

# Sarah Herzog Hospital

September 2014



## HERZOG

EZRATH NASHIM ASSOCIATION  
Integrative Medical Center

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## GET READY FOR HERZOG'S 120<sup>TH</sup> ANNIVERSARY CELEBRATIONS

Herzog Hospital is celebrating its 120<sup>th</sup> year of operation. A "year-long" birthday party is underway. Established on the fifth night of Hanukkah 1894, Herzog, originally named Ezrath Nashim has been serving the residents of Jerusalem ever since. A number of events are planned throughout the year and especially during December 2014. These include a conference focusing on the fields of the hospital, including the new Clinical Research Center for Brain Sciences attended by leading international scientists; a celebratory gala event; and missions to Israel from all parts of the world. Plan your next trip to Israel December 2014 to coincide with the many events. We are already looking forward to serving Israel for our next 120 years.



signage in the front of the new Pavilion was unveiled by Dr. Editha Samson, wife of the late Dr. Heinz Samson, and his two daughters Debra Ziff and Karen Lewis. The participants toured the top floor of the Samson Pavilion which will be completed towards the end of 2014.

## SAMSON FAMILY ATTENDS SPECIAL PAVILION DEDICATION

Herzog Hospital kicked off its 120<sup>th</sup> anniversary celebrations with a special dedication ceremony of the new Samson Medical Pavilion. Members and friends of the Samson family flew to Israel especially for the dedication. While construction is still ongoing, this was an opportunity for the family and their invited guests to get a sneak preview. Former Chief Rabbi of Israel, Rabbi Yisrael Meir Lau, and the Head of Israel's Labor Party, MK Isaac Herzog and the grandson of Rabbanit Sarah Herzog, for whom the hospital is named, spoke at this special event. The



## PROGRESS ON THE NEW SAMSON PAVILION

The entire 8 story frame of the new Samson Medical Pavilion has been completed. Windows have been installed and Jerusalem stone is affixed to the exterior. Builders are now working on completing the interior. Occupancy of the top two floors, which will accommodate the expanded Children's and Adult's Chronic Respiratory Care departments, is scheduled for December 2014. The new Pavilion will add 270 beds to Herzog, almost doubling the size of the hospital. There will be two floors built underground to house a Sheltered Emergency Hospital. This has been built to withstand the impact of missiles and provide

protection from chemical and biological attack. This need was highlighted during the recent war with Hamas. There are many dedication opportunities available for a variety of needs. Please contact the Hospital or your local Herzog Friends group to learn how you can help.

## NEW CLINICAL RESEARCH CENTER FOR BRAIN SCIENCES



Herzog Hospital treats a unique range of patients whose ailments are at the crossroads of psychiatric, neurological, pediatric and geriatric care. This has enabled the hospital to contribute to the international research and development of clinical methods and basic science research in multidisciplinary areas. Building on this experience, Herzog Hospital has consolidated all of its related research and development under the “umbrella” of its newly established **Clinical Research Center for Brain Sciences**. The Center conducts

multi-disciplinary research focusing on the brain, blending basic and applied clinical sciences with the special patient population available for immediate study. The research concentrates on Neurodegenerative Diseases with a special emphasis on Parkinson’s Disease and related disorders, drawing on our expertise in neuro-psychogeriatrics, as well as work that has been ongoing in the hospital looking into the molecular and histopathological level of cerebellar function in Parkinson’s patients. The current areas of focus are stroke – researching the process of neuro-rehabilitation working in Trans Cranial Direct and Alternating Current Stimulation, which is a growing field in the science of cognition and especially in stroke recovery; Anoxic Brain Damage – here too the concepts of neuro-rehabilitation are crucial to reduce the burden of anoxic brain damage; Psychiatric disorders-to improve functional capacity in schizophrenia and depression patients; and ALS - developing new thinking in the methods of caring for this special patient group.

Damage to the brain, be it by genetic, metabolic, infectious, anoxic or other mechanism is responsible for the burden of these diseases. But it is only in the last few years that the integration of the various disciplines across the spectrum of the brain and cognition has started to come together and work in unison.

## SPECIAL SERVICES FOR CHILDREN IN RESPIRATORY DEPARTMENT

The special services that the children in the Children’s Chronic Respiratory Care Department receive continue to expand. This department is already recognized throughout Israel as providing exceptional medical care. Every week musicians play music by each child’s bedside. For Purim, a group of musicians performed for each child. In addition, a totally new program has



been initiated using animals to stimulate each child. Here a rabbit is cuddled up to a child, who, though mostly non-responsive is actually petting the animal. Specially trained staff work with each child based on the child’s capabilities. A Bar Mitzvah celebration was recently held in the department for one of the patients, attended by family and friends.

