

Emotional competence and resilience development: finding ways to social inclusion

28/11/2026

Prof. Dr. Marja Nesterova
Ass. Prof. Dr. Hanna Afuzova



Co-funded by the
European Union

ABOUT AREVE

AREVE - Association of Researchers of EU Values in Education has been founded in 2020 by group of EU Studies researchers, practitioners, trainers and educators. This is a **think tank, research organization** with the focus of EU values in education, implementation of them in educational sphere and transfer to civic society.



Relevant previous projects of AREVE team members

- International Visegrad Fund's Project – Accessibility across borders. Development of information accessibility for the deaf and blind persons (2018-2021);
- Jean Monnet Project EVDISD – EU Values of Diversity and Inclusion for Sustainable Development (2020-2021);
- ENTR4ALL (2022-2023)- social integration of Ukrainian forced migrants (women) in Italy;
- ERASMUS+ KA2 Project UNICOM – University-Community: Strengthening cooperation (2022-2027);
- Jean Monnet Center of Excellence ESSIE EU Studies of Social Innovation in Education (2022-2025);

Relevant previous projects of AREVE team members

- Project from the European Educational Research Association – Development of resilience of students of the first level of higher education in the context of the military conflict on the territory of Ukraine (2022-2023);
- Project from the Ukrainian Humanitarian Fund – Providing digital tools to overcome learning gaps, socio-emotional development and mental health assessment for the most vulnerable 35,000 children in rural areas (2023-2024);

Relevant previous projects of AREVE team members

- project from the “People in Need” – Increasing the Resilience of Educators: Trauma-Informed Support and Psychological Assistance in Conflict-Affected Regions of Ukraine (2024-2025);
- Erasmus+KA2 project “Best practices of EU governance” (2025 – 2028)
- resilience project from the “United Help Ukraine” – SMUHA 2.0 (2024-2025)
Development of the digital platform of mental health for veterans “DoLadu”
Resource for Resilience (R4R) – psycho-art-therapy of combatants in the Military Hospital in Kyiv.
etc.

Our main directions of expertise

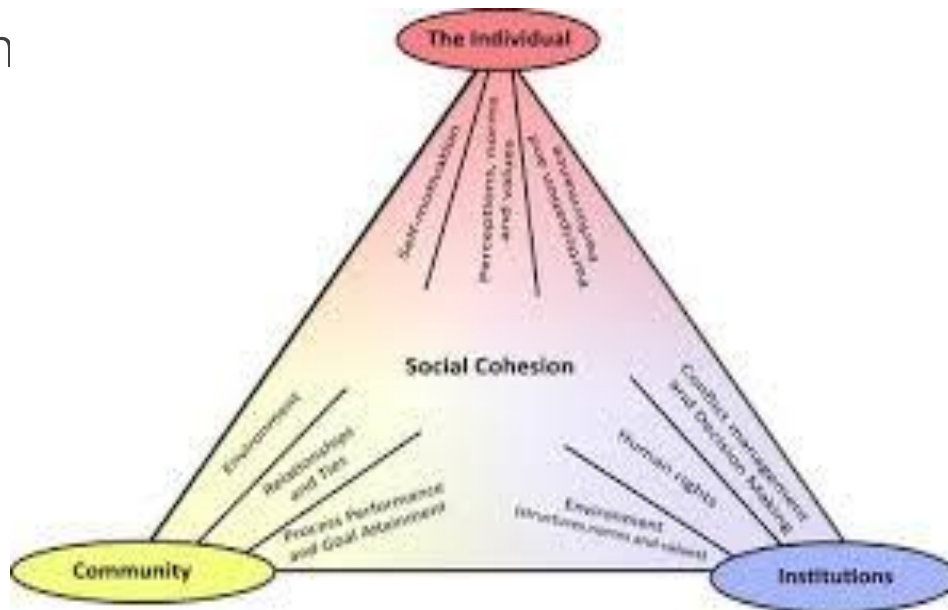
- Social inclusion research and advocacy
- Social cohesion research and development
- Emotional competence assessment and development
- Resilience and diversity model research and development
- Practical Psychology and Psychotherapy tools(Art therapy, Positive and transcultural therapy, Trauma therapy, etc.)
- Intercultural competence development

Social inclusion as an indicator of a developed society and a priority of post-war recovery.

