

Despite 62 years of innumerable accomplishments and accolades, Israel has lived in the shadow of existential threat since the creation of the state, and suffers from one of the largest socio-economic gaps in the developed world. Virtually everyone's well being and resilience is compromised in some way or other. Evidence of this may be seen in the ever-growing aggression and violence in Israeli society: in its schools and sports arenas, at work and at home. The need for effective tools to reduce stress at home, at work and in public forums is clear.

Research has well established that prolonged stress is a major cause of physical and psychological disease and can significantly contribute to the development of:

- Angina
- Anxiety
- Arthritis
- Depression
- Diabetes
- Digestive problems
- Heart disease
- Immune system dysfunction

The Training Center for Mind-Body Skills was established to help the Israeli population better cope with these pressures and foster their overall resilience by teaching and disseminating an easy to learn, scientifically supported psycho-educational group model for stress reduction. The method provides participants with the theoretical and practical tools to better care for themselves, their families and their clients.

To date much of the efforts of the Center have been focused on training trauma professionals. We have organized training programs attended by a wide variety of health, education and welfare professionals nationwide. The Center has and strong and ongoing relationship with the Ministry of Education's Division of Psychological and Counseling Services with whom we have invested extensively in training professionals. We worked with soldiers, policemen, border guard personnel and residents of Gush Katif after the evacuation. We have held numerous Jewish-Arab and Israeli-Palestinian training seminars.

Currently, the Training Center is focusing its efforts on the need for relieving the stress and strengthening the emotional resilience of the Arabic-speaking communities in Israel by creating a comprehensive, culturally acceptable program of self-awareness, self-care and mutual help. Professionals working in local organizations will integrate this model with their daily work. It is also the aim of the project to strengthen the ties between Jewish, Moslem and Christian professionals by creating a joint faculty for the training and ongoing supervision process.

In addition, the Center has begun to offer direct client services. In doing so, the center is offering an opportunity for individuals suffering from chronic diseases or stressful situations to participate in training courses and learn how they too can reduce their level of stress.

During the current year, The Training Center for Mind-Body Skills will be making a concerted effort to raise the level of awareness to the Center, its programs, the successes to date, to create an alumni group and to raising funds locally.

Center Faculty

All the Center's work is carried out by a faculty consisting of dedicated, highly respected professionals drawn from the outstanding trainee graduates over the years and representing all walks of Israeli life.

Dr. Naftali Halberstadt	Director. PhD, Psychologist, Senior CBT therapist
Dr. Rhonda Adessky	PhD, Clinical psychologist, Director of Training and Treatment – Hadassah Medical Center CBT clinic
Dr. Naomi Baum	PhD, Psychologist, Director of Resilience Unit- Israel Center for the Treatment of Psycho-trauma
Avraham Berger	Mind-Body therapist, Biosynthetic somatic psychotherapist
Yaakov Berger	M.A. Clinical and educational psychologist
Adi Fishman	M.A. Educational counselor, group facilitator. Supervisor for Psychological and Counseling Services, Ministry of Education
Avraham Gundle	DO ND, Natupath and senior osteopath
Dorit Gross	M.A. Family therapist, Supervisor for educational psychology
Sara Haramati	M.A. Clinical and medical psychologist, Director of Medical Psychological Services- Hadassah Medical Center
Irra Harari-Friedman	M.A. Educational psychologist
Dr. Tali Israeli-Shalev	M.D. Group facilitator for chronic illness, Group facilitator for Israeli-Palestinian Mind-Body groups
Talia Levanon	M.A. Clinical social worker, Family therapist. Director, Israel Trauma Coalition
Ariella Lichterman	M.A. Educational Counselor. Supervisor for Special Education, ADHD and Learning Disabilities Ministry of Education
Tami Ovnatt-Muller	M.A. Chief clinical psychologist, Maaneh- Jerusalem municipal treatment center for youth and adolescents
Dr. Miki Polliack	M.D. Senior psychiatrist, Director of Post Trauma treatment unit, Tel Hashomer Hospital
Sheryl Solomon	M.A. Couple and family therapist and supervisor
Ayelet Yaron	M.A. Educational Counselor, group facilitator
Ayelet Weider-Cohen	M.A. Clinical psychologist, Director, Mind Body Clinic, Woman's Health Center – Meuhedet H.M.O