


VIACHESLAV KHALANSKYI

Psychotherapist, Mental Health Specialist

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PROFILE

I am a licensed Psychotherapist and Mental Health Specialist with extensive experience providing comprehensive therapy and counseling. Specializing in existential analysis, I integrate evidence-based approaches to help clients achieve profound self-understanding, overcome life challenges, and unlock their full potential. Skilled in addressing a wide range of psychological issues, including anxiety, depression, trauma, and existential crises.

EDUCATION

Doctoral Studies (ABD)

2013 – 2016

Institute of Social and Political Psychology, National Academy of Pedagogical Sciences of Ukraine (Kyiv, Ukraine)

- Thesis: "Social and psychological conditions for developing personal readiness for dialogical interactions in prospective psychologists"
- Expected graduation: 2025

Master's Degree in Psychology

2010 – 2012

Karazin V. N. National University (Kharkiv, Ukraine)

- Graduated with Distinction
- Specialized in psychological teaching and educational program design

Bachelor's Degree in Missionary Studies

1997 – 2000

Donetsk Christian University (Donetsk, Ukraine)

ADDITIONAL TRAINING AND CERTIFICATIONS

- School for the Advancement of English Language and Learning (SAELL), Northeastern Illinois University (2023 – 2024)
- "Resilience under Duress" program, UCU Business School, Ukrainian Catholic University (2022)
- Vienna School of Existential Analysis, Psychotherapeutic training in existential and analytical school of psychotherapy (2012 – 2018)
- Certified Counselor for Vocational Guidance Testing, Magelano University (2013) – Certificate No. 26401342012

PROFESSIONAL EXPERIENCE

FOUNDER AND DIRECTOR

Mental Health and Wellbeing for Ukraine

2022 – Present

- Established and lead a non-profit organization providing mental health support services in war-affected Ukraine
- Coordinate mental health professionals, liaise with agencies, and secure funding
- Develop strategic initiatives to expand mental healthcare access across Ukraine
- Over the course of two and a half years, our team has helped approximately 3,500 children and adolescents affected by the war in Ukraine; 2,900 military personnel; and 2,900 internally displaced persons

Research Projects

2023 – Present

- My role was to find partners and engage them in research work in Ukraine, demonstrating the importance of research on psychological trauma in Ukraine at the present time. I also connected partners with Ukrainian organizations that are interested in collaborating with colleagues from other countries. The initial stage of this process took approximately 1.5 years
- Leading a Randomized Controlled Trial of Intensive Residential Treatment (Grant: \$800,000)
- Collaboration with Richard Bryant, UNSW
- Developing project with Ann Skinner, Duke University

Psychological Expert Witness

2009 – 2024

- My task was to provide an expert assessment of the situation in which domestic violence arose. In some cases, I conducted therapy with the patient's aggression, as this was a court requirement
- Ukrainian Court System (2009-2024)
- Superior Court - Placer County, Roseville, CA (2021-2022)
- Provided expert testimony, conducted assessments, and prepared reports for legal proceedings

HEAD

International Research Grant Project on Forgiveness and Mental Health in Ukraine

2017 – 2022

- Led multidisciplinary research funded by Templeton World Charity Foundation
- Collaborated with experts from University of Virginia, Harvard University, and Stanford University
- Presented findings at international conferences, including Harvard (April 2023)

ORGANIZER AND LECTURER

"The Fundamentals of Existential Analysis and Logotherapy"

2020 – Present

- Developed and delivered a 1.5-year educational and therapeutic program
- Trained psychology students and aspiring counselors in existential analysis and logotherapy