## SCHOOL COMES TO HERZOG

A special custom designed educational program has been developed in conjunction with Israel’s Ministry of Education for the children hospitalized in the Children’s Chronic Respiratory Care Department. This unique program has teachers develop individualized activities to meet the needs of each child. Prof Rena Gale, the Director of the Department notes that “this school within Herzog significantly helps in the overall therapy for each child”. This extra care is in addition to the physiotherapy and mobile Snoezlen treatment the children receive. All of these components are important elements of the specialized care each child is given. Special classrooms are being constructed in the new Children’s Department to be located in the Samson Pavilion.

## ISRAEL'S NEW PRESIDENT REUVEN RIVLIN'S HISTORIC CONNECTION TO THE HOSPITAL



President of Israel  
Reuven Rivlin

We join with all Israelis in congratulating Israel's new President Reuven 'Ruby' Rivlin. President Rivlin has a special historic relationship with Herzog Hospital. His great uncle Asher Rivlin and Yosef Rivlin were the founders of the hospital, originally called Ezrath Nashim. His mother Rachel was a member of the hospital's board for 40 years. His father Prof. Yosef Yoel Rivlin wrote the book about the history of the hospital "75 Years Of Ezrath Nashim". A special hospital project was developed with the thousands of Rivlins worldwide to honor Rachel Rivlin's service to the hospital. A website was created about the Rivlin family and it's connection to Herzog <http://www.rivlinfamily.com>



Rachel Rivlin

## TRAUMA CENTER IS THERE TO HELP ISRAELIS DURING 'OPERATION PROTECTIVE EDGE'



Once again, Herzog's Israel Center for the Treatment of Psychotrauma has activated its emergency services to help people cope with the barrage of missiles being fired at Israel. From Haifa to the south of Israel, Israelis were subjected to the sound of multiple siren alerts and missile barrages every day. In addition, thousands of families were concerned about their children serving in the Israel Defense Forces, as well those being called up for reserve duty. For the most part, Israelis managed during this stressful time. Unfortunately, many Israelis have been living under the shadow of missile attacks from the Gaza Strip for the past 14 years.

The Trauma Center set up an emergency hot line for people to call to help them get through this tough time. It's METIV Crisis Walk-In Clinic expanded its hours of operation. Trauma Center staff appeared on radio and TV advising people how to cope. Prof. Danny Brom, Director of the Trauma Center was

interviewed on CNN. It distributed over 5,000 of its specially developed resilience workbooks for children in the south of Israel. The Trauma Center's extensive work over the past several years in training thousands of teachers, psychologists and social workers in its National Resilience program and through its Child and Adolescent Clinical Services Unit has given parents and children numerous techniques and exercises to help them better deal with the attacks on the Home Front.

**The Jerusalem Municipality** requested special help for the children living in the Jewish Quarter in Jerusalem's Old City to help them cope with the tensions with the Arab community.

The Center organized special workshops for worried parents of combat soldiers. It provided services and coping guidelines to the wives of combat soldiers. Usually, the women who stay home to take care of the children while their husbands are fighting are expected to be quietly heroic. The Trauma Center recognized the needs of these women, who were not receiving any support services. The Trauma Center initiated a webinar in conjunction with the organization Nefesh B'Nefesh to help those from North America who recently made Aliyah, to help them and their children cope with the new reality of living with sounds of sirens and missiles landing. These are just some of the novel and important services that the Trauma Center provided during Operation Protective Edge and continued to provide after the fighting ended.

## HERZOG'S 16<sup>th</sup> ETHIOPIAN TRAINING COURSE GRADUATES



In collaboration with Israel's Ministry of Industry, Trade and Labor, Herzog Hospital has developed an employment-track certification program to train Ethiopian immigrants to become nurses' aides. Sixteen groups of students have completed the four month empowerment course. To date, 294 immigrants, mostly women, have graduated the course, and 80 are now employed at Herzog. The Hospital has helped the other graduates to find employment at other facilities throughout Israel closer to their homes. Additional classes are planned for the coming year to accommodate an ever-increasing number of applications. Individual courses have been supported by the Glencore Foundation and P.E.F., as well as by other generous donors.

