

# EDEN | טו

TRAUMA TREATMENT FOR GIRLS AND WOMEN



Annual Activity Report

# 2025

# CHAIR OF THE BOARD'S MESSAGE 2025

## LEORA SELA DAVID

The year 2025 will be remembered as a year in which rays of light began to break through the clouds of war. It was a turbulent year, but also a year of renewed hope with the return of our hostages and the bringing home of the fallen. From within the great rupture, we carry a quiet prayer for the final and so necessary closing of the circle - the return of Ran Guaily, the last hostage home.

Two years have passed since that black Saturday, and today, with the war behind us in principle, we are transitioning from a state of survival to establishing a new and strengthening routine. Precisely now, when everything that was repressed seeks to break out, Eden Association reveals itself at the height of its strength and splendor. We are not only "putting out fire", but also planting seeds, nurturing processes, and holding space for deep healing, growth, and hope for every girl and woman who comes to us.

I look with pride and emotion at the professional teams of Eden, who, in a complex, demanding, and painful reality, continue to choose, day after day, to show up with commitment, sensitivity, and humanity. Their work embodies the spirit of Eden, characterized by responsibility, perseverance, and faith in the possibility of change.

Looking back on the year that has passed, the sense is one of gratitude for the girls in our therapeutic boarding school and school, who demonstrate courage and determination in the face of immense challenges; gratitude for

the young women in the preparatory program, who choose to embark on a path of healing and independence; gratitude for the women receiving treatment at the Eden Trauma Therapy Center; gratitude for the partners, donors, professionals, and friends who walk with us on this journey.

Women Tell War: the project that emerged from the deep need to create space for women's voices during times of crisis, and that has become a therapeutic and public anchor on a national scale.

Within the difficulty, I choose to look toward the light. The Eden Association continues to move forward with responsibility, hope, and deep belief in women, in healing, and in the possibility of building a better and more humane future.

Thank you to all who are partners on the path of light.

Leora



# MESSAGE FROM THE CEO 2025

## RONIT SHOVAL

### **Dear partners and friends,**

The year 2025 was, for the “Eden Association”, a year of growth, consolidation, and deepening of our unique expertise: gender-sensitive treatment of post-trauma. Alongside the continued recovery from the events of October 7, we worked this year to expand our professional infrastructures, understanding that the need for adapted responses for women and girls in Israel is only continuing to grow.

### **Key highlights from the past year’s work**

**Development and implementation of the “Eden Model”:** we established a dedicated content team and launched training for experienced professionals to instill the model in additional therapeutic frameworks and turn it into a leading standard in the management of trauma-oriented spaces.

**Establishment of a research unit:** We laid a research infrastructure that will accompany our work, examine the impact of treatment, and contribute data-based professional knowledge to the field of trauma treatment in Israel and around the world.

**Breakthrough into the international arena:** we published two English editions of the book “Eden Model,” and presented our worldview at professional conferences in Paris, London, and Zagreb, where the model received recognition as an innovative and effective approach.

### **Looking toward 2026:**

In the coming year, we will continue to refine the core of our work:

The trauma therapy center, the Eden for Life Preparatory Program, the therapeutic boarding school, and the unique school. We will focus on improving the therapeutic responses and adapting them to changing needs, while maintaining initiative and innovation at the forefront of professional knowledge.

Personal thanks to the professional and dedicated team of “Eden”, to the members of the board of directors, and to you, our partners and friends. Your belief in our path is what enables us to provide healing and hope to so many women and girls.

In anticipation of a year of resilience, growth, and peace,

Ronit



**Eden Association** was founded in 1997, and since 2005, it has been specializing in gender-sensitive treatment of post-trauma and complex post-trauma among adolescent girls, young women, and women. The association's activity is based on many years of professional experience and on the Eden Model, which is a unique therapeutic model developed within the association and serves as the foundation for all of the association's therapeutic programs.

Within the association, we operate along two central axes: the first, development of a professional body of knowledge and practices in the field of gender-sensitive treatment of post-trauma, research, and its dissemination among professionals and decision-makers; and the second, initiation and operation of therapeutic programs as trauma-oriented spaces, providing adapted, comprehensive, and long-term responses to adolescent girls, young women, and women coping with post-trauma and complex post-trauma.

**Eden Therapeutic Boarding School** - A unique therapeutic framework for adolescent girls aged 12–19 coping with complex post-traumatic stress disorder, who receive tools for self-regulation and stabilization and a safe space for creating meaningful, high-quality lives..

**Eden School** - An educational framework (junior & high school) for the therapeutic boarding school girls, in cooperation with the HILA Program of the Ministry of Education. Each girl is provided with a personalized education program that helps her bridge gaps and obtain a matriculation certificate.

**Eden for Life** - A holistic program in cooperation with the National Insurance Funds and the YATED Program, which assists young women lacking family support or coping with post-trauma to integrate into the adult world and the employment circle.

**Eden51Center** - A knowledge and training center for trauma treatment. The center offers professional training based on the Eden Model, and hosts organizations and companies for seminars and conferences.

