Trauma and Resilience:
Theory and Practice from the Israeli Experience
Summer Course:
July 3rd - July 14th, 2016

Hebrew University of Jerusalem

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www.traumaweb.org

TRAUMA, STRESS AND COPING - OVERVIEW


Ted Talk: “How to Make Stress Your Friend”
https://www.youtube.com/watch?v=RcGyVTAoXEU

PTSD & RELATED DISTRESS


**DEVELOPMENTAL PERSPECTIVES ON TRAUMA**


Ted Talk: “How Childhood Trauma Affects Health Across a Lifetime” https://www.youtube.com/watch?v=95ovIJ3dsNk

**Relational PTSD and Emotional Regulation**


**BUILDING PERSONAL AND COMMUNITY RESILIENCE: THEORY AND PRACTICE**


**Post Traumatic Growth**


**Trauma, Resilience and the Military**


**The Effects of War and Terrorism on Civilian Populations**

interpersonal sources of resilience. *Journal of Clinical Psychology, 70*(12), 1227-1239. doi:10.1002/jclp.22083


**INTERGENERATIONAL TRAUMA: THE HOLOCAUST AS A CASE STUDY**


**COMPLEX TRAUMA AND DISSOCIATION**


**TRAUMA TREATMENT PRINCIPLES**


**Video: “Description of Dual Awareness for treating PTSD”**
https://www.youtube.com/watch?v=HlM8XV7vIFs

**TRAUMA TREATMENT: HOW IT LOOKS AND FEELS**


**SOMATIC EXPERIENCING AND MINDFULNESS**


ETHIOPIAN PROJECT


MEDICAL TRAUMA


GRIEF AND BEREAVEMENT


HELPING THE HELPERS


Video: War Lexicon – More than thousand words (Shared Traumatic Reality)
https://www.youtube.com/watch?v=HN3JGuOxz0s