



**דיווח: איתן בירנבאום**

**תאריך: 30.7.2006**

I like Elan's ideas, but am curious about the basic facts:  
Why are these kids going back north?

Assuming it's a given, it would be important to develop their resources to deal with this (as Elan has suggested) and also to develop their concrete plans for dealing with this (future template), e.g., how will you spend your time in the shelter?

*Ideas on this:*

Some might be able to develop a list of activities or goals that will structure the time to be spent in the shelters and allow a positive frame by putting it to good use (These can be strengthened and installed using EMDR).

What kinds of activities could help you get through the time most easily?

Are there any activities that might even help you have fun, or to do better in school or work, or to improve your relationships with people? e.g.,

Are there people in your family/building that you would like to get to know (better)? Or among your other acquaintances?.

Kids 11-12 could use the opportunity to get a head start on their bar/t mitzvah "roots project" (Reading older sibs projects will give them a lot to do already, and enhance connection with family members, and provide basis for further interviewing). By developing a plan to interview family members and others especially about how they got through tough times in their lives, many personal, family and social resources will be identified for all participants. This could be a highly therapeutic activity with great wave potential.

And there could be plans for reading certain books, studying a certain subject (to improve grades or to be an A student), starting or upgrading activity in a certain hobby. Some of these would lend themselves to group decision and implementation, like doing a certain hobby together with friend/s, setting aside study time together, book club. Getting the necessary materials in advance for any of these activities would serve to concretize and anchor the plan and its inherent coping starting from now. Even an interviewing pad and comfortable pen could serve as their weapons. Or the necessary book/s, hobby material, phone numbers of relatives to interview and questions to ask, etc.

Community psych: Helping others in the shelters by supporting and talking to them could be a whole program (Who in your building or neighborhood might be in most need of support? Who is alone, or has problems? What might help them to get through this time?). Obviously, getting them to think about others instead of the katyushas will be beneficial to them (and to others) in multiple ways. Maybe we should organize a system-wide intervention of a "volunteer helper corp" with some basic training in listening skills, and connection to the local social services (for backup, support, etc.).

There are a lot of future social workers, psychologists, and counselors among the teenagers of the north, and many others with extant and potential helping capacity: might as well help them and mobilize their helping potential in the trenches, to combat helplessness. They could be recruited in the centers where hundreds of refugees from the north are located: out of two hundred, there could easily be some 10-20 potential candidates. We could train them down here, or up there. They could get a name and some insignia (armband or pin). A possible name:

חיל עוזרי מקלטי ישראל = חיל עמ"י

Thoughts?

Aiton