**Eden Trauma Therapy Center** - Established in the aftermath of October 7, the Center serves as a regional trauma treatment hub providing individual and group trauma therapy for women and girls from the Gaza Periphery and the Western Negev.

**Women Tell War** - A documentary and therapeutic initiative amplifying the voices of women affected by the events of October 7. The initiative provides a safe space for women to tell their stories in their own voices, linking personal trauma processing with collective documentation and commemoration through recorded testimonies, art, and exhibitions.

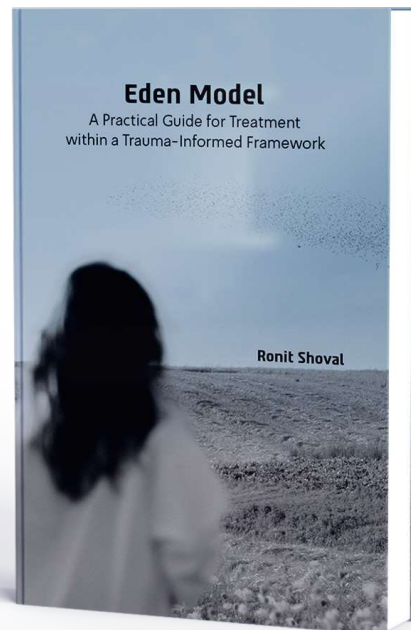
# THE EDEN MODEL

## TRAUMA-ORIENTED TREATMENT

The Eden Model is a unique, trauma-oriented therapeutic framework developed by Ronit Shoval, MSW, through years of fieldwork with girls coping with complex post-traumatic stress disorder in Eden therapeutic boarding school. The model integrates research-based trauma treatment approaches, including Dialectical Behavior Therapy (DBT), with a motivational approach and a social understanding of trauma as a relational and contextual condition rather than solely an individual one. Together, these elements create trauma-oriented spaces that foster safety and support processes of healing and change.

All programs operated by Eden Association are grounded in the Eden Model and function as trauma-informed spaces that apply its principles in practice. To date, the model has supported hundreds of girls and women in reducing trauma symptoms and building independent, meaningful lives.

In September 2024, the first edition of *The Eden Model: A Practical Guide for Treatment within a Trauma-Informed Framework* was published, consolidating 15 years of practical knowledge and offering practical tools for implementation in diverse therapeutic settings in Israel and internationally. In 2025, two English editions were published, alongside extensive training, lectures, and workshops delivered to a wide range of professional audiences, including school principals in the Haifa area, the Prime Minister's Office, Massad Bank, Lev HaMerhav Be'er Sheva, Ashkelon Academic College, the Lo Omdot Minneged Association, the Adi WIZO Center Be'er Sheva, and additional public and professional institutions.



👉 [To purchase the Eden Model book, click here](#)

# EDEN TRAUMA THERAPY CENTER

Established following the events of October 7, the Eden Trauma Therapy Center provides a safe, trauma-informed therapeutic space for women and young women in the Gaza Periphery and the Western Negev. The center is grounded in the understanding that women experience and process trauma in distinct ways, requiring treatment that is both professionally rigorous and deeply gender-sensitive.

The center operates through dedicated therapeutic spaces and personalized treatment plans, adapted to each woman's life circumstances, the nature of her trauma, and the ongoing reality of emergencies and uncertainty in the region. Care combines individual and group therapy with the gradual rebuilding of human and community connections, supporting both personal recovery and long-term resilience.



Alongside responding to acute needs, in 2025 the center focused on establishing sustainable professional and organizational infrastructure, recognizing that demand for gender-sensitive post-trauma care in the region is expected to grow significantly in the coming years.

## **Individual and Group Treatments - A Holistic Response to Body and Mind**

The therapeutic approach at the center focuses on strengthening internal resources, fostering a sense of capability and self-worth, and developing skills for coping with stress and trauma-related symptoms. Treatment emphasizes self-regulation, creating calmness, and gradually processing traumatic experiences, thereby supporting a return to a stable, meaningful, and functional daily life.

The center offers a range of individual and group therapies tailored to each patient's needs and preferences, including psychotherapy, DBT-based treatment, bibliotherapy, art and movement therapies, trauma-informed yoga, and additional holistic interventions integrating emotional work with bodily regulation.

## **Retreat for the Women's Community**

In 2025, Eden held its first dedicated retreat for women, based on the principles of the Eden Model. Facilitated by the association's professional team, the retreat combined group therapy with experiential processes, creating a safe space for emotional processing, strengthening a sense of safety, and deepening connections among participants.

The retreat fostered the development of mutual support networks, a key component in building personal and community resilience in ongoing coping with trauma.

## **Professional Trainings – Building a Community of Experts in Gender-Sensitive Trauma Therapy in the South**

One of the central goals for 2025 was expanding the number of professionals skilled in trauma and post-trauma therapy in the Gaza Periphery and the western Negev region, to respond to the acute shortage of skilled therapists in this area. During the year, three professional training courses were held, in which more than 100 therapy professionals participated: a DBT skills course, a Somatic Experience course, and a course in the Eden Model for treatment in trauma-oriented spaces.

