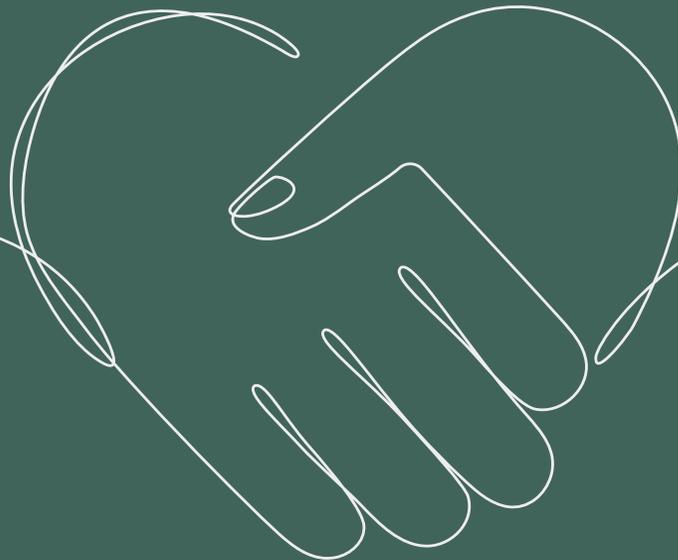


Webinar – American Friends of NATAL – Operation Roaring Lion



NATAL's Mission

To lead the field of resilience in Israel and to advance treatment for victims of trauma from terror and war through integrative, innovative treatments, research, public awareness, shaping policy, removing stigmas, and disseminating knowledge in Israel and globally.



