



Rothberg International School
בית הספר לתלמידים מחו"ל ע"ש רוטברג
THE HEBREW UNIVERSITY OF JERUSALEM
האוניברסיטה העברית בירושלים



Department of Summer Courses
and Special Programs

המחלקה לקורסי קיץ
ותוכניות מיוחדות

Trauma and Resilience: Theory and Practice from the Israeli Experience (48530 & 48531)

Metiv and Rothberg International School

Dr. Danny Brom

danny@metiv.org

Two-Week Course: June 29 – July 13, 2023, Clinical Training: July 16-20, 2023
Classroom 301

INTRODUCTION TO TRAUMA AND COPING

Brom, D. (2014). Thoughts about survival mode theory of post-traumatic reactions. In: R. Pat-Horenczyk, D. Brom and J.M Vogel (Eds), *Helping Children Cope with Trauma: Individual, Family and Community Perspectives* (pp. 243-248). New York: Routledge

Bonanno, G. A., Romero, S. A., & Klein, S. I. (2015). The temporal elements of psychological resilience: An integrative framework for the study of individuals, families, and communities. *Psychological Inquiry*, 26(2), 139-169.

Yehuda R. & LeDoux. J. (2007). Response variation following trauma: A translational neuroscience approach to understanding PTSD. *Neuron*, 56(4), 19-32. doi:10.1016/j.neuron.2007.09.006

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

EXPERIENTIAL WORKSHOP: TRAUMA TREATMENT

Herman, J. (1997). Remembrance and Mourning. In: Herman, J., Trauma and Recovery, Basic Books.

Morris, D. J. (2015). A Haunted Mind. In: Morris, D. J., The Evil Hours: A Biography of Post-Traumatic Stress Disorder, Eamon Dolan.

RESILIENCE

Bonanno, G. A., & Diminich, E. D. (2013). Annual research review: Positive adjustment to adversity – trajectories of minimal-impact resilience and emergent resilience. *Journal of Child Psychology and Psychiatry*, 54(4), 378-401. doi:10.1111/jcpp.12021

Bonnano, G. A., Romero, S. A., & Klein, S. I. (2015). The temporal elements of psychological resilience: An integrative framework for the study of individuals, families, and communities. *Psychological Inquiry*, 26, 139-169.

Southwick, S. M., Pietrzak, R. H., Tsai, J., Krystal, J. H., & Charney, D. (2015). Resilience: An update. *PTSD Research Quarterly*, 25(4), 1050-1835.

Allen, S. F., Pfefferbaum, B., Nitiéma, P., Pfefferbaum, R. L., Houston, J. B., McCarter III, G. S., & Gray, S. R. (2016). Resilience and coping intervention with children and adolescents in at-risk neighborhoods. *Journal of Loss and Trauma*, 21(2), 85-98.

Kimhi, S. (2016). Levels of resilience: Associations among individual, community, and national resilience. *Journal of health psychology*, 21(2), 164-170

Masten, A. S. (2014). Global perspectives on resilience in children and youth. *Child Development*, 85(1), 6-20. doi:10.1111/cdev.12205.

PTSD, RESILIENCE AND GROWTH

PTSD AND RELATED DISTRESS

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). Arlington, VA: American Psychiatric Publishing.

Hoge, C. W., Yehuda, R., Castro, C. A., McFarlane, A. C., Vermetten, E., Jetly, R., ... & Marmar, C. R. (2016). Unintended consequences of changing the definition of posttraumatic stress disorder in DSM-5: critique and call for action. *JAMA psychiatry*, 73(7), 750-752.

Pfefferbaum, B., Noffsinger, M. A., Jacobs, A. K., & Varma, V. (2016). Children's cognitive functioning in disasters and terrorism. *Current psychiatry reports*, 18(5), 48.