## **Regional and Local Partnerships**

In 2025, the center continued to operate in close cooperation with local resilience centers, health maintenance organizations, and regional councils, alongside the expansion of collaborations and agreements with additional health maintenance organizations. These collaborations enable the creation of a broad regional support network and accurate referral to appropriate therapeutic responses.

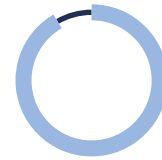


# EDEN TRAUMA THERAPY CENTER IN NUMBERS

01.2025

TILL

12.2025



**100**

Women treated at the center in individual therapy

**1,300**

Individual therapy hours

**9**

Therapists

**95%**

Of the women treated at the center reported an improvement in their sense of security and functioning

**1**

Bibliotherapy therapist

**1**

Art therapy therapist

**1**

Movement therapy therapist

**3**

Clinical social workers

**3**

Psychologists

**3**

Trauma-informed yoga and movement therapy groups

**50**

Women participated in group therapy



**3**

Professional training courses in DBT and Experience

**100**

Women participated in workshops

**18-80**

Age range of women treated at the center

**42**

Average age

## **Success Stories – Reports from the trauma-informed yoga therapist at the center**

### **L., 32, resident of a kibbutz in the Gaza Periphery – a story of development and building mental resilience**

L. arrived at the therapy center feeling overwhelmed by difficult emotions following the events of October 7 and the upheaval that had permeated all areas of her life since then. At the beginning of the therapeutic process, she coped with severe self-criticism, feelings of guilt and confusion, and a lack of trust in her ability to deal with the new reality.

During the sessions, she gradually learned to develop a compassionate and accepting view toward herself, one that acknowledges the depth of the difficulty she experienced, alongside renewed recognition of her strengths. This process created a significant therapeutic movement, which was expressed in an improvement in emotional regulation, a decrease in the frequency and intensity of anxiety attacks, and a more stable holding of daily routine.

Toward the end of the process, L. reported a renewed sense of capability and an ability to meet daily challenges from a stronger, more stable, and more grounded internal position.

### **B., 47, resident of the city of Sderot – building self-worth**

B. carried with her for many years life experiences that were not recognized or legitimized in her environment, and arrived at treatment while experiencing a deep sense of loneliness and emotional distance. In the process at the therapy center, she encountered for the first time a listening and safe therapeutic space, which enabled her to tell her story at her own pace, to give meaning to her experiences, and to discover that it is possible to be seen and heard without fear. The process, which developed gradually, led to the creation of internal validation for the experiences she had undergone and significantly affected her emotional world: states of detachment and dissociation decreased, the sense of self-worth strengthened, and a new sense of internal cohesion was built. Over time, B. succeeded in creating a more stable and secure relationship with herself, and subsequently also with her close environment, one very different from the one she knew.



# WOMEN TELL WAR

## Background and Rationale

Throughout history, women's experiences of war and crisis have often been marginalized or excluded from official narratives, despite their central roles in communities, families, and even on the front lines. The events of October 7 and the war that followed highlighted the urgent need to ensure that women's voices are not erased once again.

In response, Eden Association initiated Women Tell War, a project dedicated to documenting and preserving women's testimonies as an integral part of historical and social memory. Beyond its historical importance, the initiative is grounded in the therapeutic power of storytelling, recognizing narrative as a vital component of trauma processing and recovery. The collected testimonies also contribute to a deeper, gender-sensitive understanding of the impact of trauma.

## Filmed and Recorded Testimonies

The project features filmed and recorded testimonies of women who experienced the events of October 7 and the war from diverse perspectives, including residents of the Gaza Periphery, Nova Festival survivors, bereaved mothers, mothers of hostages, women in the security forces, and medical teams. The testimonies are shared via digital platforms such as YouTube, Spotify, and the Eden Association website, reaching audiences in Israel and abroad. Each testimony offers a personal process of trauma processing and reclaiming voice, meaning, and agency. Articulating lived experience into narrative supports emotional integration, restores a sense of choice and capability, and serves as a meaningful therapeutic element that strengthens resilience and continued movement toward life.

▶ [For a compilation video of testimonies one year later - click here](#)

## Responses from Women Who Participated in the Testimony Project

### R., 25, a bereaved partner

I am sitting now and writing my speech for my spouse's memorial. This is his second memorial. I am looking back at the past two years (my mind forced me to, I really did not want to take part in this), and I found myself thinking about you, about the interview, and about your amazing association. When we spoke, I was in outer space, so immersed in my grief, and from the depth of the sorrow, I saw nothing and understood nothing, truly a foolish bereaved person.

What you did, both in your sensitivity and in the activity of the association. Not only did you give me a platform to share my testimony, You gave validation to what I went through, you allowed the world to hear the horrors, and that is a whole world in itself.

### V., 68, resident of a kibbutz in the Gaza Periphery

Since the terrible 7.10, I have been searching, and I continue to search all the time, for points of light, for people who hold me and encourage me to keep moving forward with the belief that, despite everything, it will be okay.

For the fact that you at the association, do not leave us, in the process we are going through, and with all the changes that have happened to me, you have become something constant that gives strength and stability in life. Thank you for that. Because of you, I am not invisible.



