

Shared Suffering

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Ukrainians are trying to confront the war's psychological wounds even as the battles wear on.

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Kate Pokrovskaya, a 39-year-old psychotherapist, was asleep at her home in Kyiv, Ukraine, on Feb. 24 when she and her husband were awakened by the sound of explosions. Russia had launched its invasion. "At that moment, our life stopped," she said.

Pokrovskaya tried to help her patients cope with the stress and trauma of war. But she was living through it herself.

"We began to sleep badly; my body was tense," she said. "The sirens became more and more frequent, especially at night. All this was very oppressive, and mentally and physically exhausting."

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