## CHAPLAINCY PROGRAM



Herzog's unique chaplaincy service to help patients and their families cope with illness, hospitalization, and end-of-life issues continues to be a model for other hospitals in Israel. This program utilizes specially trained spiritual supporters who work in an informal atmosphere in all hospital departments. This program is partially funded by the UJA Federation of New York. The hospital has now added Russian speaking spiritual supporters.

## FRIENDS OF ISRAEL SUPPORT



The Friends of Israel made a generous first time donation to help towards the purchase of respirators for the Children's Respiratory Department. Jim Showers, the Executive Director, and Bill Sutter, recently retired Executive Director visited Herzog, and were impressed by the overall dedication of the staff, and the tenderness in which the children hospitalized are cared for. They plan to have their missions to Israel visit Herzog, as well as to refer volunteers to work for extended periods at the hospital.

## HERZOG AWARDED TIKKUN OLAM AWARD

The Haiti Jewish Refugee Legacy Project has awarded Herzog Hospital it's Tikkun Olam award acknowledging the work Herzog is doing. This group was established by Holocaust Survivors who escaped to Haiti during World War II. They are involved in many projects to help others. They have an international following. We were first introduced to this group when our Psychotrauma Center staff went to Haiti to assist after the earthquake in 2010. We are grateful for this acknowledgement, which will also help spread the word to others about Herzog.

## BRIDGE TO ISRAEL VISIT



**I-r: Timotheus Augstburger; Tsion Alemayehu; Stephen Schwartz, International Director Resource Development; Magdalena Augstburger**

Long time friends and supporters of Herzog's Ethiopian Women's immigrant training program visited Israel to get a first hand update on activities at the hospital. Their support has also enabled Herzog to buy much needed medical equipment.



## PHYSIOTHERAPY AND OCCUPATIONAL THERAPY STUDENTS FROM GERMANY GAIN EXPERIENCE AT HERZOG

A group of Occupational and Physical Therapy students from Germany participated in a special three week clinical experience learning from Herzog's top staff in the field. They also attended lectures given by members of the hospital staff in topics related to geriatric care such as nutrition and respiratory care. Based on the success of this program another group from Germany is expected this year.

## US INTERNS AT HERZOG



Herzog Hospital works with the organization **jInternship** to place U.S. college interns in various hospital departments. Pictured in the photo are Dr. Ady Sasson, Herzog Medical Director and interns Anna Shilina, William Whalen and Nathan Lenet. The interns both helped and learned in the departments where they were assigned, and returned to their communities as new ambassadors for Herzog.

## ISRAEL'S MINISTRY OF FOREIGN AFFAIRS HIGHLIGHTS HERZOG-GHANA ROTARY TELE-HEALTH PROJECT

Herzog Hospital's special Tele-health educational project with a hospital in Ghana Africa is being featured on the website of Israel's Ministry of Foreign Affairs. The Tele-health Project is a partnership between Herzog Hospital and the Rotary Clubs of Jerusalem, Windsor Ontario in Canada, and Accra Ring Road Central, and the Jirapa Health Alliance in Ghana. Herzog nurses and doctors present lectures by live videoconferences to train health care professionals at St. Joseph's Hospital in Jirapa Ghana. This also enables interaction with questions from the participants in Jirapa and responses from the lecturers sitting at Herzog. Some of the topics have been "How to Stop the Spread of Infectious Diseases", and "Prevention and Care of Diabetes".

The media in Ghana has given this extensive coverage in newspapers and on line. There have been initial discussions with the Israel Embassy in Ghana about expanding this project. The project was also featured on Israel 21c as one of the top programs developed by Israel to help Africa.

This story has been posted on all Israel embassy websites worldwide. Here is the link-<http://mfa.gov.il/mfa/innovativeisrael/sciencetech/pages/medical-e-learning-14-january-2014.aspx>. It also is good public relations for Israel as it demonstrates how Israel helps other countries.

This is an extension of Herzog's work as a major teaching hospital in Israel providing training for medical students and residents.