### **The Exhibition: “Women Photograph War”**

Following the success of the testimony project and the first exhibition, 13 women were selected to participate in an additional creative-therapeutic process. Each woman chose a segment from her testimony and transformed it into a photographic image expressing her inner emotional experience. The process took place within a photo-therapy framework, accompanied by artist and curator

Alicia Shahaf, and resulted in the second exhibition, Women Photograph War. The exhibition was displayed for approximately one year, through October 2025, and attracted thousands of visitors. Through visual language, it deepens women’s testimonies of war and creates a powerful bridge between pain and hope, positioning these stories within the public and historical space.

In 2025, the exhibition toured 14 locations nationwide, including public institutions, academic settings, hospitals, corporations, and the Knesset of Israel. In parallel, the exhibition was developed into a digital kit, enabling organizations and communities in Israel and internationally to present it independently.

 [For an information page about the exhibition – click here](#)

### **The Exhibition Women Tell War: Voices from the Frontlines | October 2025**

The exhibition deals with the testimonies of women from the security forces who operated on October 7 and during the war.

The exhibition presents a verbal – visual network that deals with the visualization of voices, smells, and sensations from the battlefield. Women who held weapons, who stroked with their compassionate hands the wounded and the dead. Women who experienced inferno and acted with bravery and determination on the front lines and on the home front, shoulder to shoulder with their brothers-in-arms, Amazons of flesh and blood.

Inspired by the testimonies, nine women artists created works that touch on gender, feminist, social-national, and personal dimensions, while observing the historical timeline as a formative event. Among the representations: the image of the woman warrior, gender identity in relation to the military ethos, equality and the burden of proof, vulnerability and strength, post-trauma, and testimony as healing.

**Curator:** Nurit Tal-Tene

**Artists (in alphabetical order):** Alicia Shahaf; Dalit Frutter; Limor Klein Tivoli; Limor Tzarfati Max; Lior Steiner; Merav Sodai; Noa Fain; Orly Landver Trelovsky; Yael Serlin.

# WOMEN TELL WAR

## Moving Responses from Exhibition Visitors



October 31, 2025

A deeply moving exhibition. It tells both personal and collective stories. I experienced layers of time and a profound connection to femininity, to Israeli femininity. A unique form of womanhood. An evolving discourse of essence and reflection.

B.

November 3, 2025

We visited the exhibition, and it was deeply moving. Each woman is a whole world unto herself. Thank you so much for this initiative.

A.

November 6, 2025

To the women of the association, thank you for creating a space that allows us to feel, to ache, to weep, to be moved, to identify, to marvel, and to believe that another day will come, that quiet will return, and that life here will be good again. With deep appreciation and heartfelt thanks.

N.

November 26, 2025

To the courageous women, you moved us to tears. May we heal, touch, and be rebuilt from within the pain, the mourning, and the devastation.

M.

December 12, 2025

A powerful exhibition that gives depth to pain. Thank you for sharing women's voices with meaning. We await days of light that will overcome the darkness.

S.



# WOMEN TELL WAR IN NUMBERS

## Testimonies Project

**13**

Women participate in a multi-year testimony project

**27**

Full testimonies were translated into English

**90**

Women were interviewed and filmed

**3.5 million**

Views of the podcast episodes in English on Spotify, YouTube, Instagram, and TikTok

## The Exhibition Women Photograph War

**8**

Months the exhibition was on display

**12**

Portraits

**13**

Women underwent a photo-therapy process

Over **10,000**

People visited the exhibition in Israel

## The Exhibition Women Tell War – Voices from the Frontlines

**11.2025**

The exhibition opened and is on display

**27**

Testimonies compose the exhibition

Over **1,000**

people visited the exhibition in two months

**9**

Artists



Alicia Shahaf



Dalit Frutter

# EDEN THERAPEUTIC BOARDING SCHOOL

## **A Framework of Healing, Stability, Renewal, and Hope**

Eden Therapeutic Boarding School is a post-hospitalization residential framework located in Kibbutz Karmia, serving 50 girls aged 12–19 coping with complex post-trauma, high-risk situations, and significant life challenges. Many arrive following court-ordered removal from their homes. Eden provides a safe, trauma-informed environment that enables emotional processing, skill-building for self-regulation and stability, and the gradual rebuilding of hope, agency, and life continuity.

Based on the Eden Model, the therapeutic boarding school supports meaningful change, including a significant reduction in risk behaviors and hospitalizations, improved emotional regulation, and the development of life skills. Graduates successfully integrate into continuation frameworks such as the IDF, national service, preparatory programs, and employment.

The therapeutic boarding school operates through five residential houses that provide continuity and consistent support throughout the rehabilitation process. A multidisciplinary professional team accompanies the girls 24/7, offering a comprehensive therapeutic, educational, and experiential framework.

## **Celebrating 20 Years**

In 2025, Eden marked 20 years since the founding of the Therapeutic Boarding School, a milestone that offered an opportunity to reflect on two decades of professional growth, hands-on practice, and the development of the Eden Model within the residential framework.