TRANSLATOR AND COLLABORATOR

Mental Health Publications

2016 – 2022

Worked with Dr. Samuel Pfeifer to translate influential mental health books

ADDITIONAL ROLES AND ACHIEVEMENTS

- Certified in Trauma Releasing Exercises (TRE), Zurich, Switzerland (2018)
- Research work supported by Langham Trauma Project, USA (2016 – 2017)
- Teacher of Psychology, M. Dragomanov National Pedagogical University, Kyiv (2016 – 2017)
- Head of Psychology and Counseling Department, Ukrainian Theological Seminary (2015 – 2016)
- Volunteer assisting refugees from Donetsk and Lugansk (2014 – 2016)
- Collaboration with Medical Institute for Sexual Health, USA (2011 – 2013)
- Head of training programs in psychology, Ukrainian Theological Seminary (2013 – 2015)
- Certified Career Direct Consultant (2013)

KEY ACHIEVEMENTS AND SKILLS

- Founder and Director of the non-profit organization "Mental Health and Wellbeing for Ukraine" providing mental health support services in war-affected Ukraine
- Principal Investigator of an international research project on "Forgiveness and Mental Health in Ukraine" funded by the Templeton World Charity Foundation
- Lead Researcher on a Randomized Controlled Trial of Intensive Residential Treatment (Grant: \$800,000)
- Experienced psychological expert witness providing expert testimony in legal proceedings in Ukraine and the USA
- Organizer and lecturer of the educational and therapeutic program "The Fundamentals of Existential Analysis and Logotherapy"
- Author of two published psychology books in Ukraine
- Experience in translating and publishing influential mental health works in collaboration with international experts

METRICS

- 7,550 hours of practical training in psychotherapeutic and academic preparation.
- On average, the number of clients per year reached up to 125 clients per month.
- The scope of respondents in the forgiveness research study in Ukraine reached up to 4,500 participants.
- In total, the two grants in which I have participated and continue to participate amount to up to \$2 million

PUBLISHING PROJECTS

BOOKS AUTHORED:

1. Khalanskyi V. The Sun Within: How to Live Your Life Regardless of Fear / V. Khalansky. – Lviv: Svichado, 2024. – 224 p. – ISBN 978-966-938-739-4.
2. Khalanskyi V. Spark without Burnout. How to Complete the Stress Cycle, Work Satisfactorily, and Live Happily / Vyacheslav Khalansky. – Kharkiv: Vivat, 2023. – 496 p. – (Self-Development Series, ISBN 978-966-942-827-1).

TRANSLATION AND PUBLISHING PROJECTS:

1. Joseph Nicolosi's "Shame and Loss of Affection" Translated and published, 2018 Pfeifer S. Depression. The disease of modernity / Samuel Pfeifer. – Lviv: Svichado, 2017. – 88 p. – ISBN 978-966-938-055-5
2. Psychoeducation Book Series (2016-2017) In partnership with Klinik Sonnenhalde (Switzerland) and Svichado Publishing House (Ukraine)
3. Pfeifer S. Depression. The Disease of Modernity / Samuel Pfeifer. – Lviv: Svichado, 2017. – 88 p. – ISBN 978-966-938-055-5
4. Yarhouse M.A., Ten E. Sexuality and Psychotherapy of Sexual Disorders / Mark Yarhouse, Erica Ten. – Cherkassy: Colloquium, 2016. – 371 p. – ISBN 978-966-8957-56-7.

ARTICLES AND PUBLICATIONS:

1. Voytenko, V. L., Pargament, K. I., Cowden, R. G., Lemke, A. W., Kurniati, N. M. T., Bechara, A. O., Joynt, S., Tymchenko, S., Khalanskyi, V. V., Shtanko, L., Kocum, M., Korzhov, H., Mathur, M. B., Ho, M. Y., VanderWeele, T. J., & Worthington, E. L., Jr. (2021). Religious coping with interpersonal hurts: Psychosocial correlates of the brief RCOPE in four non-Western countries. *Psychology of Religion and Spirituality*. Advance online publication. Religious coping with interpersonal hurts: Psychosocial correlates of the brief RCOPE in four non-Western countries.

