

## **Olha Uhryn**

Associate Professor, Candidate of Psychological Sciences, Associate Professor of the Department of Theoretical and Practical Psychology

Research profiles:

1. <https://orcid.org/my-orcid?orcid=0000-0001-5811-2927>
2. <https://scholar.google.com.ua/citations?user=bHMon9sAAAAJ&hl=uk>
3. <https://www.researchgate.net/profile/Olja-Uhryn>
4. <https://www.webofscience.com/wos/author/record/E-7650-2016>

### **Briefly about myself:**

In 2008, she graduated from Ivan Franko Lviv National University; master's degree in psychology, specialty "Clinical psychologist".

In 2014, she defended her candidate's thesis on the topic: "Family identification as a psychological factor in the professional self-realization of a student's personality."

In 2015, he was awarded the academic title of associate professor.

Practical psychologist, candidate of psychotherapists in the direction of Client-centered psychotherapy, art therapist, volunteer of the Crisis Psychological Service.

### **Field of scientific interests**

Professional growth and self-realization of the individual

Psychosomatics and health psychology

Art therapy in crisis situations

Psychotrauma

### **Educational disciplines:**

Psychological trainings in the organization

Management psychology

Basics of pathopsychology

Basics of clinical psychology

Gender psychology

Psychosomatics

### **Field of practical activity**

Working with psychotrauma using EMDR and art therapy

Formation of stress resistance, self-regulation skills

Work with crisis situations

Conducting psychological trainings and master classes

### **Scientific work**

Author of more than 80 scientific works, including those published in foreign scientific publications

1. Sorokowska A., Supreet S., Uhryn O. and ad... Affective Interpersonal Touch in Close Relationships: A Cross-Cultural Perspective. Personality and Social Psychology Bulletin. 2021. P.1-17. ISSN: 1552-7433 (Scopus). DOI: [10.1177/0146167220988373journals.sagepub.com/home/pspb](https://doi.org/10.1177/0146167220988373journals.sagepub.com/home/pspb)
2. Sorokowska A., Groyecka A., Uhryn O. and ad... Global study of social odor awareness. Chemical Senses, 2018. Vol. 43. No 7. P. 503 – 513. (Scopus). DOI: <https://doi.org/10.1093/chemse/bjy038>
3. Sorokowska A, Sorokowska P., Hilpert P., Uhryn O. and ad... Preferred Interpersonal Distances: A Global Comparison. Journal of Cross-Cultural Psychology. 2018. Vol. 48(4). P.577 –592. (Scopus).
4. Uhryn O.H. Psychological readiness of students to work in a professional field/ The Journal of Education Culture and Society. 2013. Vol. 1. №2 . P.97-107. DOI: [https://www.researchgate.net/publication/338521630\\_Psychological\\_readiness\\_of\\_students\\_to\\_work\\_in\\_a\\_professional\\_field](https://www.researchgate.net/publication/338521630_Psychological_readiness_of_students_to_work_in_a_professional_field)

The author of educational and methodological manuals for the educational disciplines he teaches ("Management psychology - a practical guide", "Management psychology", "Basics of clinical and pathopsychology").

### **Additional information**

- valid member of the GS "National Psychological Association"
- member of the Eastern European Arttherapy Association EEATA since 2019. and until now

### **Educational projects:**

- EMDR -1 ( 2022-2023, EMDR Europe)
- Emergency Training in Trauma Healing ( 2022, The center for Mind-Body Medicine);
- Training ASSYST Humanitarian Psychosocial Project ( 2022, Czech Institute for Psychotraumatology and EMDR);
- Integrative art therapy in a crisis situation (2022, Institute of Integrative Art Therapy);
- "Art therapy support of a client in crisis", (2019-2021, NGO "Western Ukrainian Association of Art Psychologists and Art Therapists")
- "Propaedeutics of mental diseases" (2017-2021, NGO "Ukrainian Psychotherapeutic University"),
- "Fundamentals of Art Therapy" (2018-2019, Institute of Higher Psychology and Physical Therapy); "Projective Techniques in Life and Practice" (2017, International Psychological Association of Projective Techniques of the Moscow State Academy of Medical Sciences)