## CANADIAN AMBASSADOR TO ISRAEL VISITS HERZOG



Dr. Yehezkel Caine, CEO of Herzog Hospital; Ambassador Vivian Bercovici Riva Rotenberg, former President of Herzog Hospital; David Rotenberg former Cabinet Minister in the Province of Ontario & Prof. Danny Brom, Director of Herzog's Israel Center for the Treatment of Psychotrauma

Herzog Hospital was honored to host Ambassador Vivian Bercovici, the recently appointed Canadian ambassador to Israel. Her visit to Herzog was one of her first stops on her official visit to Jerusalem while attending Israel governmental briefings. Dr. Yehezkel Caine, Herzog's CEO updated the Ambassador on Herzog's numerous affiliations and collaborations with various agencies in Canada including Baycrest Hospital, international videoconferences with CISEPO (Canadian International Scientific Exchange Program), the Windsor Rotary Ghana Tele-health project, and the Ontario Brain Institute. Prof. Danny Brom, Director of Herzog's Israel Center for the Treatment of Psychotrauma, described some of the services offered by the Center which could be applied to benefit Canadian soldiers suffering from PTSD. A direct result of her visit was her agreement to explore various services and programs that Herzog could provide that could positively impact on Canadians.

### Herzog Featured on BBC World Service Radio

Herzog's philosophy and ethical approach treating patients in end-of-life situations was featured as part of a BBC series called The Truth About Life & Death. This documentary program focuses on the influence of religion and culture at the end of life. The BBC was particularly interested in Herzog's approach in treating chronic respiratory patients, and our spiritual support program. BBC World Service Radio is transmitted worldwide.

### LETTER OF GRATITUDE

We receive many letters of gratitude from patients and their families. This one was sent to Prof. Rony Gamzo, Director of the Israel Ministry of Health.

I want to express my gratitude and appreciation to the Respiratory Department of the Herzog Hospital, where my father, was hospitalized for a year and a half. He was taught by the team of speech therapists and physiotherapists how to be independent with his physiological limitations, how to eat and communicate in spite of his tracheostomy. The devoted doctors took care of the complex medical problems in an outstanding way. Beyond the physical care, they strengthened, encouraged and guided us to adapt to the new situation. My father trusted the doctors, the nurses and the social workers, and was grateful for the wonderful and humane staff. I appreciate the devoted care and I was glad to see the blessed work done by the hospital staff.

David Cohen

# INTERNATIONAL ACTIVITIES

## AMERICAN FRIENDS

### SHANNON BLOCK ELECTED NEW PRESIDENT



**Shannon Block**, a young successful businesswoman has been elected President of the American Friends of Herzog. Former President Tony Berkowitz has been elected Chairman of the Board. Shannon brings an entire new group of young business people to the board, generating new activities and

attracting many new people to become involved in helping Herzog throughout the US.

### FLORIDA

Herzog Hospital events were held in several communities in Florida introducing many people to the work at the hospital.

#### Aventura

Leo and Melania Ben Lolo organized a special evening to introduce the large Latin American Jewish community currently living in Florida to Herzog. Stephen Schwartz, International Director of Resource Development spoke about "Parkinson's, Schizophrenia and the Middle East" This well attended event raised funds to name a room in the new Samson Pavilion in honor of Holocaust survivor, Eugene 'Arye' Lebovitz.

#### Boynton Beach

Dr. Yakir Kaufman, Director of the Department of Psychogeriatrics, spoke about "Stress, Memory and Alzheimer's" at the Chabad-Lubavitch of Greater Boynton Beach. Over 80 people attended the event organized by Paul and Diana Schwartz.

#### Parkland

Dr. Yehezkel Caine spoke about "Israel's Medical Services Experience with the Psychological Trauma of Terror and Mass Casualties" at Congregation Kol Tikvah in Parkland Florida, another new community hearing about Herzog's work for the first time. Leon Solomon, a member of the Broward County Commission for Disaster Planning, Leon Lipworth and Rabbi Bradd Boxman were the people who organized the event, which was also attended by fire, police and emergency medical responders from throughout Broward County. The synagogue is planning to have their missions to Israel visit Herzog.

### LAS VEGAS

Stephen Schwartz addressed the annual Gathering of Holocaust Survivors. He discussed the many health care services that Herzog provides to Survivors. Several people have stepped forward to organize activities in Las Vegas on behalf of Herzog.

### CHARITABLE GIVING FOR SOPHISTICATED DONORS

John Novogrod, a partner at the New York lawyer firm Kramer Levin, was joined by several of his colleagues at a special financial breakfast attended by donors, lawyers and financial consultants, to discuss the tax benefits of deferred giving. He also visited Herzog to see the hospital first hand. Various financial vehicles are available to donors, to enable them to effectively plan their estates.