2. Ho, M. Y., Worthington, E. L., Jr., Khalanskiy, V. V., Lee, S. H., Cowden, R. G., Pargament, K. I., Voytenko, V. L., Tymchenko, S., Rosmarin, D. H., Strelan, P., Lavelock, C. R., Klatt, J. S., Rye, M. S., Fitchett, G., Lyons, G. C. B., Davis, D. E., & Van Tongeren, D. R. (2023). International REACH Forgiveness Intervention: A Multi-Site Randomized Controlled Trial. *Journal of Counseling Psychology*. Advance online publication.

Link: <https://bmjpublichealth.bmj.com/content/bmjph/2/1/e000072/DC1/embed/inline-supplementary-material-1.pdf>

3. Ho, M. Y., Worthington, E. L., Jr., Khalanskiy, V. V., Lee, S. H., Cowden, R. G., Pargament, K. I., Voytenko, V. L., Tymchenko, S., Rosmarin, D. H., Strelan, P., Lavelock, C. R., Klatt, J. S., Rye, M. S., Fitchett, G., Lyons, G. C. B., Davis, D. E., & Van Tongeren, D. R. International REACH Forgiveness Intervention: A Multi-Site Randomized Controlled Trial. *Journal of Counseling Psychology*. Advance online publication. (2023).

Link: <https://bmjpublichealth.bmj.com/content/2/1/e000072>

- 4.** Svetlana Kravchuk, Khalanskyi Viacheslav. FORGIVENESS AS A PREDICTOR OF MENTAL HEALTH IN CITIZENS LIVING IN THE MILITARY CONFLICT ZONE. "Journal of Education Culture and Society". Publication date 2022 June-July. Reviewer by Aleksander Kobylarek.
- 5.** Khalansky Vyacheslav. The main prerequisites for the integration of psychology and theology / O.M. Kononenko. // Journal of Kyiv Institute for Business and Technology "Christian Psychology: Challenges and Perspectives": 2nd International Conference on Christian Psychology. – K. KiBiT, 2012. – No 3. – P.25-31.
- 6.** Khalansky Vyacheslav. Influence of the religious factor on the value-semantic structure of individual / O.M. Kononenko. // Journal of Kyiv Institute for Business and Technology "Christian Psychology: Challenges and Perspectives": 2nd International Conference on Christian Psychology. – K. KiBiT, 2012. – No 3. – P.71-80.
- 7.** Khalansky Vyacheslav. Christian psychology as an integrative concept / Marta Bilyk, Irina Horbal // "Ukrainian Psychotherapy in Search of its Place in Public Relations": a collection of materials of the All-Ukrainian Interdisciplinary Scientific and Practical Conference (Lviv, March 29-30, 2013). – Lviv, 2013. – P.43-48.
- 8.** Khalansky V. Christian psychology as a way of integrating theology and psychology / V.V. Khalansky // Scientific notes of the National University of Ostroh Academy. Psychology and Pedagogy. – 2013. – Issue 23. – P.278-282.4.
- 9.** Khalansky V. Problems of dialogue of communication as spiritual and psychological dimension of personality / V.V. Khalansky // Scientific notes of the National University of Ostroh Academy. Psychology and Pedagogy. – 2013. – Issue 27. – C.145-149.
- 10.** Khalansky V.V. Dialogical interaction as a developing method of communication / I. P. Manoha // International Chelpaniv Psychological and Pedagogical Readings. Humanitarian Journal of G. Skovoroda Pereyaslav-Khmelnytskyi State Pedagogical University. – Annex 2 to Issue 35, T1 (13): Topical Issue. – K.: Gnosis, 2015. – P.366- 379.
- 11.** Svetlana Kravchuk, Vyacheslav Khalansky. Features of mutual relations in family and attitude towards political and legal sphere in the context of military conflict in Ukraine. Humanitarium / H.Skovoroda Pereyaslav-Khmelnytskyi State Pedagogical University». Pereyaslav-Khmelnytskyi (Kyiv reg.); Nizhyn (Chernihiv reg.): Lysenko M.M., 2017. – Vol.39, Iss.1: Psychology. – 155 p.
- 12.** Svetlana Kravchuk, Vyacheslav Khalansky. The Family as a source of mental trauma of personality in context of the military conflict in Ukraine. Monography. Langham Trauma Project, USA. 31.06.17.
- 13.** Voytenko, V., Nykamp, L., Achtyes, E., Stoyanov, R., Anderson, K., Thomas, S., Edwards, E., Lee, S. H., Post, D., Wyngarden, N., & Khalansky, V. (2024). Evidence-Based Practice Guideline for the Treatment of Adult Patients with Depressive Disorders Part I: Psychiatric Management. Michigan