Pat-Horenczyk, R., Peled, O., Miron, T., Villa, Y., Brom, D. & Chemtob, C.M. (2007). Risk-taking behaviors among Israeli adolescents exposed to recurrent terrorism: Provoking danger under continuous threat? *American Journal of Psychiatry*, 164 (1), 66-72. doi:10.1176/appi.ajp.164.1.66

Lahiri, S., van Ommeren, M., & Roberts, B. (2016). The influence of humanitarian crises on social functioning among civilians in low-and middle-income countries: A systematic review. *Global public health*, 1-18. Chicago

Pat-Horenczyk, R., Cohen, S., Ziv, Y., Achituv, M., Brickman, S., Blanchard, T., & Brom, D. (2017). Stability and Change in Posttraumatic Distress: A 7- Year Follow-Up Study of Mothers and Young Children Exposed to Cumulative Trauma. *Journal of Traumatic Stress*, 30(2), 115-124.

Yehuda, R., Hoge, C. W., McFarlane, A. C., Vermetten, E., Lanius, R. A., Nievergelt, C. M., Hobfoll, S. E., Koenen, K.C. Neylan, T. C., & Hyman, S. E. (2015). Post-traumatic stress disorder. *Primer*, 1(15057), 1-22.

DEVELOPMENTAL PERSPECTIVES ON TRAUMA

Chemtob, C. M., Gudiño, O. G., Luthra, R., Yehuda, R., Schmeidler, J., Auslander, B., ... & Panzer, P. G. (2016). Child Trauma Exposure and Posttraumatic Stress Disorder: Identification in Community Mental Health Clinics. *Evidence-Based Practice in Child and Adolescent Mental Health*, 1(2-3), 103-115.

Pat-Horenczyk R., Rabinowitz, R., Rice, A., & Tucker-Levin, A. (2009). The search for risk and protective factors in childhood PTSD: From variables to processes. In: D. Brom, R. Pat-Horenczyk and J. Ford (Eds.) *Treating traumatized children: Risk, resilience and recovery*, (pp. 51-71). New York: Routledge.

Pat-Horenczyk, R., Cohen, S., Ziv, Y., Achituv, M., Asulin-Peretz, L., Blanchard, T. R., ... & Brom, D. (2015). Emotion regulation in mothers and young children faced with trauma. *Infant mental health journal*, 36(3), 337-348.

Pat-Horenczyk, R., Achituv, M., Kagan-Rubenstein, A., Khodabakhsh, A., Brom, D. & Chemtob, C.M. (2012). Growing up under fire: Building resilience in young children and parents exposed to ongoing missile attacks *Journal of*

Child & Adolescent Trauma, 5(4), 303-314. doi:
10.1080/19361521.2012.719595

Ted Talk: "How Childhood Trauma Affects Health Across a Lifetime"
https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime/transcript?language=en

POST TRAUMATIC GROWTH

Masten, A. S. (2007). Resilience in developing systems: Progress and promise as the fourth wave rises. *Development and psychopathology*, 19(3), 921-930.
Kilmer, R. P., Gil-Rivas, V., Griese, B., Hardy, S. J., Hafstad, G. S., & Alisic, E. (2014). Posttraumatic growth in children and youth: clinical implications of an emerging research literature. *American Journal of Orthopsychiatry*, 84(5), 506.

Westphal, M., & Bonnano, G. A. (2007). Posttraumatic growth and resilience to trauma: Different sides of the same coin or different coins? *Applied Psychology: An International Review*, 56(3), 417-427.

Zoellner, T., & Maercker, A. (2006). Posttraumatic growth in clinical psychology—A critical review and introduction of a two component model. *Clinical psychology review*, 26(5), 626-653.

CATEGORIES OF TRAUMA

TREATMENT OF COMPLICATED GRIEF

Baum, N. L., Ginat, R., & Silverman, P. R. (2013). Childhood bereavement and traumatic loss. In: R. Pat-Horenczyk, D. Brom and J.M. Vogel (Eds), *Helping Children Cope with Trauma: Individual, Family and Community Perspectives* (pp. 66-78). New York: Routledge

Shear, M. K. (2015). Complicated grief. *New England Journal of Medicine*, 372(2), 153-160.