## CANADIAN FRIENDS

### WENDY SWITZER MYLES ELECTED NEW PRESIDENT



**Wendy Switzer Myles**, well known in Toronto for her successful activity for several organizations has been elected as the new President of Canadian Friends of Herzog. She succeeds Meir Rotenberg who will continue as Vice President. Over the years, Wendy Myles has devoted

much of her time to volunteering, having conceived, implemented and chaired major fundraising events which have raised significant funds for a wide range of causes in Toronto. Plans are already in place to organize a major fund raising gala in Toronto. Her election comes at a very fortuitous time, as Canadian Friends activities are expanding across Canada.

Li-Elle Rappaport, one of the winners of the Windows to the World art competition and her family, visited Herzog to view her winning painting hanging in the Children's Chronic Respiratory Care Department. This past summer, another winner, Yael Benmore, visited Herzog with her family. Her parents Steve and Jackie subsequently hosted a meeting in their home in Toronto where Herzog's Director General, Dr. Yehezkel Caine spoke about the special steps Herzog's staff activated to maintain the safety of its patients during Operation Protective Edge.

## BRITISH FRIENDS

The New North London Synagogue in Finchley has been a long-time supporter of numerous projects at Herzog. Each year their special annual appeal raises much needed funds to support the Hospital's Israel Center for the Treatment of Psychotrauma. Most recently, the congregation has helped expand trauma resilience programs for children in Sderot. They also hosted their second Peace of Mind group of demobilized soldiers from the Israel Defense Forces.

## GERMAN FRIENDS

The German Friends is now working more closely with the Holz'sche Stiftung. This foundation was established in 2002 by Maria Holz in commemoration of the friends of her parents who were killed in the Holocaust. The foundation supports needy patients at Herzog and young German volunteers, who come to Herzog as short-time interns. Both the German Friends group and the Holz'sche Stiftung work on an honorary base and strengthen the good relations between Israel and Germany.

### GROUP FROM CHILE VISIT HERZOG

Students from the Maimonides School in Santiago Chile visited Herzog as a special part of their tour of Israel to 'visit the sick'. The school has developed a special relationship with Herzog, as each year students visit Herzog on their trips to Israel.

## Courses and Workshops at Herzog

Herzog Hospital continues to improve, develop and upgrade its nursing staff. Numerous courses and workshops are held for Herzog medical staff and nurses and para-professionals from other institutions. These courses are organized by Herzog's Department of Nursing. Here is an example of some of the recent courses:

### Conference on Combined Treatment for Dialysis Patient

The Department of Nursing headed by Tzvia Levy, in cooperation with the Kidney Dialysis Institute of Herzog organized a conference to discuss providing dialysis to older patients who suffer from other health problems. Herzog is one of the few hospitals in the world which routinely provide dialysis to individuals in their 80's and 90's. Herzog's Dialysis Unit treats 36 people each day, both those hospitalized, as well as on an out-patient basis.

### Prevention of Infections

A two month course discussing how to reduce and prevent hospital infections was attended by 60 nurses from Herzog and other medical institutions in Jerusalem.

It is difficult not to notice the signs "traffic lights" recently hung over every door and by patient's beds. The concept and the signs were developed by the Nursing Dept, to remind staff to stop to wash their hands before entering any room to treat a patient. This dramatically reduces cross infection, which is a major problem at all hospitals.

### Pain Treatment course

45 nurses participated in a course on pain and palliative care in geriatric medical centers.

### Pressure Sores Treatment

The course attended by 35 nurses from Herzog and other medical institutions, presented updates and advanced technologies in the treatment of pressure sores. Herzog is the leading center for pressure sores in Israel.

### Workshop on Respiratory Patient Care

Expanding on its expertise as the largest chronic respiratory care center in Israel for adults and children, department staff presented workshops on new treatment developments to 80 nurses from hospitals nationwide.

### "Bridges" course

The aim of the course was to understand the mediation process and approach to conflict resolution through dialogue and constructive communication. The 60 hour course included theoretical and practical classes, case studies, exercises and simulated situations.