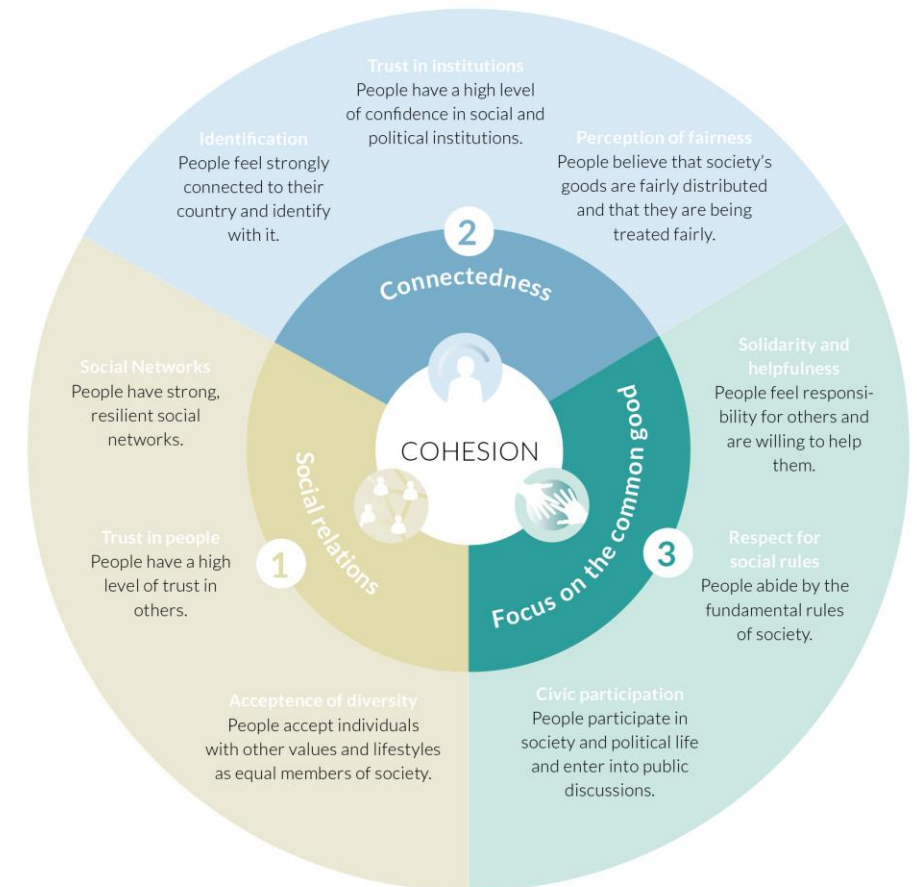
- **Inclusion** = participation in society for all, equal rights and equal opportunities.
- **Social inclusion** reduces isolation, increases access to care, builds trust.
- **Communities** with high levels of social capital recover faster from shocks.

Social cohesion as key factor of social inclusion

- Social cohesion in communities – practical research in various communities 2020-2022
- Social Cohesion Model and its trust and in



Association of Researchers of EU Values in Education
(AREVE)



Our approach

- **Wide Inclusion** and working with all stakeholders (DoL, PwD, PoFO, IDPs, refugees, veterans, ...)
- **Help 2 Helpers H2H** - priority of “Oxygen Mask”
- Applied concept **Resource 4 Resilience R4R**
- **Synergy** strengthening quality through collaboration – networking, dissemination approach



The concept of ‘help to helpers’

Wide understanding of “helpers” – educators, social workers, psychologists, volunteers, etc.

The “helpers” working with vulnerable groups are experiencing the following problems:

- Emotional burn-out
- Inhibition of empathy (psychological mechanisms of defense)
- Chronic fatigue
- Secondary traumatization

Without help the effectiveness of helper’s assistance decreases and the risk of professional and emotional burnout increases.

