

POST-TRAUMA CLINIC NATIONAL CENTER FOR TRAUMATIC STRESS AND RESILIENCE AT TEL AVIV UNIVERSITY

The brutal October 7 attack and the resulting war have created an **unprecedented need for mental health services**. Israelis have buried loved ones, are haunted by the atrocities committed against helpless civilians, and fear desperately for the hostages, all while supporting soldiers and attempting to live everyday life. IDF soldiers and civilians alike are experiencing trauma and need immediate access to care.



Tel Aviv University (TAU) is a global hub and expert in the field of post-trauma. In close collaboration with mental health organizations across Israel, the IDF, the U.S. Department of Defense, and other organizations worldwide, TAU is working to advance the research, treatment, prevention of and education on post-traumatic stress disorder (PTSD) and related conditions through its **Post-Trauma Clinic** within the university's **National Center for Traumatic Stress and Resilience**.

Yair Bar-Haim, professor of psychology and neuroscience, is a world-renowned expert in treating PTSD and regularly collaborates with the U.S., Australian, and Israeli armies, the U.S. National Institutes of Health (NIH), and the Department of Defense. The Israeli government and IDF are relying on his proprietary care methods and expertise to treat the most fragile and critical cases, from the hostages when they are released, soldiers, and civilians. His treatment protocols for children and adults are currently implemented globally at more than 200 medical and research institutes.

Before the war, Israel suffered from an acute shortage of personnel in the psychological services system. Prof. Bar-Haim estimates a dramatic increase of **30,000 new cases of PTSD** and associated conditions. While mental health professionals have volunteered to provide an initial intervention, it is clear that treatment will be needed on a much broader and more consistent basis for the foreseeable future.

TAU is currently constructing a building for its **National Center for Traumatic Stress and Resilience**, which will also house the Post-Trauma Clinic. The building will not be operational until 2026, but the country cannot wait. Responding to the requests of the IDF and Israeli government, TAU has agreed to provide the **treatment and services that are needed immediately**.

The Clinic will intake, diagnose, and deliver initial treatment using cognitive-behavioral therapies, computer-based treatments, group therapy, and individual therapy — all following evidence-based and clinically proven protocols — and treatment will be delivered by psychiatrists, clinical psychologists, and social workers. The Center will also provide training for PTSD professionals in local and global conflict areas.

The Post-Trauma Clinic will treat a minimum of **1,000 patients during its first year**, including IDF soldiers and veterans, security personnel, and civilians. Gradually, treatment will be offered to children and adolescents, and by the Clinic's second year, its capacity will double. TAU's aim is to be able to meet the full needs of the population at this vulnerable time.



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