Wortham, J. (2015, December, 23). Ghosts in the machine. *The New York Times*. Retrieved from http://www.nytimes.com/2015/12/27/magazine/ghosts-in-the-machine.html?mwrsm=Email&_r=0

Turrini, G., Purgato, M., Ballette, F., Nose, M., Ostuzzi, G., & Barbui, C. (2017). Common mental disorders in asylum seekers and refugees: Umbrella

review of prevalence and intervention studies. *International Journal of Mental Health Systems*, 11(51), 1-14. Doi: 10.1186/s13033-017-0156-0

CIVILIAN POPULATIONS

Besser, A., Weinberg, M., Zeigler-Hill, V., Neria, Y., (2014). Acute symptoms of posttraumatic stress and dissociative experiences among female Israeli civilians exposed to war: The roles of intrapersonal and interpersonal sources of resilience. *Journal of Clinical Psychology*, 70(12), 1227-1239. doi:10.1002/jclp.22083

Canetti, D., Galea, S. et al. (2010). Exposure to prolonged socio-political conflict and the risk of PTSD and depression among Palestinians. *Psychiatry: Interpersonal and Biological Processes*, 73(3), 219-231. doi:10.1521/psyc.2010.73.3.219

de Jong, K., Ariti, C., van der Kam, S., Mooren, T., Shanks, L., Pintaldi, G., & Kleber, R. (2016). Monitoring and Evaluating Psychosocial Intervention Outcomes in Humanitarian Aid. *PloS one*, 11(6), e0157474.

Miller, K. E., & Rasmussen, A. (2017). The mental health of civilians displaced by armed conflict: an ecological model of refugee distress. *Epidemiology and psychiatric sciences*, 26(2), 129-138.

Panter-Brick, C., Hadfield, K., Dajani, R., Eggerman, M., Ager, A., & Ungar, M. (2017). Resilience in Context: A Brief and Culturally Grounded Measure for Syrian Refugee and Jordanian Host-Community Adolescents. *Child Development*.

COMPLEX TRAUMA

HOLOCAUST SURVIVORS AND INTERGENERATIONAL PERSPECTIVE

Baum, N. L., Rotter, B., Reidler, E. (2009). Building resilience for Holocaust educators. *Interdisciplinary Journal for Holocaust Educators* 1(Fall), 81-88.

Brom, D., Durst, N. et al. (2002). The phenomenology of posttraumatic distress in older adult Holocaust survivors. *Journal of Clinical Geropsychology*, 8(3), 189-201. doi:10.1023/A:1015944227382

Kellermann, N. P. (2009). Holocaust trauma: Psychological effects and treatment. New York: IUniverse, 2009. Print. pp. 69-104

Kellerman, N. P. (2013). Epigenetic Transmission of Holocaust Trauma: Can Nightmares Be Inherited? *Isr J Psychiatry Relat Sci*, 50(1), 33-39. Retrieved from Epi_2013/07/08/uploads/content-wp/il.co.doctoronly//: http- pdf.

Transmission-genetic Podcast: "How Trauma and Resilience Cross Generations" <http://www.on-being.org/program/rachel-yehuda-how-trauma-and-resilience-cross-generations/7786>

NEGLECT AND ABUSE OF CHILDREN

Bartlett, J. D., Kotake, C., Fauth, R., & Easterbrooks, M. A. (2017). Inter-generational transmission of child abuse and neglect: Do maltreatment type, perpetrator, and substantiation status matter? *Child abuse & neglect*, 63, 84-94.

Cecil, C. A., Viding, E., Fearon, P., Glaser, D., & McCrory, E. J. (2017). Disentangling the mental health impact of childhood abuse and neglect. *Child abuse & neglect*, 63, 106-119.

Demers, L. A., Rauch, S. L., Olson, E. A., Sonis, L. A., Jensen, J. E., & Rosso, I. M. (2015, May). Childhood Emotional Neglect and Trait Resilience are Related to Ventromedial Prefrontal Cortex Volume in PTSD. In *Biological Psychiatry* (Vol. 77, No. 9, pp. 45S-45S). 360 Park Ave South, New York

Nemeroff, C. B., & Binder, E. (2014). The preeminent role of childhood abuse and neglect in vulnerability to major psychiatric disorders: toward elucidating the underlying neurobiological mechanisms. *Journal of the American Academy of Child & Adolescent Psychiatry*, 53(4), 395-397.