The anniversary was celebrated as part of the graduation ceremony of the school's 20th cohort and brought together staff members, long-term professional partners, and graduates from across the years. The gathering was deeply moving, connecting past, present, and future, and highlighting the lasting impact of the boarding school on the lives of the girls and the continued strength and hope guiding Eden's work forward.

## **Stabilization, Expansion, and Renewal - Rebuilding Home**

During the year, Eden invested in essential renovation works that renewed the therapeutic boarding school and strengthened its sense of dignity and home. Beyond improving the physical environment, the renovation enhanced the girls' sense of belonging and self-respect, while creating a more welcoming space for staff, families, and visitors.

In parallel, the therapeutic framework continued to expand in response to emerging needs from the field, deepening professional knowledge and enriching both individual and group treatments. These developments reflect Eden's ongoing commitment to providing each girl with a comprehensive, responsive, and high-quality therapeutic environment.

### **Cultural Capital – Expanding Horizons and Building a Future**

In 2025, Eden continued to operate the Cultural Capital program, recognizing that exposure to culture, broad knowledge, art, and enriched learning environments is a key driver for reducing social gaps and promoting future mobility. For many of the girls, these were first-time experiences that expanded horizons, sparked curiosity, and strengthened a sense of capability and self-worth.

As part of the program, participants engaged in lectures, museum visits, cultural tours, educational trips, and innovative learning courses that encourage creativity, initiative, and the use of advanced technologies. The program also included enrichment classes, performances, funding driving lessons for eligible participants, and four professional training courses for girls in the senior cohort, including pastry, dog training, art, and painting.

### **The Peak of the Program - A Journey to Paris**

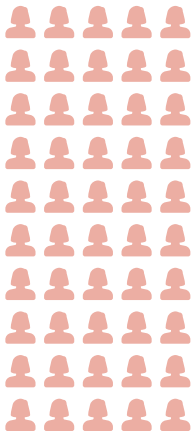
The girls traveled in the City of Lights, experienced direct encounters with art, culture, food, history, and a foreign language, visited museums and Disneyland Paris, and experienced days of freedom, learning, and excitement. For many of them, this was their first trip abroad, a heart-expanding and horizon-broadening experience that awakened new dreams about themselves and about their future



# EDEN THERAPEUTIC BOARDING SCHOOL IN NUMBERS

**50**

Girls residents

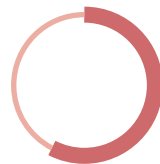


**20**

Years of activity

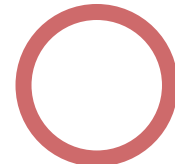
**25**

Girls continued from previous years



**25**

Girls were admitted to the therapeutic boarding school in 2025



**1** Staff member  
For every **2** girls

**64%**

Of the girls were referred under a court order

**100%**

Of the girls with a post-hospital profile



**5** Houses  
Each house  
includes **8-14** girls

**3.2**

Years is the average length of time a girl resides in the therapeutic boarding school

**19%**

Of the girls have been residing for more than three years

**12-19**

Age range of the girls

**15.3**

Average age

**52%**

Of the girls are from communities located between Hadera and Gedera

**34%**

Are originally from southern Israel

**14%**

Are originally from northern Israel

## **Education, Growth, and Resilience**

The year 2025 was a year of significant growth for the Eden School, a year in which we continued to establish a stable, trauma-adapted educational framework that is sensitive to the girls' needs, while expanding learning horizons, developing new excellence tracks, and implementing processes of educational innovation. The school constitutes a space that provides the girls with a sense of belonging, security, and capability, and enables them to grow with professional guidance and in an environment that promotes trust, connection, and stability.

## **Personalized Learning – A Foundation for Educational and Emotional Success**

In 2025, each student continued to learn through a personalized educational program tailored to her abilities, needs, and future goals. The process includes an individualized learning plan, ongoing pedagogical and emotional monitoring, and flexible adjustments throughout the year, in line with each girl's progress and challenges. Learning takes place in small groups and is guided by a professional team that integrates educational expertise with the principles of the Eden Model.

This framework enables girls, many of whom arrive with significant learning gaps, to complete 12 years of schooling, take matriculation exams, and achieve meaningful academic success. Beyond academic outcomes, the process fosters a renewed sense of capability, confidence, and belief in their ability to succeed.

## **Beyond Studies – Striving for Excellence, Expanding Horizons, and Creating New Opportunities**

In 2025, the Eden School continued to operate its academic excellence program, strengthening core skills in mathematics, English, and Hebrew, bridging learning gaps, and preparing students for future educational and employment pathways.

Alongside academic studies, the year marked a significant expansion in enrichment and innovation. The girls participated in a business entrepreneurship course in which they developed social initiatives, built a website, and integrated into development work as part of the Autotech program. The process culminated in a national competition, where the girls



won second place, an empowering achievement that reinforced leadership, creativity, and a sense of impact.

Additional enrichment included courses in video editing, artificial intelligence, and cinema at Sapir College, as well as a year-long women's leadership program focused on female leadership, personal voice, and self-expression. Artistic enrichment was offered in collaboration with the Israel Museum through professional classes in drawing, painting, and illustration, opening new pathways for creativity and imagination.