NATAL's Core Services & Growth Engines

Core Services



Building Resiliency

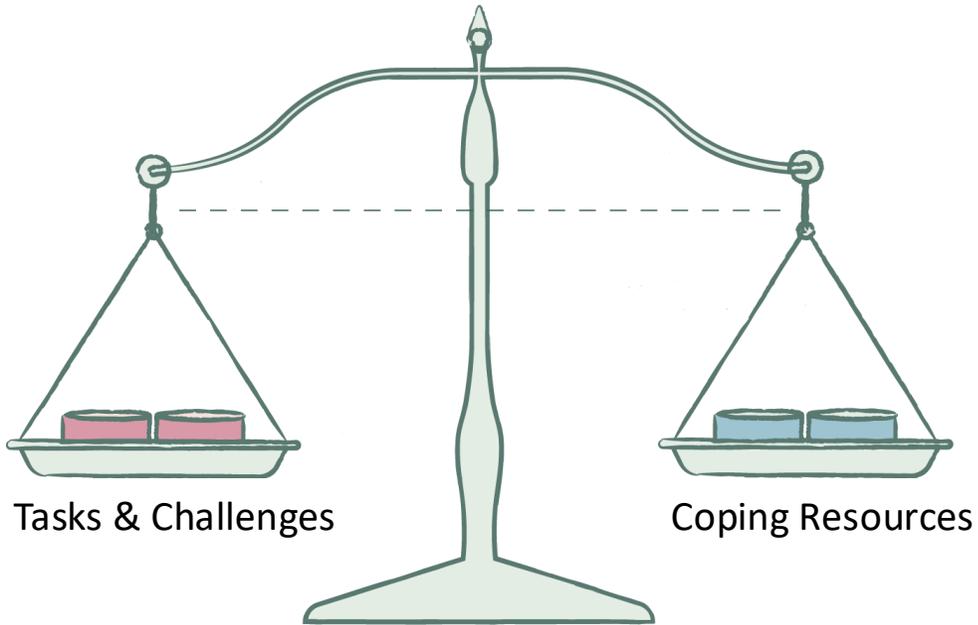


Community Resiliency

Scaling Mechanisms

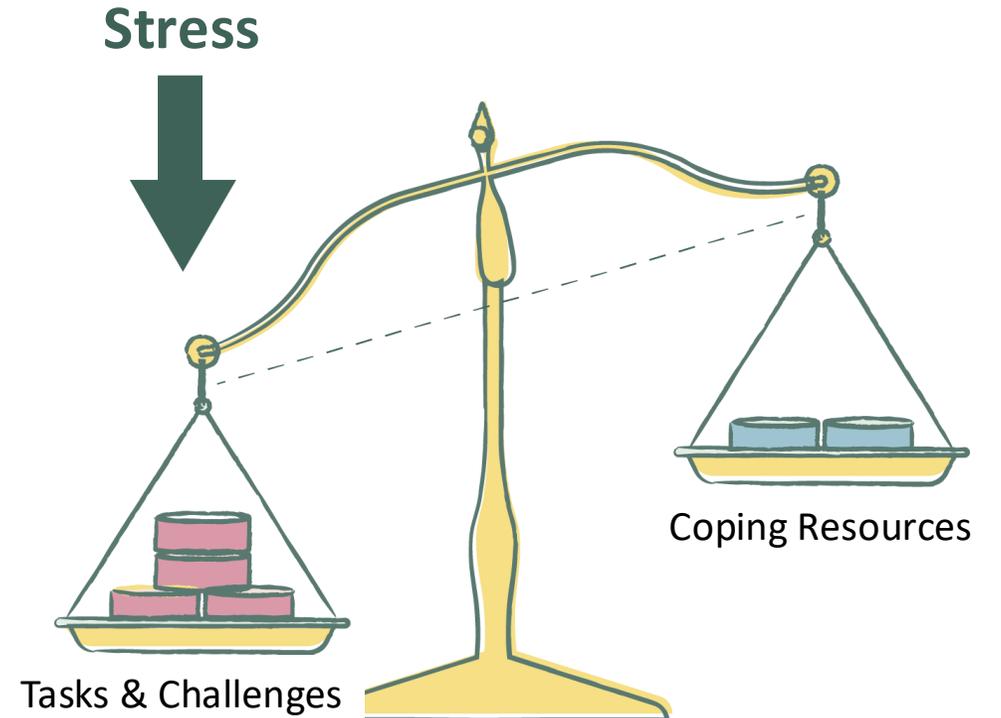


Resources & Demands in Times of Routine vs. Times of Emergency



Demands in Routine

Mostly Balanced



Demands in Emergency

Out of Balance

NATAL's work on the ground



Initial Acute Intervention for Evacuees

Jerusalem: Therapists initiated individual, family, and group interventions, both with children and adults. These interventions include:

- Normalizing the difficult emotions associated with grief
- Connecting people with internal and external resources
- Discussing thoughts that arise following death
- Validating feelings
- Psychoeducation about trauma responses and how they evolve over time
- Education about the long-term recovery process

There are many children in the hotels, and both individual and group interventions have been conducted with them. For example, work with children included:

- Emotional regulation and breathing exercises using soap bubbles during sirens
- Narrative work and storytelling using visual tools
- Identifying and naming emotions related to the event and the present moment

What can help on an individual and immediate level?

Tel Aviv:

A major issue in the early days was lack of sleep. Initially this was due to the immediate shock of the event; afterward, people struggled to fall asleep, calm themselves, and reduce the heightened state of arousal. The repeated nighttime sirens also contributed—not only preventing sleep but serving as direct triggers, reactivating the experience of the event and increasing nighttime arousal. Initial interventions focused on helping people internally reorganize after the event, returning to thinking, problem-solving, planning, organizing, and settling in—first focusing on the coming hours and later on the coming days.

