

Trauma and Resilience:

Theory and Practice from the Israeli Experience

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Hebrew University of Jerusalem

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www.traumaweb.org

INTRODUCTION TO TRAUMA AND COPING

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

PTSD, RESILIENCE AND GROWTH

PTSD AND RELATED DISTRESS

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INTERGENERATIONAL TRAUMA: THE HOLOCAUST AS A CASE STUDY

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Video: "Description of Dual Awareness for treating PTSD" <https://www.youtube.com/watch?v=HIM8XV7vIFs>

EXPERIENTIAL WORKSHOP: TRAUMA TREATMENT

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TRAUMA TREATMENT: TREATMENT OF COMPLICATED GRIEF

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TRAUMA TREATMENT: BODY-MIND APPROACHES

SOMATIC EXPERIENCING AND MINDFULNESS

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HELPING THE HELPERS

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