### The Makerspace - Empowering Creativity and Innovation

In 2025, Makerspace continued to develop as a central component of the educational process. The space integrates advanced technologies, hands-on work with diverse materials, and creative processes that foster problem-solving, independent thinking, collaboration, and resilience.

The girls used the Makerspace to develop initiatives, create films, and engage in complex creative projects while experimenting with innovative technologies. Beyond its technological function, the Makerspace serves as a space for personal expression, curiosity, and experiential learning, strengthening a sense of capability and aligning hands-on innovation with emotional and developmental needs.

### Sports as a Foundation for Resilience, Self-Discipline, and Group Experience

In 2025, the netball team continued to thrive and participate in the school league. Achievements on the court reflected not only athletic success, but also processes of perseverance, teamwork, and shared pride.

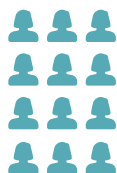
Sports activities serve as a meaningful educational and therapeutic tool at the Eden School, strengthening social skills, self-confidence, and healthy coping with challenges. Beyond the game itself, sports provide a space where the girls experience success, leadership, and belief in their ability to succeed on and off the court.

## EDEN SCHOOL IN NUMBERS

**50**  
Girls at the school



**12**  
Teachers at the school



**5**  
School days per week



**100%**  
Of graduates complete 12 years of schooling and are eligible for a full matriculation certificate

**6**  
Learning groups

**25**  
Average weekly learning hours in the curriculum

**2**  
Matriculation tracks

**6-9**  
Students per classroom

**1**  
Personalized individual learning program for each student

# EDEN FOR LIFE - PREPARATORY PROGRAM

## **Eden For Life Preparatory Program**

Eden For Life is a year-long preparatory program for young women aged 19–26 coping with post-trauma and/or lack of family support and facing significant challenges in independent living. The program offers an integrated therapeutic-emotional framework alongside vocational training, enabling each participant to build resilience, independence, and tools for a stable and meaningful life.

The program combines emotional therapy, life skills development, professional training, preparation for employment, and the formation of supportive social connections, creating a safe foundation for long-term change.

Eden For Life operates in a 10-month format: six months in a residential setting at Kibbutz Dorot, followed by four months of community-based accompaniment supporting integration into work and adult life within the participant's home environment.

## **A Broad Range of Interventions: Therapy, Life Skills, Workshops, and Professional Knowledge**

The preparatory program offers an integrated framework addressing the three core spheres in a young woman's life: emotional well-being, employment, and personal development. Emotionally, the program provides individual and group therapy based on the Eden Model, DBT, and mindfulness practices, with a focus on strengthening self-regulation, resilience, and self-confidence.

Professionally, participants receive vocational assessment, individualized planning, ongoing accompaniment, and practical workshops, including interview preparation, résumé writing, workers' rights, and financial literacy, alongside complementary courses in English and digital skills.

On a personal and social level, the program includes workshops focused on soft skills, feminist perspectives, and removing personal and gender-based barriers, as well as group activities, cultural experiences, and enrichment opportunities that foster connection and growth.

## **On-the-Job Training**

From the very first month, the young women are integrated into meaningful employment, supported through both individual and group accompaniment. The program helps participants navigate workplace challenges through ongoing guidance, mediation with employers when needed and practical support. Throughout the process, the young women develop perseverance, build healthy work relationships, meet tasks and deadlines, acquire professional skills, and gradually form a stable professional identity.

### **Cohort C of the Preparatory Program (September 2024 – June 2025)**

Was the first cohort of the Eden For Life Preparatory program to open following the events of October 7 and toward the end of the war.

#### Phase A – Residential Period (September 2024 – February 2025)

During six intensive months, the young women lived together in a residential setting, combining employment, studies, emotional therapy, professional workshops, and the acquisition of essential life skills. Toward the transition to Phase B, each participant received a personalized “Mitchaberet” (Hebrew for “connecting”) planner developed in accordance with the Eden Model, serving as a practical tool for self-guidance, reflection, and ongoing personal growth. Throughout Phase A, the young women learned to actively use the planner and its tools to support their quality of life and decision-making.

#### Phase B – Return to the Community (March – June 2025)

In this phase, the participants strengthened their independence through continued employment, therapeutic accompaniment, and professional learning within their home communities. The process balanced increased personal responsibility with close support, enabling the young women to take their first steps toward independent living within a safe and supportive framework.

The program concluded with a moving closing ceremony led by the participants and staff, in which the young women shared their journeys, challenges, and hopes for a stable and meaningful future.

### **Cohort D of the Preparatory Program (September 2025 – June 2026)**

In September 2025, Cohort D of the preparatory program opened. This year, we are expanding professional partnerships, deepening the connection between therapy and employment, and expanding opportunities for personal and professional development for each young woman. The central emphasis of Cohort D will be on strengthening long-term employment abilities, building economic independence, and developing an active and supportive graduates’ community. Additionally, Phase A of the program was extended to seven months in a residential setting, and three months of return to the community.

