

An abstract painting with a warm, glowing palette. The upper half is dominated by a bright yellow and orange glow, suggesting a sunset or sunrise. Below this, the colors transition into deep reds and purples. The bottom of the painting features dark, textured strokes in shades of blue and purple, with a small, dark silhouette of a boat visible in the lower left corner. The overall texture is rich and layered, with visible brushstrokes and a sense of depth.

# Glimmers

Victoria Spashchenko





Glimmer Hunt in your  
mobile gallery





"We're not talking great, big, expansive experiences of joy or safety or connection. These are micro moments that begin to shape our system in very gentle ways."

Deb Dana, clinical social worker who introduced the concept of glimmers





# Perceiving glimmers with five senses

- See a glimmer (e.g. a beautiful landscape)
- Hear a glimmer (e.g. sounds of nature, music)
- Taste a glimmer (e.g. taste of food cooked by a close person)
- Smell a glimmer (e.g. a smell of a flower or just baked bread)
- Touch a glimmer (e.g. a hug, a touch of a warm scarf)
- + the sixth sense?





I experienced  
glimmering when

- I saw...
- I heard...
- I smelled...
- I tasted...
- I touched...
- I.....



Glimmerin  
g with your  
eyes  
closed






# Practicing Glimmering

In the Ukrainian National Mental Health Program “How are you?” there is a chapter about glimmers

Practicing “glimmering” even (or especially) in the darkest times is helpful and healthy





A photograph of a green maple leaf with a red stem floating in a shallow puddle on a dark asphalt surface. The background is slightly blurred, showing more of the pavement and some distant trees.

# How to train your brain for glimmers?

- Set up an intention to invite glimmers into your life
- When you notice a glimmer in your day, allow yourself to stop or slow down to really take it in
- Engage and anchor it to your 5 (six?) senses
- Acknowledge what's happening in your body

You can start with just one glimmer a day😊





# Glimmers Diary

If you started your  
Glimmer diary now, what  
would be the first  
moment you'd capture?





Glimmer of Hope



An abstract painting featuring large, textured blocks of color. On the left, a large purple block dominates the upper half. Below it, a yellow block is partially visible. In the center, a blue block is prominent, with a brown block above it. To the right, a light pink block covers the upper right portion. The bottom right corner shows a light blue block. The overall composition is layered and textured, with visible brushstrokes and some darker lines running through the colors.

# Glimmer Journaling

Think of a “dark time” of your life.

What was a small moment that brought you a sense of calm, strength, or connection?





# A glimmer as a Miracle

A Glimmer Question?



# Glimmering in conversations

One person shares an experience while other(s) listen(s) closely and reflect on what glimmered for them in the story shared





What did it feel like to  
notice and name those  
*glimmers*?



# Glimmers

**vs.**

# Triggers

- Subtle positive stimuli that evoke feelings of safety, connection, or calm
- Encourages feelings of peace, joy, comfort, or hope
- Activates the parasympathetic nervous system (rest and digest)
- Strengthens resilience and supports emotional healing through mindful attention to small, uplifting moments
- Creates positive ripple effects: tiny glimmers accumulate, reinforcing a more hopeful and balanced outlook on life

- Negative stimuli that activate a stress response or trauma memories
- Induces feelings of fear, anxiety, anger, or distress
- Activates the sympathetic nervous system (fight, flight, freeze)
- Identifying triggers helps to work through trauma
- Creates negative ripple effects: emotional escalations, impulsive responses, negative thought patterns, and destructive behaviours



Glimmering fits perfectly well within the SFA framework: it's all about shifting the focus, exercising noticing for emotional healing and creating micro-moments that sparks a meaningful preferred change!





**Thank you😊!**



Victoria Spashchenko is an SFA practitioner and promoter, a self-appointed manager of SF-Ukraine and the author of practical guides on how to solve problems without discussing them. Also, an intercultural coach and facilitator, a manager with many years of experience and a (keynote) speaker with good listening skills☺!





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<https://journalsfp.org/article/117595-a-solution-focused-approach-in-times-of-war-views-from-the-inside>

<https://bookboon.com/en/moving-from-problem-to-solution-ebook>

#war\_thoughts: Unfiltered and Raw Reflections on Recent russian Aggression Against Ukraine.



An abstract artwork featuring horizontal bands of color and texture. The top half is a solid, textured purple. Below this, there are several bands of varying colors and textures, including dark blue, pink, yellow, red, green, and white. The bottom half is a solid, textured purple. The overall effect is one of layered, organic forms.

In this presentation, I used  
my photographs of the  
works of the following  
artists:

- Anatolij Kryvolap
- Tyberij Silvashy
- Anton Logov
- Lev Skop
- Ada Rybachuk & Volodymyr Mel'nichenko