

5 Strategic response per pillar in Israel

From June 2024 to Dec. 2025

Pillar 1: Acting for rehabilitation

Beit Halochem Tel Aviv

Objectives

To systematically equip caregivers to reduce acute stress and prevent post-traumatic disorders in veterans. To generalize the EmotionAid® method to all permanent staff and volunteers at the Tel Aviv house (including support functions, security, and mind-body activities).

Activities

From September 2024 to November 2025 (physiotherapists group, maintenance/security group and training of yoga/pilates instructors).

Results

80% of participants described the method as simple, clear, and easy to apply.

~80% stated they gained better self-awareness and regained a connection with their body in the face of stress.



“That is very relevant to an organization like Beit Halochem. It’s a great opportunity to learn how to regulate ourselves.”

Avi Avaskar

Manager of Beit Halochem Tel Aviv

Quantified impact

2025 impact: 16 new participants + multiplier effect of 2024 trainees, i.e., (15 + 12) x 150 (half-year) = 8,850 beneficiaries.



"It's a first-aid tool that works."

Karin Shahar
Head of PTSD & Mental health at Beit Halochem



Pillar 1 - Acting for rehabilitation

Momentum Workshop

Objectives

To raise awareness among caregivers to help reduce acute stress and prevent post-traumatic disorders in veterans. To embed the EmotionAid® approach across all permanent staff and volunteers, fostering a shared language and reflexes for emotional first aid.

Activities

Completed a 3-hour workshop in Dec 2025 - a training is planned for 2026.

Quantified impact

2025 impact: 40 participants
40 X 3 = 120 beneficiaries.

Pillar 2: Acting in the Educational Field

Darca School Network

Training for Supervisors and Teachers

Objectives

To equip educators with tools to better support adolescents in emotional distress and to prevent burnout among educational staff.

Activities

Jan 2025 - Dec 2025: 30-hour training for 30 staff members.

Results

Management and staff **engagement reached 100%**.

Participants reported an average **reduction of about 20% in burnout levels** following the intervention. The method was actively integrated into daily routines – several staff members are already practicing it and requesting additional support.



“Very happy with the training and the opportunity given to me to be trained in a practical program to strengthen resilience. The workshops were conducted professionally. The facilitators are professional and assisted us, individually and as a group, in an empowering manner.”

Participant, counselor



Quantified impact

30 x 300 = 9,000 beneficiaries in one year



Pillar 2: Acting in the Educational Field

Kid Song

Helping Children Self-Regulate Through Music

Objectives

Helping children self-regulate through music and give teachers a pedagogical tool for helping kids and teenagers from 8 to 14 years old.

Why? Because music is an emotional regulator, especially for children. Our catchy, upbeat song, rooted in the EmotionAid® 5-Step Protocol, teaches self-regulation in a fun, memorable way, giving children a routine to counter stress or fear.

Activities

1

We've already written child-friendly lyrics and composed a joyful, upbeat melody inspired by the style of classic Israeli children's music.

2

We have successfully completed the first part of our journey: finalizing the choreography, recording it with the children, filming the video, and completing the editing.

We're delighted to share with you the result here:

[Click here](#)



Eric Cohen Books workshop, Nov 25

Pillar 2: Acting in the Educational Field

Mehinot

Objectives

- To provide an emotional toolbox for students in preparation for their military service.
- To expand the reach of emotional regulation programs within pre-military academies

Activities

- Tzofim Garin Tzabar :
- 3 hours for 18 people
- One workshop around boundaries : October 2025
 - One workshop about resilience - November 2025

Quantified impact

18 x 10 = 180 beneficiaries

Pillar 2: Acting in the Educational Field

Eric Cohen Books

Teachers community workshop

Objectives

To equip educators with tools to better support adolescents in emotional distress and to prevent burnout among educational staff.

Activities

During November 2025, completed a workshop of 3 hours.

Quantified impact

3 x 30 = 90 beneficiaries in one workshop

Pillar 3: Acting for helping the helpers

Schneider Hospital

Clinical research and support for medical staff.

Objectives

To reduce stress among hospital staff to prevent burnout. To scientifically analyze the impact of EmotionAid® with results expected by late 2026.

Activities

July - Oct. 2025: General Medicine Department: 19 staff members with 6 individual sessions per person. Planned for 2026: two additional departments: "Aleph" and "Ichpouz Yom" (Day Hospitalization).

Quantified impact

19 x 300 = 5,700 beneficiaries.



Pillar 3: Acting for helping the helpers

Barzilai Hospital

Reduction in stress levels among the management team.

Objectives

To strengthen the emotional regulation of leadership teams and the impact on their teams.

Activities

Nov. 2024 to March 2025: 6 individual sessions per person supported. Number of people: 17.

Results

75% of participants from Barzilai Hospital highlighted the simplicity and effectiveness of the method, describing it as clear, concise, and easy to apply. Nearly 80% reported gaining a deeper understanding and better awareness of the process they undergo in their work. Although many were already very attentive to their bodies, they acknowledged that, under current circumstances, they had partially disconnected from their body awareness. The method helped them reconnect and better understand what they were experiencing.



Numerical impact

Impact: $17 \times 300 = 5,100$ beneficiaries.

Pillar 3: Acting for helping the helpers

Mercaz Hosen

Workshop for the staff

Objectives

To strengthen the emotional regulation of leadership teams and the impact on their teams at Sha'ar HaNegev.

Activities

October 2025 - Completed a workshop of 3 hours.

Numerical impact

Impact: $40 \times 3 = 120$ beneficiaries.



Pillar 3: Acting for helping the helpers

United Hatzalah of Israel

Workshop for the staff

Objectives

To strengthen the emotional regulation of leadership teams and the impact on their teams.

Activities

May 2025: Completed a workshop of 4 hours with 25 people.

February 2025: Private session for 2 people.

Numerical impact

$25 \times 10 = 250$ beneficiaries