State University College of Human Medicine, Grand Rapids, Michigan, USA; Pine Rest Christian Mental Health Services, Grand Rapids, Michigan, USA; Institute of Social and Political Psychology, The National Academy of Pedagogical Sciences of Ukraine, Kyiv, Ukraine.

Link:

<https://www.researchgate.net/publication/328675738> Prakticni dokazovi rekomendacii sodo liku vanna doroslih z depresivnimi rozladami Castina I Psihiatricnij suprovid Evidence-based practice guideline for the treatment of adult patients with depressive.

14. Voytenko, V., Nykamp, L., Achtyes, E., Stoyanov, R., Anderson, K., Thomas, S., Edwards, E., Lee, S. H., Post, D., Wyngarden, N., & Khalanskiy, V. (2024). Evidence-Based Practice Guideline for the Treatment of Adult Patients with Depressive Disorders Part I: Psychiatric Management. Michigan State University College of Human Medicine, Grand Rapids, Michigan, USA; Pine Rest Christian Mental Health Services, Grand Rapids, Michigan, USA; Institute of Social and Political Psychology, The National Academy of Pedagogical Sciences of Ukraine, Kyiv, Ukraine.

Link:

<https://www.researchgate.net/publication/328676335> Prakticni dokazovi rekomendacii sodo liku vanna doroslih z depresivnimi rozladami Castina II Psihoterapia Evidence-based practice guideline for the treatment of adult patients with depressive disorders5

CONFERENCES, PRESENTATIONS, MASTER-CLASSES

2023

• Participation in Conference:

ISTSS 39th Annual Meeting

November 1, Los Angeles

<https://www.global-psychotrauma.net/event-details/istss-39th-annual-meeting>

2022

• Presenter, Forgiveness Conference, Harvard University Organized by the Human Flourishing Program at Harvard

Link: <https://hfh.fas.harvard.edu/forgiveness-conference-harvard>

2021

• Attendee, Scientific and Practical Conference on Existential Analysis

Topic: "Being and Correlation with Meaning: Aspects of Psychotherapy"

Kyiv, Ukraine

2020

• Attendee, International Scientific-Practical Conference on Existential Analysis and Logotherapy

Topic: "Personal Existence and Psychotherapy"

Kyiv, Ukraine

2018

- Attendee, GLE-International Congress
Dresden, Germany (April 27, 2018)

2017

- Participant, International Congress "Potential Person: Resource Orientation in Psychotherapy, Counseling, Coaching and Pedagogy"
Berlin, Germany (May 4-5, 2017)
- Participant, "Existential Analysis and Logotherapy" Scientific-Practical Conference
Kyiv, Ukraine (December 16, 2017)

2015

- Participant, 5th International Festival "World of Psychology" Organized by Eastern European Institute of Psychology and various international institutions
2014-Present • Regular participant in "Psy-Factor" international scientific-practical conferences

NOTABLE MASTER CLASSES DELIVERED:

- a. "What to do if work does not bring pleasure?"
- b. "Psychological mechanism of manifestations of panic attacks in conditions of fierce competition"
- c. "An existential-analytical view of proximity and well-being"

MEMBERSHIP IN PROFESSIONAL COMMUNITIES

- Association of Psychotherapists of Ukraine (Existential Analysis Section) Member since 2009
- GLE-International Active member since 2018
- The European Movement for Christian Anthropology and Psychology (EMCAPP) Member since 2009
- TRE and Traumatherapy Association of Ukraine Member since 2018