Emotional competence as a pathway to social inclusion

- a key personal resource that ensures effective social interaction, reduces intergroup barriers and creates an inclusive social environment;
- reduces prejudice, xenophobia and social distance;
- reduces the risk of secondary marginalization (allows us to avoid paternalistic models of assistance, instead supporting partnership and preserving dignity);
- strengthens social cohesion and resilience of communities, especially in times of crisis and social transformation.

Place EC within the structure of resilience

Components of resilience:

1) cognitive - openness to experience; tolerance to uncertainty;
positive thinking



1) emotional - emotional stability; emotional intelligence;
extraversion;



1) behavioral - search activity, prosocial behavior



constructive coping strategies

Levels of Resilience

Individual:

1. Key components - emotional regulation, cognitive flexibility, self-efficacy, meaning in life => most components can be trained (CBT, mindfulness, problem-solving training).

Physical safety is the basis of psychological individual resilience. The level of individual resilience could be increased by trainings and other support tools.

Levels of Resilience

Community level

1. Ensuring physical and information accessibility.
2. Creating local support networks (peer groups, volunteers).
3. Education accessible to everyone: adapted methods, the role of the teacher as a facilitator.

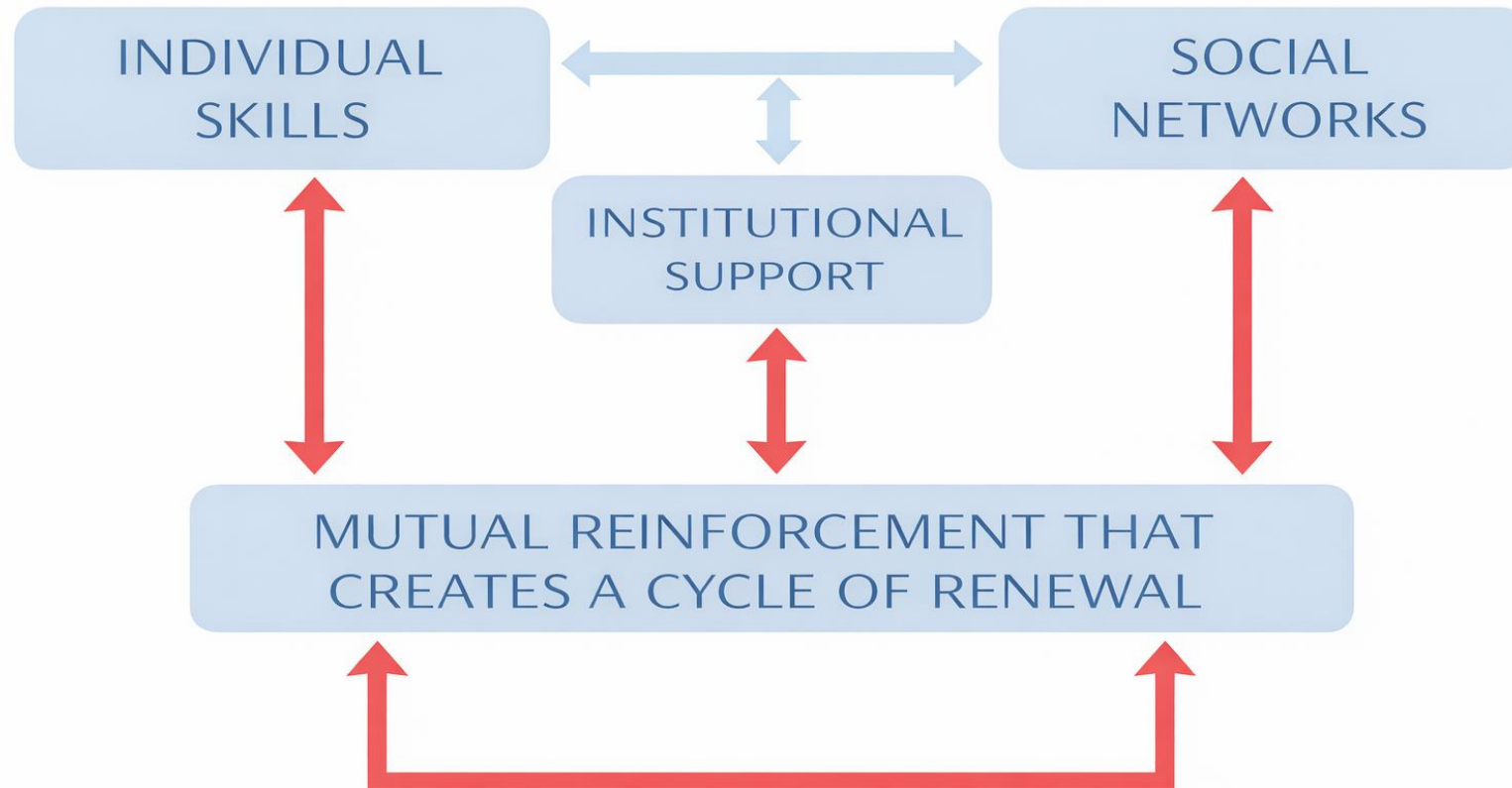
Preparing for crisis response taking into account vulnerability (disability, age, social status, etc.).