# EDEN FOR LIFE PREPARATORY PROGRAM IN NUMBERS

<b>30</b> Young women per year	<b>100%</b> Employment starting from the first month	<b>3</b> Months of living independently within a personal support plan	<b>7</b> Months in a residential setting	<b>10</b> Months of program in total
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## Letters left by graduates of Cohort C for the new participants of Cohort D

Hi,  
First of all, know that you are not alone.  
Remember that there will be times when you feel tired, that there will be frustration, anger, and also pain. You are going through a long, complex, and not simple process.  
You are here because you believed in yourself.  
You are here to learn how to cope, even when it hurts and is not easy.  
Remember that in the end, you are here to live a better life.  
Sometimes you will feel a sense of lack, sometimes you will feel overload, and that is okay.  
Remember that you are strong, special, and that you have a place.  
Do not give up on yourself.  
We are here for you

*Graduates of Cohort C*

Shalom,  
Everything probably feels unfamiliar, but this is part of the beginning.  
Know that you are the true chosen one of Eden.  
We went through not so simple period here. We learned a lot about ourselves and about life.  
Be strong even when it is hard, and remember that even if there are falls, and the connections are not what you expected them to be,  
In the end, you will find your own way to be who you truly are.

*With love  
Graduates of Cohort C  
Sending you a big hug.*



## EDEN 51

### **A Knowledge and Training Center for Trauma Therapy**

Established four years ago in Kibbutz Dorot, the Eden 51 Center continues to position itself as a leading national hub for professional training in trauma treatment and as a hosting center for conferences, workshops, and exhibitions. The center operates along two complementary axes: professional training and accompaniment for therapy and education professionals based on the Eden Model, and hosting events for organizations, public institutions, government bodies, and private entities.

In 2025, following two years of growth, the center entered a new stage of professional consolidation and expanded activity. Eden 51 became a natural destination for professionals, organizations, and businesses from the Gaza Periphery and across Israel, seeking to learn about, experience, and implement the Eden Model, while also serving as a platform for conferences and professional gatherings.

### **Expansion of Activity and Establishment of the Center as a Professional Home for the Entire Region**

In 2025, Eden 51 expanded its activity across both professional and community spheres. Organizations from the Gaza Periphery that had previously worked with the center returned to hold conferences, seminars, and experiential programs, alongside new organizations, educational institutions, therapeutic teams, and delegations from Israel and abroad. Many came to gain a deeper understanding of the region's reality and to learn about the Eden Model in practice.

Eden 51 continues to serve as a central professional meeting point, learning space, and community hub, connecting professionals, residents, researchers, donors, and groups. The center fosters meaningful dialogue on trauma and resilience while strengthening the connection between the local community and the professionals working alongside it.

### **Exhibitions, Culture, and Connection to the Community – “Women Tell War”**

In 2025, Eden 51 hosted two major exhibitions as part of the Women Tell War initiative: Women Photograph War and Women Tell War – Voices from the Front. The exhibitions presented visual and verbal testimonies of women affected by the events of October 7 and the war that followed, creating a meaningful space for documentation, art, and public discourse.

Thousands of visitors from the region and across Israel attended the exhibitions, alongside gallery talks addressing the gendered experience of war, women's roles on the front lines and in rescue efforts and coping with trauma. Through this work, Eden 51 strengthened its position as a leading cultural and community center where women's voices are given visibility and significance in the public sphere.

Throughout 2025, the center continued to establish itself as a vital hub for the Gaza Periphery and the professional field in Israel, serving as a space for learning, inspiration, collaboration, and the development of meaningful, field-based processes rooted in Eden Association's work.

## EDEN 51 IN NUMBERS

In

**2025**

Over **3,000**  
People were hosted at  
the Eden 51 Center

**109**  
Events for groups in the  
business, public, and  
governmental sectors

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### Among our clients:

Emerson-Spectronics · ICL Dead Sea Works · Prime Minister's Office  
Elbit · Zuta-Kor Ltd. · NCJW – National Council of Jewish Women  
SodaStream · Be'eri print · Aquastia · Bnei Shimon Regional Council  
Kol Israel Haverim · Reichman University · Sapir College  
Manufacturers Association of Israel · Resilience Centers  
Sha'ar HaNegev Regional Council · Yated Program, Southern District

## LOOKING AHEAD – NEW PROGRAMS FOR 2026

### **Eden Association Research Unit**

We have established a dedicated Research Unit as a strategic step in strengthening and advancing the Eden Model. The unit systematically collects and analyzes data from Eden's therapeutic programs to examine the impact of gender-sensitive treatment for post-trauma among women and girls, and to translate extensive field experience into validated knowledge and applied practices.

The Research Unit focuses on developing tools for measurement and evaluation, generating insights on gender differences in trauma experience and recovery, and supporting the continuous improvement and precision of therapeutic responses.

Looking ahead, Eden is also working to expand access to the Eden Model through the development of AI-based tools for training, knowledge dissemination, and professional support. These tools will enable high-quality, supervised implementation of the model in additional therapeutic and educational frameworks.

Through research, data, and technological innovation, Eden aims to strengthen professional excellence, influence trauma treatment practices in Israel and beyond, and lay the foundation for scaling the Eden Model over the coming decade.

