

Trauma & Recovery: Insights from Israeli Communities

Thursday, Jan. 8, 7 pm

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How are communities in Israel healing after the profound collective stress of the past two years? Art therapist and trauma specialist Sara Roizen collaborated with rabbis from Hebrew SeniorLife and a fellow art therapist to create *Refresh*, a unique program designed to support Israeli rabbis and chaplains who were caring for their communities in the aftermath of October 7 while also navigating their own trauma. The *Refresh* workshops began on Zoom and evolved into a week-long expressive-arts-centered retreat and training program for the rabbis that was held here in the Boston area. And this programming continues to grow, helping to more fully weave a Jewish spiritual lens into expressive arts trauma work.

In this 2-hour workshop at TAA, Sara will share the story of this collaborative work through selected images, artwork, and reflections from those training sessions and experiences, inviting us to consider how creativity supported healing in communities across Israel – and how it might help us build our own communal resilience. Participants will then be guided through a hands-on art experience—no art background needed! There will be time for questions, discussion, and community connection. Light refreshments provided.

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BIO

Sara Roizen is an artist and art therapist on the North Shore of Massachusetts. A certified Mindfulness and Meditation Teacher and Advanced Trauma Practitioner, she integrates mindfulness and trauma-informed approaches into her work, supporting individuals and groups as they explore creativity, insight, and connection.

Her experience spans psychiatric hospitals, homeless shelters, schools, and collaborations with nonprofits such as Combined Jewish Philanthropies and Hebrew SeniorLife. She teaches in the art therapy department at Endicott College and provides supervision to students and fellow professionals.

Sara recently opened **The Space Between**, an art therapy and wellness practice in Beverly offering art therapy, mindfulness and meditation, workshops, and community-centered groups.

Art: www.sararoizen.com

Art Therapy: www.arttherapyspot.com