# ISRAEL CENTER FOR THE TREATMENT OF PSYCHOTRAUMA

## NEW FINDINGS PRESENTED AT INTERNATIONAL CONFERENCE ON "TREATMENT OF TRAUMA IN CHILDREN"

The Trauma Center with the participation of the School of Social Work at the Hebrew University, the Jewish Family and Children Services of San Francisco, the Van-Leer Foundation, and Haruv Institute organized the latest International Conference on "Treatment of Trauma in Children". Many new research studies and treatment modalities were presented. Amongst them was a study led by Prof. Ruth Pat-Horenczyk, Director of the Trauma Center's Child and Adolescent Clinical Services Unit. Her study found that the ability to regulate emotions –changing the intensity and adjusting the behavior to different situations- is the factor that explains the relationship between the post-traumatic stress of the mother and of the child's stress. Therefore, when the mother manages to adjust and adapt her feelings to the situation, children are more protected and can deal better. The research studied 140 children and their parents from Sderot when they were 2-4 years old (2004-2006) and again recently being 9-11 years old. Sderot has suffered from the barrage of 11,000 kassam rockets over the past 14 years. This has had a traumatic effect on parents and their children. Prof. Pat-Horenczyk notes that "The findings show that we need to strengthen the capacity of regulating emotions of mothers threatened by terrorism, as in Sderot, by special programs to mitigate the damage done to them and that pass to their children".

## METIV CRISIS WALK-IN CLINIC

This is the only Walk-In clinic in Israel. It works with individuals coping with a severe ongoing crisis that has impaired their daily functioning. It also works very closely with the Jerusalem municipality which refers people needing immediate counseling. These have included first responders at a crime scene, domestic violence and car accidents, to name a few examples. The Center's short term treatment modalities give individuals the tools they need to cope so that they can complete their therapy as quickly as possible and lead productive lives.

## VAN LEER FOUNDATION SUPPORT CONTINUES

The Van Leer Institute funded the printing of 3,500 Trauma Center Resilience workbooks for children in the south aged 6-8 to help them deal with the barrage of missile attacks during Operation Protective Edge. This was a continuation of the foundation's previous support for a variety of programs.

## SERVING THE ETHIOPIAN COMMUNITY



Israel is home to 130,000 Ethiopian immigrants, many of whom endured long journeys by foot across the desert, placement in refugee camps, illness, murder, disappearance and rape. Nearly 28% of Ethiopian immigrants suffer from PTSD, more than two and half times Israel's national average of 9%, in and of itself more than triple the rate in the Western world. The Trauma Center several years ago developed therapeutic services for the Ethiopian community, increasing awareness on trauma and resilience, training professionals and establishing partnerships with municipalities to take more responsibility for this population. The Center staff have trained 238 mental health professionals, psychologists, social workers and educators on how to treat this unique population and conducted numerous resilience workshops and awareness conferences throughout Israel. Before the Trauma Center's intervention, only 21% of the Ethiopian community thought that it was important to involve others in life's difficulties, yet after the intervention, nearly 40% thought it was important.

This year on Yom Yerushalayim, a special ceremony was held at Mt. Herzl to commemorate the large number of Ethiopian Jews who lost their lives on their trek to Israel. Almost every Ethiopian family has suffered some tragedy of either a family member dying in the desert in Sudan, or disappearing, or being sexually assaulted. Trauma Center staff attended this ceremony and helped people who felt especially upset. In addition the Center developed a special program for individual Ethiopians to make a video recording of their experience as a way for them to healthfully process their experiences during their exodus to Israel. These focused services did not exist prior to the initiative and intervention of the Trauma Center, which has significantly helped those in the Ethiopian community better relate to and process their individual trauma. During Operation Protective Edge, the Trauma Center provided special services in Amharic.

## PEACE OF MIND FOR RELEASED ISRAELI SOLDIERS



The Trauma Center continues its successful Peace of Mind (POM) program to help discharged Israeli combat soldiers deal with the difficult transition to civilian life. Along with the well-known image of the resilient Israeli soldier, we clearly see the long term effects of exposure to extreme combat situations during compulsory service in the IDF. Most released soldiers do not receive any help to process their army experiences, many times leaving them carrying heavy burdens from their combat related experiences into their civilian lives.

POM works with groups of 15-20 participants of released soldiers who come from the same military unit. The main workshop in this intervention program is done while the group, along with 2 therapists, is hosted by a Jewish community overseas. The seven day trip overseas includes intensive half day workshops allowing for processing severe combat experiences the discharged soldiers have undergone in the army. There are also therapy sessions with the group prior and after their time overseas. The connection with the hosting Jewish community overseas is a key element of the program. Receiving acceptance and warmth from a Diaspora Jewish community, provides participants with a sense of love, support and a new aspect of purpose in defending the State of Israel on behalf of international Jewry. The host community also feels a great bond and solidarity with the visiting Israelis.