Emotional toll of current crisis

Societal Trauma & Burnout

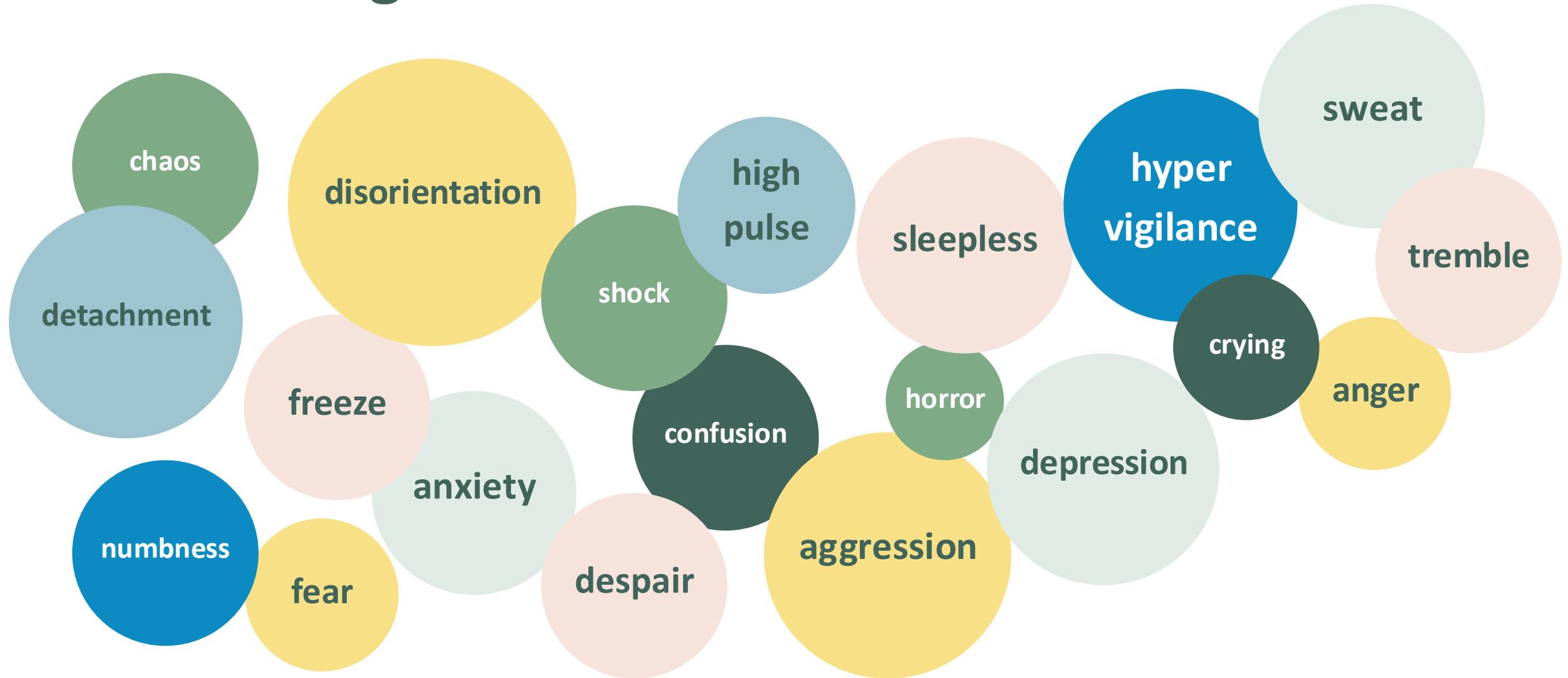
Prolonged Uncertainty

Systemic Overload

Vulnerable Populations

Identity Fragmentation

Signs of an Acute Stress Reaction



What can be done over time?

1. Create “containment windows” for worry
2. Anchor to sensory reality instead of relaxation
3. Reduce catastrophic time travel
4. Orientation and organization – creating sense of capability
5. Limit heroic over-functioning
6. Be more specific about your feelings and allow emotional shifting

Long lasting effects of trauma

In prolonged stress, people shift from anxiety to emotional shutdown:

Flatness

Irritability

Detachment

Excess scrolling

Alcohol increase

Numbing is protective, but prolonged dissociation breaks connection.

Long term effects include –

Elevated anxiety

Depression

PTSD

Rolling Trauma

NATAL's plans for the aftermath - The goal is gentle re-engagement:

Movement – Running groups, Nature Therapy, Surfing, Yoga

Conversation – Ventilation – group work, one on one therapy

Sensory engagement – Mindfulness, Biofeedback

Emotional expression – group work, one on one therapy

Creating Narratives – Journaling, writing workshops, sharing stories and memories

Principle of hope - Thinking ahead, connecting to personal and environmental strengths and resources

Peer support – training non mental health specialists – “experienced peers”

Trauma informed Organizations – preparation to going back into the workforce

Coaching “ambassadors” – within organizations

Short term clinical interventions (12 meetings)

Strengthening the Helpers – Mental health professionals and first responders (suicide prevention)

Family support – work with partners/ parents

COMPASSION = Self-Kindness

Latin -

Com - "with"

Passion - "emotion"

Self compassion has been associated with reducing anxiety and depression as well as increasing resilience and well being (Pardess, 2020)