EMOTION REGULATION AND TRAUMA

TRAUMA AND EMOTION REGULATION

Kay, S. A. (2016). Emotion regulation and resilience: Overlooked Connections. *Industrial and Organizational Psychology*, 9(2), 411-415.

Pat-Horenczyk, R., Sim Wei Shi, C., Schramm-Yavin, S., Bar-Halpern, M., & Tan, L. J. (2014). Building emotion and affect regulation (BEAR): Preliminary evidence from an open trial in children's residential group homes in Singapore. *Child Youth Care Forum*, 44, 175-190.

Pat-Horenczyk, R., Cohen, S., Ziv, Y., Achituv, M., Asulin-Peretz, L., & Blanchard, T. R. (2015). Emotion regulation in mothers and young children faced with Trauma. *Infant Mental Health Journal*, 36(3), 337-348.
Doi:10.1002/imhj.21515

NEUROFEEDBACK

Kolk, B. A., Hodgdon, H., Gapen, M., Musicaro, R., Suvak, M. K., Hamlin, E., & Spinazzola, J. (2019). Correction: A Randomized Controlled Study of Neurofeedback for Chronic PTSD. *Plos One*, 14(4).
doi:10.1371/journal.pone.0215940

Hammond, D. C. (2011). What is Neurofeedback: An Update. *Journal of Neurotherapy*, 15(4), 305-336. doi:10.1080/10874208.2011.623090

PRINCIPLES OF TRAUMA TREATMENT

TREATMENT PRINCIPLES AND INTERVIEW TECHNIQUE

Benish, S.G., Imel, Z. E., Wampold, B.E. (2008). The relative efficacy of bona fide psychotherapies for treating post - traumatic stress disorder: A meta - analysis of direct comparisons. *Clinical Psychology Review*, 28(5), 746-758.
doi:10.1016/j.cpr.2007.10.005

Brom, D. & Pat-Horenczyk, R., (2012). Ethical considerations in the treatment of post-traumatic distress. In E. Vermetten, R.J. Kleber, O. van der Hart, *Handbook of Post-Traumatic Stress Disorders* (pp. 737-752). Utrecht:

Ford, J., Albert, D.B., Hawke, J. (2009). Prevention and treatment interventions for traumatized children: Restoring children's capacities for self-regulation. In D. Brom, R. Pat - Horenczyk & J. Ford, *Treating Traumatized Children: Risk, Resilience and Recovery* (pp. 195-209). London: Routledge.

Kuester, A., Niemeyer, H., & Knaevelsrud, C. (2016). Internet-based interventions for posttraumatic stress: A meta-analysis of randomized controlled trials. *Clinical Psychology Review*, 43, 1-16.

Pfefferbaum, B., Varma, V., Nitiema, P., & Newman, E. (2014). Universal preventative interventions for children in the context of disasters and terrorism. *Child and Adolescent Psychiatric Clinics of North America*, 23(2), 363-382.

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

TRAUMA AND DISSOCIATION

Brand, B. L., Sar, V., Stavropoulos, P., Krüger, C., Korzekwa, M., Martínez-Taboas, A., & Middleton, W. (2016). Separating fact from fiction: an empirical examination of six myths about dissociative identity disorder. *Harvard review of psychiatry*, 24(4), 257.

Dorhay, M. J. & van der Hart, O. (2015). DSM-5's posttraumatic stress disorder with dissociative symptoms: Challenges and future directions. *Journal of Trauma & Dissociation*, 16(1), 7-28. doi:10.1080 /15299732. 2014.908806

Hart, Onno Van Der, E. R. S. Nijenhuis, and Kathy Steele (2016). *The Haunted Self: Structural Dissociation and the Treatment of Chronic Traumatization*. New York: W. W. Norton, ch. 17 Print.

Spiegel, D. (2007) "What Is Traumatic Dissociation." *American Journal of Psychiatry* 163.4: 566-68. Web.