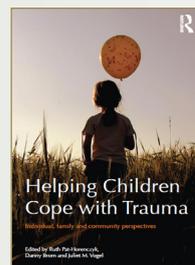
After this experience, 86% of participants have reported that they have greater ability to speak of their experiences more freely and receive the proper support in coping with them. Following the intervention, 80% report a new found sense of growth from their combat related experiences in areas of relationships, quality of life, new possibilities in life and more. The Psychotrauma Center has already organized 25 groups since the program's inception. Groups have been hosted in Holland, Italy, England, France, Canada and the United States. As of this time, 40 groups are waiting to go through the program.

**VISIT THE TRAUMA CENTER'S WEBSITE**  
[www.traumaweb.org](http://www.traumaweb.org)

## BUILDING EMOTIONAL AND AFFECT REGULATION

The Trauma Center maintains the BEAR- Building Emotional and Affect Regulation intervention program for children. This novel program incorporates the latest development in the field of building resilience including mindfulness techniques, cognitive behavioral strategies and narrative interventions - all used in a creative and playful manner. The 6 session intervention is geared for children between the ages of 7-12, who have been exposed to difficult life events, and is conducted in small groups of 6-8 children. The Trauma Center staff has provided the BEAR program to children in Sderot and Jerusalem. The BEAR protocol is a new module of "The Journey to Resilience" developed by The Israel Center for the Treatment of Psychotrauma with a special focus on emotion regulation. The BEAR program has also been used to help survivors of the tsunami in Sri Lanka. It has also been translated into Italian and used in schools in Milan.

## NEW BOOK ON ADOLESCENT TRAUMA PUBLISHED



Prof Ruth Pat-Horenczyk, Director of the Center's Child and Adolescent Clinical Services Unit and Prof Danny Brom, Director of the Center have published yet another new book: "Helping Children Cope with Trauma: Individual, family and community perspectives." The book bridges theory and practice in examining emerging approaches to enhancing resilience and treating traumatized children. Adopting a child-centered perspective, it highlights the importance of the synergy between individual, family, community and social interventions for recovery from post-traumatic stress. With chapters by an international range of contributors, the book reflects 3 critical elements in healthy development in the face of traumatic circumstances: individual, family and community.

## SPECIAL TRAUMA COURSE AT THE HEBREW UNIVERSITY ROTHBERG SCHOOL.

A special course organized by the Trauma Center for overseas students in collaboration with the Rothberg International School of Hebrew University focuses on the latest developments in trauma. The course, open to psychologists, social and public health workers, clergy, physicians, nurses, and policy makers, examines theories and research on trauma, coping, resilience, and post-traumatic growth in a variety of cultural and situational contexts. The course has attracted participants, aged 22 to 68, from more than twenty countries. This high-quality educational program includes lectures by prominent scholars in the field, as well as a critical review of the current literature and guiding principles of post-traumatic treatment programs. The course is offered in the winter and summer.

# HERZOG STAFF LEAD THE WAY



**Dr. Esther Lee Marcus**, Director of the Respiratory Care Division published an article "Should we provide life-sustaining treatment to patients with permanent loss of cognitive capacities?" in The Rambam Forum on Bioethics. She was the UNSESCO Chair at the ninth Bioethics World Conference in Naples, Italy. She spoke on "The Jewish perspectives on distributive justice and economic considerations in medical care".



**Prof. Uri Heresco Levy**, Director of Herzog Hospital's Psychiatry Division, had his article "D-SERINE Adjuvant Treatment Alleviates Behavioral and Motor Symptoms in Parkinson's Disease" published in the International Journal of Neuropsychopharmacology. He also recently authored a chapter in the book "Brain Protection in Schizophrenia, Mood and Cognitive Disorders". These are among the main discoveries forming the foundation for the recent patent awarded to Herzog by the European Union, the US, Canada and Israel. These findings are based on the joint work of Prof. Heresco Levy and Prof. Dan Javitt of Columbia University and the Nathan Klein Institute in New York.



**Dr. Efraim Jaul**, Director of Complex Nursing published in the International Wounds Journal the article "Cohort Study of Atypical Pressure Ulcers Development", that discusses the caregivers awareness of atypical pressure sores, different locations, causes and methods of treatment.



