



**דיווח גרי קווין**  
**תאריך: 28.7.2006**

I returned from a city in the north on Sunday night after a full day there. It was strange being in a city that has been such a bustling bee hive of activity that has very few people walking or driving outside. Alan had arranged a contact in the sherut psychology. They invited in one of their psychologists, Silvia Glicken, for me to accompany and work with. It was a strange feeling as we walked around the deserted street that were amazingly quiet except for the sound of artillery and perhaps distant katushas falling with our helmets and bullet proof vests. I dealt with a man who had seen another man blown to bits who could not get the image about that scene and the collecting of the body and the smell. With EMDR his fear went from 7 suds to 10 then back down to 3 that turned to sadness (ecologic).

The group EMDR we did when we got to one of the public bomb shelters that no psychologist had visited yet and 20 people all wanted therapy at the same time. For most of the people the pictures transformed from Ketusha's over head to better and better pictures (the children transformed to flower and sun and smiles, Thank you Tzipi and Aiton for your talk and practicum on Friday). Some of the people left the group and worked with them individually and again thank G-d (and Francine) and suds dropped.

It was just a beginning drop of water where a reservoir is needed. But my impression was that the emdr did help and that the staff there needs to see it can work to invest energy to activate their rusty skills. I felt privileged to be able to help in some small way.

**Second report 7.8.2006**

Report on miklat wandering:

I had hoped to do some follow up with those I had seen before.

I went back to the miklat where in the beginning the man who had gone back out to get his child's blanket was hit directly by the katyusha.

The man I originally treated was not in the Miklat as he had left the miklat to

take care of different things (without doing a follow up the fact he could leave the miklat was a success).

Then others in that shelter began to talk to me. I worked with a woman (72 years old) who said that when the katyusha that killed the man hit, they had not yet closed the escape doors of the miklat and because of it an enormous amount of smoke filled the miklat (with awful smell of gunpowder and burnt flesh). She went outside and also saw what was left of the man. She could not use the 0-10 scale but her fear she showed with her hands was 10 when she thought of the smoke and noise and picture. It dropped to 1 and she said she felt safe as long as in the miklat and did not intend to leave. Her sister came next and said that she had constant headache. I used the pain protocol and her headache disappeared. Then came a 3<sup>rd</sup> woman who had arthritis to the level that she would get steroid injections (which she cannot get during all of this time). As a religious woman she did not want me touching her even with using pens to tap and could not follow my fingers with her eyes. She did self tapping but because of the arthritis could not tap well. She had her pain level drop although it remained. Then in the same miklat a young man (30's) came over with constant headaches. He had been next to the man when they ran into the miklat (the man had been safe but ran back to get the blanket for his daughter). Since this man was in the entrance way when the explosion hit the sound was deafening and he initially he lost his hearing but over 2 days recovered most of his hearing. Since then (2-3 weeks) he has had constant headache. He was intact enough to fill out the impact of events scale so that it might be possible to do a reevaluation next week. When he saw the event nc: I'm in danger pc: safe now from that event. Fear in head and stomach suds 6. It also dropped to 1 and he reported his headache was gone.

I went to the next miklat where we had done group emdr and most of the people were on a trip to the city Rishon Lezion so I did not get to do follow up with them but those there reported their had been improvement after we left and it was a positive sign they could leave the miklat at all.

We called the woman who could not get into her safe room because of the reactivation of the trauma 15 years ago. Although she reported that she still had not gone into her closed room she was unable to do another session as she had left her apartment and was taking care of errands (also can be seen as success as she was finally able to leave her apartment).

Then I went to a miklat where the parents were reporting having great difficulty with the children. A 2 year old that had not needed diapers was back in them. There were three 5-6 year olds who the parents reported would not go even near the stairways to leave the miklat and would scream and put there fingers in their ears when the sound of sirens or explosions were heard.

We did group emdr and it was amazing to watch the transformations of the pictures of all the children. In the end were pictures of smiling faces (started as frowns with tears) and doing homes with sunshine. They all felt better and so we went up the stairs and to the entrance of the miklat (where they had never gone) but did not go outside because the sirens were sounding and there were the sounds of explosions.

One of the girls jumped with the sound of the explosions so she was told to do self tapping and immediately calmed down and stayed there. It was then hard for me to get them to go back into the miklat but we talked about it is good to stay in when explosions are going off.

Then we went down to the parents who recognized that their (the parents) nervousness was probably activating their children. They did not want to draw but we had them do self-tapping and gave them "new information" regarding the physiology of the response to danger. Then "think of that". They followed the same protocol of what ever came up in their mind they should continue from there. All of them were calmer and acknowledging that as long as they

We received a call regarding a woman that on Friday was outside during an explosion that was near by. She in the beginning had a panic reaction and was screaming and terrified. Then she felt enormous tiredness and was sleeping round the clock (for 3 days). When trying to target the past event she did not feel anything. But imagining going out to take a shower (leaving the miklat) in the future caused a suds level 10 felt in her stomach. This dropped to suds of 1 with eye movements as long as she went at night when there were far less katyushas landing. She then had a voc of 6 regarding I can be safe (go out only at night when she judged the situation to be safer).