MILITARY TRAUMA

PROCESSING COMBAT EXPERIENCES

Baum, N. L., Brom, D., Pat-Horenczyk, R., Rahabi, S., Wardi, J., & Weltman, A. (2013). Transitioning from the battlefield to home: An innovative program for Israeli soldiers. *Journal of Aggression, Maltreatment & Trauma*, 22(6), 644-659. doi: 10.1080/10926771. 2013.805174

Nazarov, A., Jetly, R., McNeely, H., Kiang, M., Lanius, R., & McKinnon, M. C. (2015). Role of morality in the experience of guilt and shame within the armed forces. *Acta Psychiatrica Scandinavica*, 132(1), 4-19.

Rubin, S.S., Malkinson, R., Koren, D., Mor Yosef, S. & Witztum, E. (2012). The clinical utility of viewing military bereavement independently of combat trauma. In S. Ringel and J. R. Brandell (Eds.) *Trauma; Contemporary directions in theory, practice and research* (pp. 130-149). Los Angeles: Sage.

Xue, X., Ge, Y., Tang, B., Liu, Y., Kang, P., Wang, M. & Zhang, L. (2015). A meta-analysis of risk factors for combat-related PTSD among military personnel and veterans. *PLoS ONE*, 10(3). doi:10.1371/journal.pone.0120270

Wingen, G. A., Geuze, E., Caan, M. W., Kozicz, T., Olabbarriaga, S. D., Denys, D., . . . Fernandez, G. (2012). Persistent and reversible consequences of combat stress on the mesofrontal circuit and cognition. *Proceedings of the National Academy of Sciences*, *109*(38), 15508-15513. doi:10.1073/pnas.1206330109

Mark, K. M., Stevelink, S. A. M., Choi, J., & Fear, N. T. (2018). Post-traumatic growth in the military: a systematic review. *Occupational And Environmental Medicine*, *75*(12), 904–915. <https://doi.org/10.1136/oemed-2018-105166>

MORAL INJURY IN THE MILITARY

Doehring, C. (2018). Military moral injury: An evidence-based and intercultural approach to spiritual care. *Pastoral Psychology*, 1-16. Doi: 10.1007/s11089-018-0813-5

Dokoupil, T. (2012). A new theory of PTSD and veterans: Moral injury. *Newsweek*, 63539. Retrieved from <http://www.newsweek.com/new-theory-ptsd-and-veterans-moral-injury-63539>

Farnsworth, J. K., Drescher, K. D., Evans, W., & Walser, R. D. (2017). A functional approach to understanding and treating military-related moral injury. *Journal of Contextual Behavioral Science*, *6*, 391-397.

Frankfurt, S. B., Frazier, P., & Engdahl, B. (2017). Indirect relations between transgressive acts and general combat exposure and moral injury. *Military Medicine*, *182*, e1950-e1956.

Held, P., Klassen, B. J., Brennan, M. B., & Zalta, A. K. (2017). Using prolonged exposure and cognitive processing therapy to treat veterans with moral injury-based PTSD: Two case examples. *Cognitive and Behavioral Practice*, 1-14.

Held, P., Klassen, B. J., Zalta, A. K., & Pollack, M. H. (2017). Understanding the impact of treatment of moral injury among military service members. *Focus*, *15*(4), 399-405.

Lancaster, S., & Harris, J. I. (2018). Measures of morally injurious experiences: A quantitative comparison. *Psychiatry Research*, *264*, 15-19.

Litz, B. T., Stein, N., Delaney, E., Lebowitz, L., Nash, W. P., Silva, C., & Maguen, S. (2009). Moral injury and moral repair in war veterans: A

preliminary model and intervention strategy. *Clinical Psychology Review*, 29, 695-706.

Sun, D., Nieuwsma, J., Mulready, H., Zablinksi, S., Phillips, R., & Morey, R. (2018). Individual differences in spontaneous angular gyrus brain activity in dissociating moral injury and posttraumatic stress disorder. *Biological Psychiatry*, 83(S80), S129-S455.