Resilience levels

Society:

1. Flexible crisis management, economic stability, information security.
2. Development of "resilience hubs" - population support centers.
3. Partnership between the state, NGOs and communities as the key to resilience.

Resilience and social inclusion



Integrative model for enhancing the resilience of vulnerable population groups

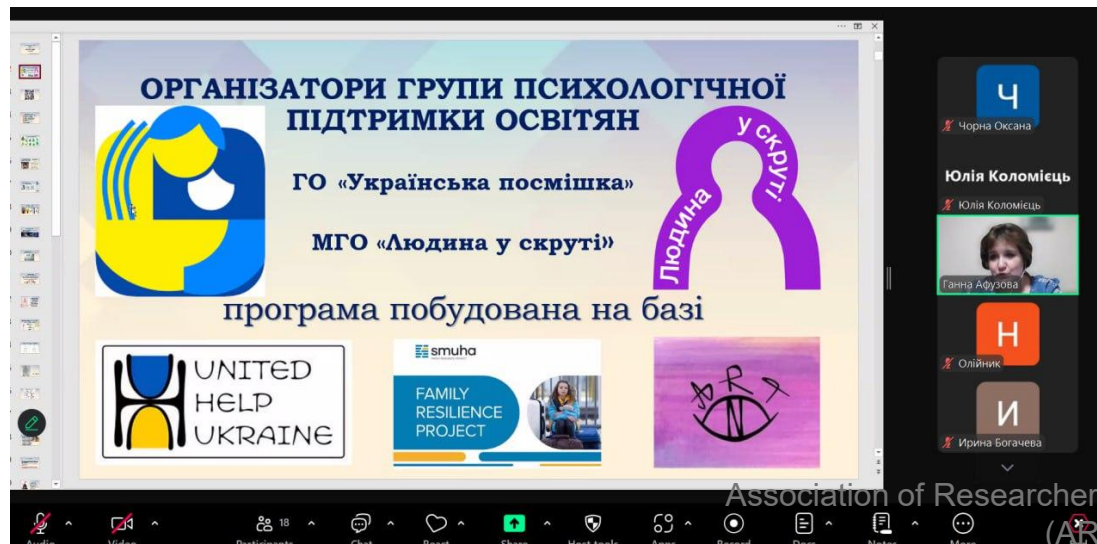
1. Assessment of Vulnerability /traumatization).
2. Psycho-social support.
3. Social network building.
4. Institutional support.
5. Monitoring and adaptation.

→ A single system that works from the individual to policy.

Practices of resilience and social inclusion development

Resilience and social inclusion: practical ways to implement the values of inclusion to strengthen societal resilience;

«Increasing the Resilience of Educators: Trauma-Informed Support and Psychological Assistance in Conflict-Affected Regions of Ukraine» від «People in Need»



Thank you for your attention!

Questions??

mail: info@areve.info

www.areve.org