

**Practical
methodology
of spiritual and
psychological
support.**



HELP ME OVERCOME!

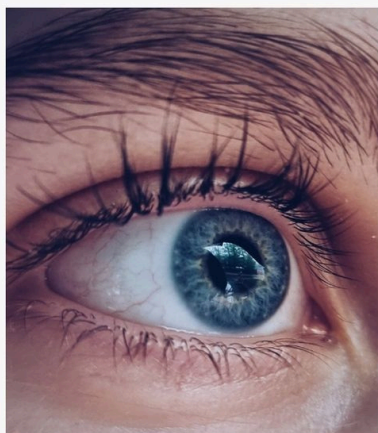
**10 topics • practical course • for counselors, mentors, guides,
and spiritual care.**

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INTRODUCTION



When Someone Else's Pain Is Near.



War, loss, abuse, betrayal, illness — all of it leaves wounds that don't heal on their own. Compassion alone is no longer enough. A world wounded by years of crisis needs people who know not just how to be present, but how to actually help someone walk the road from darkness to light.

That's exactly why the "Help Me Overcome!" Course was created — a practical methodology that brings together trauma psychology, classical images of human crisis, and real testimonies of people who lived through the hardest trials and came out stronger.

At the center of the course is one question: "How do you support someone going through their own crisis — without losing your own footing?"

Each of the ten topics in this program is not theory for theory's sake. It's a map, built at the intersection of scientific psychology, pastoral care, classical literary tradition, and the real experience of people who lived through trauma, grief, and war — and found their way back to life.

About the Methodology

What Is "Help Me Overcome!"

This is a practical program of psychological and pastoral support for those who walk alongside others through trauma, grief, and crisis. It's a complete system of concepts, models, and practical tools that helps counselors, leaders, mentors, and anyone who works with people act with confidence in moments that used to bring only confusion, the wrong words, or professional burnout.

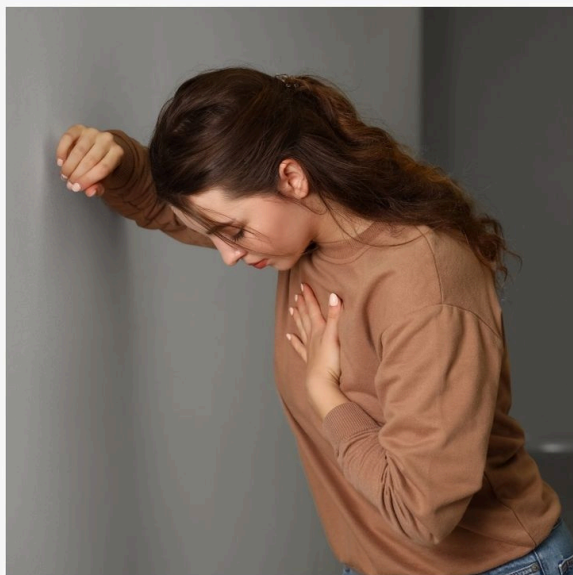
The methodology follows one continuous route — from the first encounter with trauma, through understanding its mechanisms and the road through grief, to practical steps toward healing and supporting others. Each topic includes concrete tools you can apply in counseling, mentoring, team leadership, client work, or in supporting the people close to you.

Who This Program Is For

- Practicing psychologists and psychotherapists
- HR professionals and team leaders
- Coaches and business consultants
- Social workers
- Teachers and school psychologists
- Volunteers working with those affected by crisis
- Leaders of community organizations
- Spiritual mentors across denominations

What Problem It Solves

- The usual comforting words no longer work
- Someone is silent, and you don't know how to help them talk
- Grief isn't following the "expected" timeline
- You're afraid one careless word will do harm
- You don't know where your own competence ends
- Helping others, you're slowly burning out yourself



Course Curriculum

Ten Topics. One Route.

Each topic prepares the next.

1

The Dark Forest

What psychological trauma actually is from a scientific standpoint, and how to recognize the first, barely visible signs of an inner crisis — in yourself and in others — long before it becomes obvious.

2

Three Inner Reactions to Trauma

Avoidance, intrusion, exhaustion. Three universal patterns of psychological defense — and why they always unfold in exactly this order.



Where Does Conflict Come From

Seven inner psychological causes that lie beneath every confrontation — from a family argument to a global war.



The Poison of Trauma

Seven mechanisms through which unprocessed pain gradually destroys the psyche from within — often for years, without being noticed.



The Road Through Grief

A practical map of the nine stages of living through loss — and concrete supportive actions for each one.



Before the Storm and After the Blow

Two fundamentally different phases of crisis, each requiring its own distinct strategy of support.



Inner Armor

Six pillars of psychological resilience that protect against panic, burnout, and loss of identity under pressure.



Ten Steps to Healing

A sequential, practical roadmap out of crisis — from acknowledging pain to becoming someone who can support others.



Fundamentals of Psychological Support

Five principles of effective help and three levels of support — from personal work to deep, professional care.



What the Helper Must Be

The four pillars behind every counselor, mentor, and guide — and what happens when even one of them is missing.

Ten topics are one route, where each next stop grows logically out of the last: from the first recognition of crisis — to being ready to guide another person through it.

Delivery Format



01

Thematic
seminars

02

Practical
workshop

03

Multi-day
intensive

04

Corporate
program

05

Supervision
sessions