



Where Torah Values & Clinical Excellence Meet

NEFESH INTERNATIONAL

Israel Mission | May 11–14, 2026

Partial Itinerary – Program Subject to Change

A unique professional mission offering **deep clinical learning, emotional connection, and spiritual meaning**, in the context of Israel's post–October 7 reality.

Featured Programs & Encounters

Broken Shards

A **2½-hour experiential workshop** exploring the psychological processes of *rebuilding* and the profound shifts in perspective required after trauma.

Participants will examine how expressive and therapeutic methods help individuals articulate the pain of a world that feels "*less than*" what was imagined before trauma, war, or illness—and how meaning and forward movement can still emerge.

“Shaarei Nefesh” – Innovations in PTSD Treatment

A presentation by the **Department Head of a pioneering hospital unit** conducting clinical research using **MDMA- and ketamine-assisted psychotherapy** for PTSD.

An in-depth update on the latest research, clinical applications, and ethical considerations in this rapidly evolving field.

Mental Health in the IDF

An exclusive session with a **regional department head of IDF Psychological Services**, responsible for supervising military mental health professionals.

Each unit is assigned a **קצין בריאות נפש (Katzin Briut HaNefesh – Mental Health Officer)**, and units that experienced loss participate in mandatory individual and group interventions. This session will explore how the IDF processes trauma, loss, and resilience while maintaining readiness and humanity.

Israel Trauma Coalition (ITC)

A meeting with the **CEO of one of Israel's largest and longest-standing trauma networks**, operating for over 20 years.

Unlike many post-October 7 initiatives, ITC has decades of experience training clinicians for Israel's unique reality.

- A specialized workshop developed in response to the **extraordinary strain on mental health professionals during mass trauma and prolonged war**
- Introduction to the concept of “**שימור עצמי (Self-Preservation)**”—distinct from conventional self-care
- Opportunity to meet therapists working on the **front lines** (Sderot and southern communities) and hear firsthand accounts of hardship, resilience, and hope

The Haruv Institute – Caring for Children in Extreme Trauma

A close-up look at the work of **The Haruv Institute**, one of the government bodies responsible for developing **national treatment protocols** for:

- Children of hostage families
- Child evacuees exposed to direct atrocities
- Children who lost one or both parents
- Children whose parents were killed, severely wounded, or permanently disabled

During the *Iron Swords* War, Haruv—together with the Ministry of Social Affairs—developed **groundbreaking intervention models**, including:

- Treatment plans for children exposed to massacres and severe violence
- Protocols for accompanying orphaned children
- Comprehensive frameworks for receiving and treating child hostages returning from captivity

This session will address the **clinical complexity, emotional toll, and long-term reverberations** of treating multiple traumatized populations simultaneously within an already strained system.

NEFESH Israel Evening Program

An evening hosted by **Neve Yerushalayim**, bringing together NEFESH International and NEFESH Israel colleagues.

- **Dr. Yisrael Levitz**, Founding Dean of the Neve Yerushalayim Family Institute – *Family stress and resilience during wartime*
- **Dr. Sharon Slater**, developer of psycho-trauma protocols for United Hatzalah – *Front-line trauma response and recovery*

Additional Unique Opportunities (Subject to Availability)

- Visit to **Har Herzl** with a family member of a fallen soldier
- Full-day program in the **South**, including meetings with displaced families, widows, and community leaders, and visits to affected sites and memorials. Learn how communities coped and provided support, education and meals for thousands of displaced families.
- Conversations with **former hostages and their families** focusing on resilience and post-traumatic growth
- Innovative **multimodal treatment programs**, including:
 - Integrated trauma recovery for adults with histories of childhood sexual abuse, combining clinical therapy, embodied practice, group work, and Torah-guided spiritual support
 - Intensive **DBT-based outpatient programs** for seminary and yeshiva students
 - Specialized ADHD treatment and educational initiatives

Why This Mission Matters

This journey offers a **rare opportunity** to engage intellectually, emotionally, and spiritually—to stand with colleagues in Israel, deepen professional understanding, and express **achdus and ahavat Yisrael** through presence, learning, and connection.

Continuing Education credits available for many sessions
Exact number of CE hours to be determined

For more information email NEFESHMISSION@gmail.com