

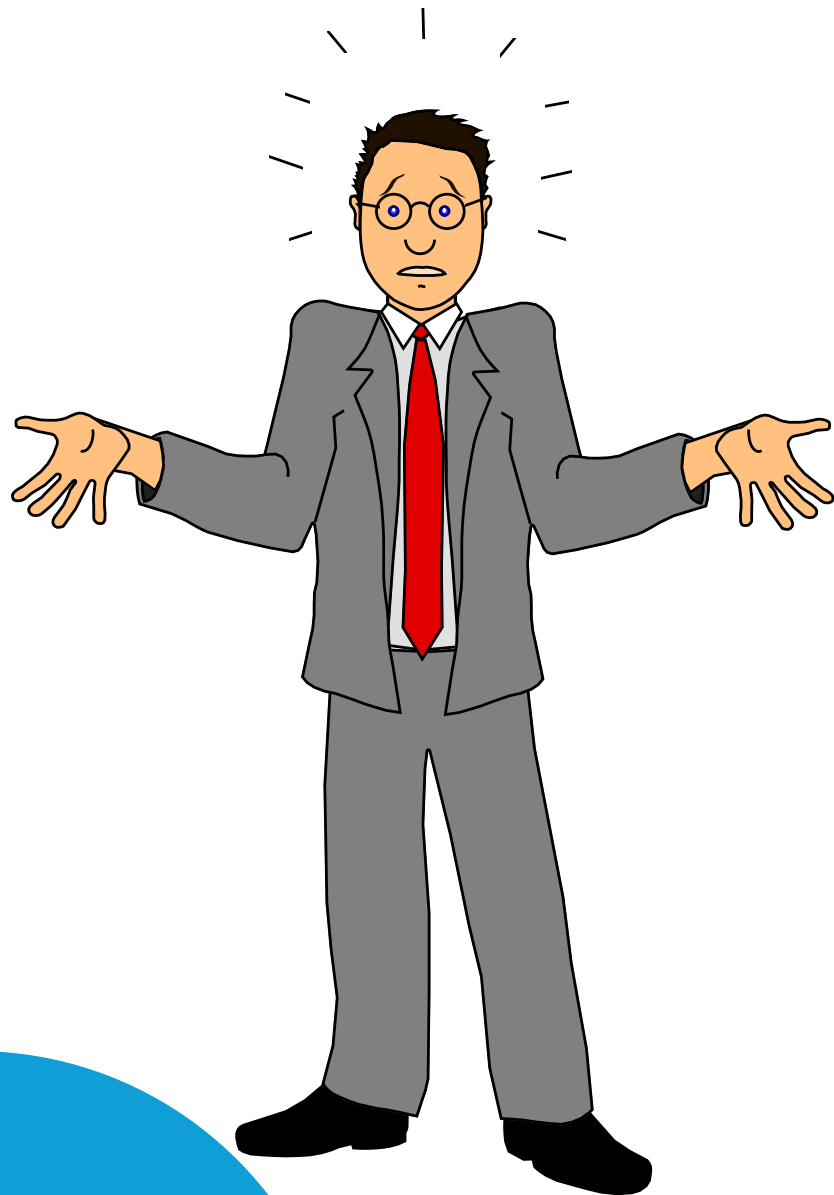


Trauma and Resilience in the wake of 10/7

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Torah in Motion

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Learning objectives

- Understand trauma as survival response
- Recognize the consequences of traumatic events on the individual and the community
- Sharing some thoughts about Israel after October 7th



What happened to
us on October 7th?

Three inborn reaction systems to existential threat

1. Threat detection system

1. The physical arousal system
2. How do we conclude what is safe and what is dangerous

2. Attachment system

People bond in order to seek safety

3. Learning

Learning versus imprinting

Getting in and out of Survival Mode

Automatic entry

Conditions

Non-automatic exit

Conditions

How do we process?