**Dr. Yakir Kaufman**, Director of the Department Psychogeriatrics spoke about "The Beginning and End of the Mind" about the connection between neuroscience and kabbalah at the Tenth International Torah and Science Conference in Miami.



**Prof. Danny Brom**, Director of Herzog's Israel Center for the Treatment of Psychotrauma and **Prof. Ruth Pat-Horenczyk**, Director of the Center's Child and Adolescent Clinical Services Unit published an article in the Journal of Child and Adolescent Trauma "Growing Up Under Fire: Building Resilience in Young Children and Parents Exposed to Ongoing Missile Attacks". This was based on the Trauma Center's work over the past many years of working with families in Sderot and southern Israel who were living with the regular siren warnings and missile attacks for over 14 years.



**Prof. Pesach Lichtenberg**, Director of Herzog's Department of Men's Psychiatry, published the article "The Moral Case for the Clinical Placebo" in the Journal of Medical Ethics. He also participated in the conference of the Israel Society of Mental Health in the Community where he headed the session discussing the model of community care as an alternative to acute hospitalization.



**Dr. Jacques Eisenberg**, Director of the Children Psychiatric Clinic in the Community Mental Health Center, spoke at a conference of psychiatrists from around the world, held at the Tel Aviv Museum, on the topic "Meeting between the psychiatrist and the religious person". The lecture discussed the special features in the different stages in religious life, and their influence on mental health: birth, entering school, growing up, matchmaking and marriage.



**Prof. Gaby Shefler**, Herzog's Chief Psychologist, edited Christopher Bollas' psychoanalytic and psychotherapeutic book "The Infinite Question". The book examines the human impulse to question, and illustrates how Freud's free associative method enhances this. Prof. Shefler is recognized for his extensive knowledge on the work of Freud.



The research of **Yonit Tzubari**, Social Worker, "From Hope to Despair and Back: Being the Wife of a Patient in a Persistent Vegetative State" was published in Qualitative Health Research. The research found that wives of vegetative husbands are constantly balancing their lives between instrumental and emotional experiences to continue taking care of the husband and dealing with their daily routine.

## SNOW AT HERZOG



Herzog Hospital was blanketed in snow, after the snowstorm in Jerusalem. Hospital staff overcame many travel obstacles to get to work to care for our patients. Several of our nurses stayed overnight at the hospital when it started snowing, and they heard that there would be a heavy snowfall. They wanted to make sure that there would be enough staff at Herzog to take care of the patients. Many other staff walked miles to get to Herzog, since the roads were closed, even to public transportation. In addition, the hospital's conference room was converted into a makeshift shelter to accommodate many drivers who were stranded in the area by the storm. Mattresses

filled the room so that those stranded could stay overnight at Herzog.

Herzog staff came through with flying colors. We wouldn't expect anything else.

## "I GOT A SUNTAN AT HERZOG"

This is what one of the patients at Herzog's Department of Physical Rehabilitation said. She spent several hours each day on the Department's outside terrace, in between her physical therapy. It's not too many people who can say they came to a hospital to improve their tan!

## HERZOG ON EL AL

Herzog was recently flying in the EL AL Atmosphere magazine, announcing its 120<sup>th</sup> anniversary.

The magazine was in the seat pocket of every EL AL flight worldwide.

## NEW HERZOG VIDEO

Go to You Tube to see Herzog's new video.

The link is <http://www.youtube.com/watch?v=iznK-fN1bK8>.

To see other Herzog clips, search for Herzog Hospital on You Tube.

## HERZOG IS IN A NOVEL

You may want to pick up the book *The Wanting* by Michael Lavigne.

Turn to page 68, when the character refers to Herzog Hospital in Jerusalem!

## HERZOG ON CNN

Prof Danny Brom, the Director of Herzog's Israel Center for the Treatment of Psychotrauma was interviewed on CNN, commenting on the multiple traumas Israel endured during a short time. This started with the kidnapping and murder of the three Israeli teenagers to the onslaught of kassam rockets crashing into communities throughout southern Israel, and the Israeli response in the Gaza Strip.

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# Sarah Herzog Hospital

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Herzog Hospital is authorized to issue Receipts valid for income tax purposes in Israel, USA, Canada Great Britain, France, Germany and Holland. We accept Israel Bonds and stock which can be acknowledged for tax purposes

Visit Herzog's website [www.herzoghospital.org](http://www.herzoghospital.org)