Zerach, G., & Levi-Belz, Y. (2018). Moral injury process and its psychological consequences among Israeli combat veterans. *Journal of Clinical Psychology*, 1-19. Doi: 10.1002/jclp.22598

TRAUMA TREATMENT: BODY-MIND APPROACHES

THE THIRD WAVE OF TRAUMA TREATMENT

*Levine, P. A. (2010). In an unspoken voice: How the body releases trauma and restores goodness. Berkeley, CA: North Atlantic Books. (Chapters 1-3)

Brom, D., Stokar, Y., Lawi, C., Nuriel-Porat, V., Ziv, Y., Lerner, K., & Ross, G. (2017). Somatic Experiencing for Posttraumatic Stress Disorder: A Randomized Controlled Outcome Study. *Journal of Traumatic Stress*, 30(3), 304-312. doi:10.1002/jts.22189

Felleman, B. I., Stewart, D. G., Simpson, T. L., Heppner, P. S. & Kearney, D. J. (2016). Predictors of depression and PTSD treatment response among veterans participating in mindfulness-based stress reduction. *Mindfulness*, 7, 886-895. Doi: 10.1007/s12671-016-0527-7

Gallagher, M. W. Thompson-Hollands, J., Bourgeois, M. L., & Benley, K. H. (2015). Cognitive behavioral treatments for adult posttraumatic stress disorder: Current status and future directions. *Journal of Contemporary Psychotherapy*, 45, 235-243. Doi:10.1007/s10879-015-9303-6

MDMA-ASSISTED THERAPY

SOMATIC EXPERIENCING AND MINDFULNESS

Banks, K., Newman, E., & Saleem, J. (2015). An overview of the research on mindfulness-based interventions for treating symptoms of posttraumatic stress disorder: A systematic review. *Journal of clinical psychology*, 71(10), 935-963.

Brom, D., Stokar, Y., Lawi, C., Nuriel-Porat, V., Ziv, Y., Lerner, K., & Ross, G. (2017). Somatic Experiencing for Posttraumatic Stress Disorder: A Randomized Controlled Outcome Study. *Journal of Traumatic Stress*.

Levine, P. (2010). Immobilized by fear. In: Levine, P., *In an Unspoken Voice*, North Atlantic Books.

Schafer, C. (2017). The Lived Experience of Mental Health Professionals who Practice Mindfulness and Work with Trauma Survivors (Doctoral dissertation, The Chicago School of Professional Psychology).

CONCLUSION

HELPING THE HELPERS

Baum, N. (2010). Shared traumatic reality in communal disasters: Toward a conceptualization. *Psychotherapy Theory, Research, Practice, Training*, 47(2), 249–259. doi:10.1037/a0019784

Bercier, M. L., & Maynard, B. R. (2015). Interventions for secondary traumatic stress with mental health workers: A systematic review. *Research on Social Work Practice*, 25(1), 81-89.

Bride, B. E., & Figley, C. R. (2009). Secondary trauma and military veteran caregivers. *Smith College Studies in Social Work*, 79(3-4), 314-329. Doi:10.1080/00377310903130357

Newell, J. M., & MacNeil, G. A. (2010). Professional burnout, vicarious trauma, secondary traumatic stress, and compassion fatigue: A review of theoretical terms, risk factors and preventative methods for clinicians and researchers. *Best Practices in Mental Health: An International Journal*, 6(2), 57-68.

Schafer, C. (2017). The Lived Experience of Mental Health Professionals who Practice Mindfulness and Work with Trauma Survivors (Doctoral dissertation, The Chicago School of Professional Psychology).

