traumatic stress (ongoing exposure, no recovery phase)
- Pressures specific to Ukrainian judiciary:
 - repeated exposure to atrocities
 - expectation of neutrality
 - sustained high responsibility

Link to **professional quality of life:**

- impaired reasoning
- reduced patience in hearings
- risk to perceived fairness

Pair reflection:

“What feels different now compared to earlier stages of the war?”

10:25 – 10:45 | Recognising Your Own Early Warning Signs

10:45 – 11:05 | Practical Regulation Techniques (Feasible in Court Settings)

Guided practice

11:05 – 11:15 | Break

11:15 – 11:35 | Ethical Resilience & Judicial Role Integrity

Facilitated discussion (Bingham core theme)

Focus:

- Maintaining **independence and impartiality under stress**
- Managing:
 - moral weight of cases
 - expectations of empathy vs neutrality
- Preventing:
 - over-identification
 - emotional withdrawal

11:35 – 11:55 | From Individual Coping to Shared Responsibility

Small group work (key Bingham recommendation)

Participants design **realistic, low-resource practices** at two levels:

1. Individual practices

- Micro-recovery habits
- End-of-case decompression
- Personal warning/action plan

2. Collective practices (critical addition)

- Informal peer check-ins
- Brief post-hearing decompression conversations
- Normalising discussion of stress
- Supporting colleagues showing strain

Output:

Each group shares **one individual + one collective practice**

11:55 – 12:00 | Closing



- **Reflection:**

“One change I will make tomorrow (personally or with colleagues)”

- **Emphasis**

- sustaining the **functioning of justice systems requires sustaining judges**