- Re-experiencing
- Avoidance
- Arousal regulation

Goal: Creating a narrative of what and why happened

Symptoms of re-experiencing

- Unbidden Images and thoughts about the event come up.
- Frequent association
- Pre-occupation with what happened
- Waves of feelings
- Dreams or nightmares

Symptoms of avoidance

- Wish not to speak/think about the event
- Attempt to avoid things/people/places that remind the event
- Numbness
- Narrowing of emotional experience
- Feeling that the event not really happened

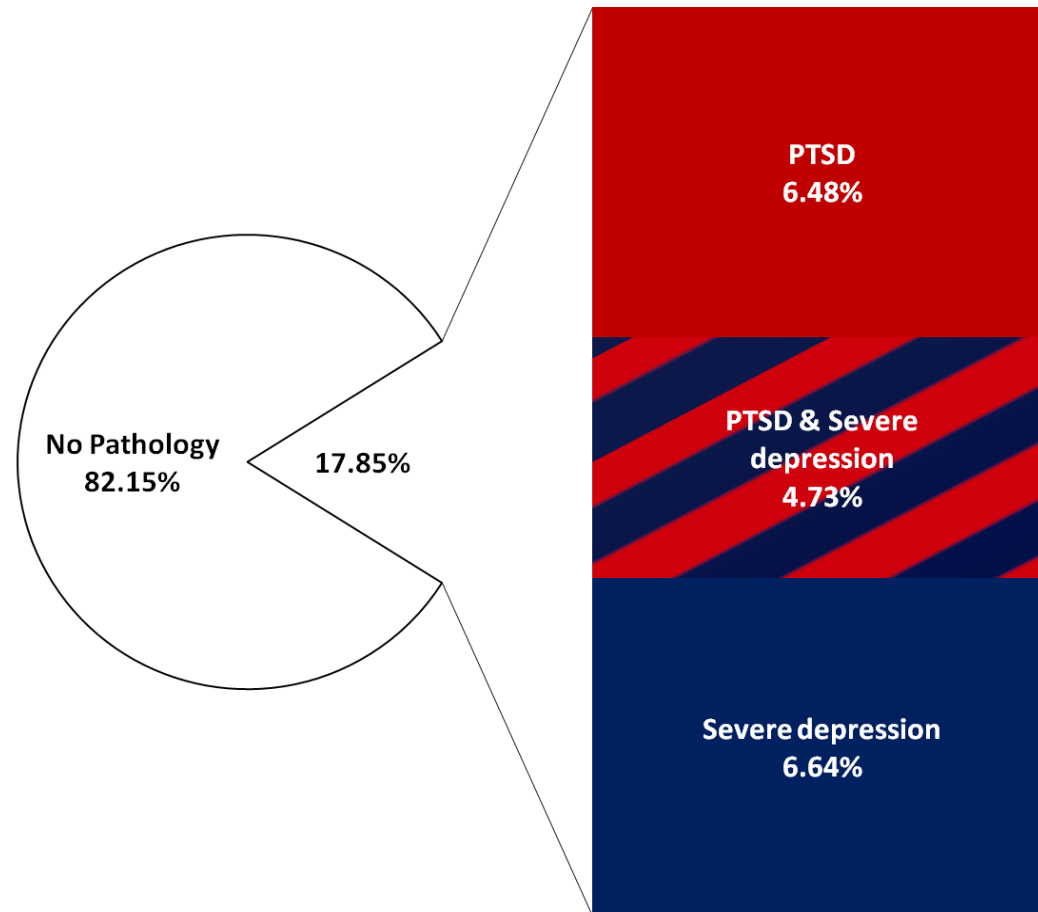
Symptoms of hyper-arousal

- Bodily and mental tension
- Difficulty with concentration
- Sleep disturbance
- Startle response
- Nightmares

Symptoms of cognitive changes

- Seeing the world through the lens of what happened
- “knowing” that it will happen again
- Not trusting people around
- Cognitive “distortions”

PTSD and Depression in Adolescents (N = 4274, summer 2007)



Redirecting route:

1. Posttraumatic phenomena are on a continuum
2. There is no definitive answer whether PTSD is qualitatively different from posttraumatic symptoms
3. There is no difference of effectivity in a variety of therapy models for PTSD
4. Trauma treatment has become popular (too popular?)
5. Post-traumatic processes still need to be better understood



Characteristics of the collapse and its influence on the individual and the community

Surprise,
destruction
defeat and
humiliation

Loss of
Meaning,
helpless-
ness

Scope and
severity of
the damage
Civilian and
military

Circles of
vulnerability

Breach of
trust and
sense of
security

Length of
the war

Lack of
overall view
of the
meaning of
this event
and its
consequenc
s

07/10/2023

לנצח נזכור אתכם, עם האור והשמחה שנדמו לעד.



What with combat soldiers?



Conclusions

1. Survival responses are healthy adaptation
2. We are still in the war
3. Not everyone needs therapy
4. We need to “hold each other” (be together)
5. Individual resilience is teachable: emotion regulation
6. Community resilience is teachable

Thank you!!

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