She appeared much more relaxed and was smiling at the end of the session.

### **Report 13.8.06**

I am writing this report just as the cease fire is supposedly happening. Yesterday, Sunday, August 13 began with a call that I later received on my answering machine that the head of psychological services recommended that I should not go up North because the expected number of katyushas that were expected to land... Luckily I only got the message later when I arrived to the city center. The number of cars and people on the road had dropped off from

what had been the week before as every few minutes the sirens were blasting. On my way I had seen a katyusha shot from Lebanon with the white plume of smoke as it left the earth for destination unknown. I was advised not to go out but because of dumb faith or more likely stupidity I ventured out. I was especially interested in getting feedback from those I'd worked with before.

I would like to talk to you first about "failures" with the hope that we can learn a great deal more from what did not work than often from what does. It also speaks of the importance of follow up. Although the follow up is not first hand I would like to talk about the woman who had been confined in a small room 15 years ago under horrendous circumstances who could not go in the mamad (safe room). We had done EMDR on the past experience as it seemed she was having flashbacks of it anyway. At the end of the session she seemed much calmer and thanked us but had ended the session earlier than I would have liked. I had encouraged the staff to do follow up. Because she spoke a different language it prevented me from doing personal follow up. It was reported to me that Udi Oren went and she told him she had felt better immediately after the treatment but had a significant flash back after. Udi concentrated on safe place and resource installation and she was reported to be feeling better. In retrospect today I believe I would work more on "front loading" with more work on those things that Udi did. I might try to do the EMD protocol just about the safe place but probably would not have succeeded because with such a significant trauma it is hard to imagine she would not naturally go back to it during the eye movements. She has requested a female therapist so hopefully today a female EMDR therapist can see her and hopefully we will get further feedback.

Another "failure" was with a young woman who was in a significant job that made her need to work and actually come from a safe area (no katyushas) to the city. Although she had no specific past event that activated her, every time the siren would sound she would get extremely tense but had to act to all around as if she was calm. We could not do EMDR in the public bomb shelter so we moved to a different room in the building that was not protected. Image : sound of siren NC: I'm in danger PC: I am safe now (when I am in a protected room) voc 2 feeling fear 9 with siren 6 when think of siren in solar plexus. Amazingly the eye movements helped her calm down but just as we were seeing Suds come down again the sirens started and where we were sitting they were very loud. We should have moved down to the shelter but continued to work. A cognitive interweave of possible vs probable helped and

when sirens were not sounding she could get down to 3-4 suds. Once when she got dizzy I had her go to self tapping and she felt better. We would do self tapping during the siren until it stopped and continue another 10 sets after. She reported calming and we stopped. Later that evening she came up to another EDMR therapist who worked with psycho-education and support which appears to have helped. In retrospect I should have stopped working and get into the bomb shelter because I was working with a positive cognition that was not true- we were NOT safe now. That pc could not install. It is not like in ERP when the event is over and we can use "you are safe from that past event". While we were sitting there at any moment a katyusha could fly through the window or building. So I would not recommend that technique for the future.

OK, on to "successes". I first went to a private miklat (bomb shelter) that did not have air-conditioning. One of the woman who had gotten helpful treatment called for a neighbor of hers that was crying all the time. This second woman reported she had family members on the front and children who were living in the North who would be harmed. She was also crying over seeing all of our soldiers killed. In this case normalization was the best direction and she found that helpful. But as we were sitting another siren started and I could see the frightened look in all four of the woman in the miklat. So I started self tapping with them (as with this group they believed they were safe in the miklat-by the way, the woman above was not sure that it was safe in the miklat- she thought a katyusha could penetrate the walls of a miklat) These woman calmed down from an approximate 7-9 suds to a 2 -3 during the sound of the siren. We did a few more sirens before I left.

Two miklatim where we did the butterfly-group protocol reported that all of the children were doing well after the session. The man who had seen the man first killed in Nahariya had left the public miklat and was reported to appear fully better. In that same miklat several of the older woman I had worked with said that they had been feeling fine and the woman who had had continuous headaches before treatment reported they were gone. We went to another miklat very close to this one and also began working with a man who also had seen the man who had been blown up. But he refused to do EMDR at this time for an interesting reason. He said that a homeopathic doctor came and spent an 2 hours convincing him that the homeopathic treatment was the best in the world and always worked. The man took the homeopathic treatment and it did not work. He then lost faith in trying anything "new" because of this failed

treatment. I supported his refusal and said if symptoms (he could not sleep and had flashbacks of the body parts) continued that he could then consider treatment.

Daniela Zawi arrived to work with me in this miklat with the children but they were all doing so well that group EMDR was unnecessary.

Everywhere we went we were impressed with the incredible strength and courage these miklat dwellers showed. They somehow had found a way to adapt in this incredible situation. I again felt privileged to be amongst them.

So ended the day before the day after - with more katyushas landing than ever before (greater than 4 times the amount that fell in all of England in WWII in a single day) .And I pray that this ceasefire be one that holds but not just for days or weeks but for years and years.

Gary