Trauma and Resilience: Theory and Practice from the Israeli Experience Summer 2023 Schedule

Room 301, Rothberg School for Overseas Students,
Course directors: Danny Brom (050-8288011)

Day	Time	Activity	Facilitator
Sun. July 2	Introduction to Trauma and Coping		
	Session 1 9:00-9:30	Opening	Danny Brom
	Session 2 9:30-10:30	Experiential opening workshop on trauma—sharing personal stories, what brought you to the course, expectations	Danny Brom and Gafnit Aghassy
	Session 3 11:00-12:30	Survival, Trauma and Coping	Danny Brom
	Session 4 13:30-15:00	Overview on coping	Danny Brom
Mon. July 3	PTSD, Resilience and Growth		
	Session 1 9:00-10:30	PTSD and Related Distress	Anna Harwood-Gross
	Session 2 11:00-12:30	Developmental Perspectives on Trauma	Sarit Yavin-Schramm
	Session 3 13:30-15:00	Resilience	Sarit Yavin-Schramm
	15:15-16:30	Trauma & Couples	Osnat Zamir

Tue. July 4	Building Resilience: from theory to practice		
	Session 1 9:00-10:30	Trauma & Emotion Regulation	Sarit Schramm-Yavin
	Session 2 11:00-12:30	Panda Demonstration	Sarit Schramm-Yavin
	Session 3 13:15-14:45	Treating traumatized children	Sarit Schramm-Yavin
Wed. July 5	War and terrorism		
	9:00-11:00	Resilience and the Military: Working with Soldiers as they transition to civilian life	Alon Weltman
	11:30-12:30	Moral Injury in the military	Anna Harwood-Gross
	13:30-15:00	Trauma and couplehood	Osnat Zamir
	15:15-16:15	Processing	
Thurs. July 6	Complex trauma		
	9:00-10:30	Sexual violence	Sheri Oz
	11:00-12:30	Neglect and Abuse of Children	Naomi Ruhman
	13:30-14:30	Trauma and Dissociation	Danny Brom
	14:45 – 15:45	Processing and week summary	
Friday & Saturday			

Sun. July 9	Principles of Trauma Treatment		
	Session 1 9:00-11:00	Treatment of complicated grief	Nili Lavi
	Session 2 11:15-12:45	Trauma Treatment Principles and Interview Technique	Danny Brom
	Session 3 13:45-15:15	Experiential workshop: Trauma treatment – how it looks and feels	Joel Wardi
Mon. July 10	Multicultural Perspectives		
	Session 1 9:00-10:30	War and Terrorism: Civilian Populations	Danny Brom
	Session 2 11:00 – 12:30	Working with refugees	Martin Auerbach
	Session 3 13:30-15:30	Participant Presentations	Danny Brom
Tues. July 11	Trauma treatment: body-mind approaches		
	Session 1 9:00-10:30	The Third Wave of Trauma Treatment I	Gafnit Aghassy
	Session 2 11:00-12:30	The Third wave of trauma treatment: II	Gafnit Aghassy
	Session 3 13:30-16:30	Somatic Experiencing	Karen Lerner
Wed. July 12	Field Trip: Details TBD		

Conclusion			
Thurs. July 13	Session 1 9:00-10:30	Helping the Helpers	TBD
	Session 2 11:00-12:30	Closing Workshop: Fishbowl	Danny Brom
	Session 3 13:30-15:00	Summary and Feedback	Danny Brom
	Session 4 15:00-15:30	Closing & Distribution of Certificates	
	15:45	Evaluation	

*Program schedule is subject to changes

Trauma and Resilience from the Israeli Perspective

This course will give the students an in depth understanding of how people cope with traumatic experiences, of the concept and practice of resilience, of possible pathologies that result from traumatic experiences and of intervention and therapies that help people cope.

Learning objectives

Students will learn to

1. Understand the essence of traumatic experiences and survival mode
2. Recognize the patterns of healthy coping with trauma
3. Know the different ways to define resilience
4. Explore ways to strengthen resilience of adults and children
5. Understand the experience of combat soldiers
6. Recognize the potential psychopathological consequences of trauma
7. Recognize their own reactions and motivations to the field of trauma

Target Group:

Professionals & Advanced Students of Clinical or Educational Psychology, Neuropsychology, Social Work, Psychiatry, Counseling, Nursing, Medicine, Law, and Public Health, as well as civil servants and clergy.

Academic Credit

Students can receive Academic Credit for this course and will be graded upon submitting a paper on a topic decided upon with the course lecturers and after payment to Hebrew University.