



## Dear Friends

### We welcome you to ITI's new newsletter!

We are thrilled to finally start our ITI - Trauma Healing newsletter: The voice of the SE Community in Israel!

We plan to send you a short newsletter every month to bring you the latest information in the field, news, upcoming events. everything you've told us you want and need from ITI.

We want to also showcase YOU, and to give you a platform to share all you are doing with SE, and the information you are discovering and that excites you. We want as well to introduce you to our growing team.

Together we can get to work on our common mission: Healing trauma in Israel!

Love,  
Gina and Cathy

- Want more? **Send us** your feedback and requests.
- Want to be on top of our news? **Like our Facebook page**.
- Have you changed your email address? Or cell number? Be sure to **contact us** so we can stay in touch.



## Updates

ITI is active today in several sectors: Education, Medical and the Military.

We offer EFA (Emotional First Aid) training to personnel, SE Treatment to veterans and soldiers, EFA prevention and treatment classes to students, and more.

We find that more and more of our passion, our thoughts and our projects are turning toward the soldiers. Why? Here's part of a letter I received from a soldier we're treating:

*"Most of the population see PTSD as a stigma, and the veterans - as crazy, psycho. Even the Ministry of Defense, which is why they send us to psychiatrists. And then they send us to the Medical Committees, where we're labeled liars and made to feel like beggars. At the age of 18 we were willing to give up our lives for this country. Today, some of us just want to leave."*

## What can you do?

- **Contact Li-Or** to assist in courses (highly recommended! It's a wonderful way to give and to receive – you get to hear the courses over and over and to enhance your skills by observing the students and assisting them during the practice sessions).
- **Check out our website** for upcoming SE courses.
- **Order an EFA introductory lecture** to your community or organization. Learn the 5-step process to handle and prevent stress and trauma.

## Education

- Gina's **interview** in the US.
- Check out a **study of Holocaust survivors**: how trauma is passed on to their children's genes.
- 3 minutes about the **Polyvagal Theory and the Vagal Nerve**.



## Achievements

We have been invited to present Emotional First Aid (EFA) to several sectors, both in Israel and abroad. We were deeply touched to have received invitations to teach EFA to both refugees and personnel handling refugees in Germany, Denmark and Turkey.



In Israel, we are busy implementing our 'Children's Project': teaching EFA to the Education sector, to elementary schools kids and to their teachers in several schools across the country.

Upcoming: An EFA course for the Arab sector.

EFA for the Medical sector is being implemented these days at the Shaarei Tzedek Hospital in Jerusalem.

## Thank you for your time!

Please don't hesitate to forward this newsletter to a friend: Our community is growing and we welcome new friends!

Let's heal trauma together!  
Gina, Cathy and the ITI Team