### **Eden Food Truck – A Social Employment Initiative**

In 2025, Eden Association began developing the Eden Food Truck, a social employment initiative designed to provide practical, trauma-informed vocational training for young women in the Eden for Life preparatory program and graduates of the therapeutic boarding school. The initiative serves as a supportive work framework that promotes rehabilitation, independence, and long-term employability.

The food truck integrates emotional accompaniment with professional training and on-the-job experience, enabling participants to acquire practical work skills, responsibility, and a sense of value and belonging. Through this initiative, Eden aims to expand employment pathways for young women coping with trauma and strengthen their ability to build stable, independent, and meaningful lives.

### **Content, Implementation, and Development Team according to the Eden Model**

In the last quarter of 2025, we established a dedicated team responsible for developing, implementing, and scaling the Eden Model across additional therapeutic and educational frameworks. The team translates Eden's accumulated field experience and professional knowledge into structured methodologies, training materials, and practical tools for operating trauma-informed, gender-sensitive spaces.

This work ensures high-quality, supervised dissemination of the model, strengthens professional standards in trauma care, and expands access to adapted therapeutic responses for women and girls coping with post-trauma in diverse settings.

## EDEN ASSOCIATION IN THE MEDIA - 2025

Recent publications about the association's activities in the media.

Opinion column by Mika Oz in At Magazine

◀ **What does it mean to be the only woman in a battalion of combat men?**

The Times of Israel

◀ **Women on the frontlines highlighted in art exhibit near Gaza border**

The Jerusalem Post

◀ **The women of the western Negev are still fighting to heal from October 7 - opinion**

The Jerusalem Post

◀ **Female IDF soldiers' trauma overlooked despite historic mobilization: 'We need to be seen'**

Israel Hayom

◀ **The woman who was recruited to the fallen identification unit: "I touched every soldier who arrived and whispered to him that he is a hero".**

Israel Hayom

◀ **Fear of rape, a "death march," and a day in the safe room: the stories of women from the Gaza Periphery to whom "nothing happened".**

Hamal

◀ **Heroines: the photography exhibition "Women Photograph War" opens today**

Kan 11

◀ **"We loaded bodies onto carts": The commanders from Tze'elim return to the scene that changed their lives**

## DONORS FOR THE YEAR 2025

We wish to express our deep gratitude to our partners in Israel and around the world. Your support, trust, and ongoing steady accompaniment in a complex and turbulent world constitute for us a source of strength and meaning, and enable us to continue to act with determination, to grow, and to expand our work.

Thanks to you, our vision is realized in practice and becomes a tangible impact on the lives of women, young women, and girls. Together with you, we are leading deep and long-term change.

Christenen Voor Israel – CVI · The Jewish Federation of Greater Philadelphia  
Emerson – Spectronics · The Jewish Federations of North America – JFNA  
Ashkelon Coast Regional Council · AJC New York · The Jewish Federation of Pittsburgh  
PEF Israel Endowment Funds Inc. · The National Insurance Institute Funds · Asor Foundation  
Embassy of France – The French Institute in Israel · Lions of Judah Israel · Mack Ness Fund  
Seed the Dream Foundation · Hadassah Foundation · Menachem Bar-On Endowment  
NCJW – National Council of Jewish Women · AFI Properties · Big Mega Or Ltd. · Kavod Fund  
Or Movement for the Negev and the Galilee · Keshet Donor Partnership Foundation  
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Estates Committee – Ministry of Justice  
Class Actions Fund – Office of the Administrator General  
Teva Healers of the Soul – Teva Company · Women’s Division Panama – Keren Hayesod  
Women’s Division Mexico – Keren Hayesod · V.I.D. DESALINATION COMPANY LTD.  
Keren Hayesod · The Jewish Agency for Israel  
Family Circle Initiative – a partnership between the Fund for Victims of Terror of the Jewish  
Agency, the Fund for Special Projects of the National Insurance Funds,  
and the Swords of Iron Division of the Ministry of Welfare · United Israel Appeal  
The Edmond de Rothschild Foundation · Leon Foundation · ICA Israel · Dead Sea Works  
ICL · Ashiach Rozin Trust Assets Ltd. · Zvi Stafek · Hila Gerstel  
Heirs of the donor Gilad Goldstein · Carmit Keanan and Ariel Yosefi · Dr. Orly Fuzailov

THANK YOU VERY MUCH FROM ALL OF US AT EDEN

## THANK YOU FROM ALL OF US AT EDEN ASSOCIATION

The year 2025 marked, for Eden Association, a year of significant movement and growth. In the face of a reality of ongoing trauma, uncertainty, and the stagnation that trauma tends to bring with it, we at Eden Association chose not to stop, but rather to expand, deepen, and act. The extensive activity, the development of new programs, and the expansion of responses express a conscious choice to transform pain into strength, and the deep commitment to respond to the growing need of women and girls in Israel for an opportunity for healing, resilience, and a better future.

Looking toward 2026, we at Eden continue forward with full momentum to establish a research-based body of knowledge in the field of trauma treatment among women and girls, to lead gender-sensitive trauma treatment, to drive real change on the ground and among decision-makers, and to build ongoing spaces of growth and hope.

