



LAVI  
CENTER

# Lavi Center

## Vision, Goals, and Therapeutic Protocol for Post-Trauma Survivors

"In my work with trauma for over 40 years, I have come to the conclusion that human beings are born with an innate capacity to triumph over trauma. I believe not only that trauma is curable, but that the healing process can be a catalyst for profound awakening—a doorway opening to true spiritual and emotional transformation."

— Peter A. Levine, PhD, Somatic Experiencing

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### 1. Introduction

Lavi Center was established with the vision of providing an in-depth therapeutic solution for those coping with Post-Traumatic Stress Disorder (PTSD), primarily resulting from military service and security-related events. The Center offers a unique operational model, including a personalized multi-month program and an integrated treatment approach combining diverse modalities alongside group activities. The treatment is designed to provide patients with the tools to return to full, meaningful lives—enabling **Post-Traumatic Growth (PTG)**, characterized by a sense of purpose and self-actualization. The Center is located in an Agricultural Settlement (Moshav) with extensive agricultural land, reflecting our commitment to healing within a natural environment.



### 2. Vision and Values

The Center was founded by Elie and Tova Spivack, following their own significant healing journey. Elie served in the Second Intifada, Operation "Defensive Shield" (2002), and Operation "Pillar of Defense" (2012). After struggling with severe PTSD symptoms and addiction, he experienced profound rehabilitation



and PTG. Together with clinical professionals, the founders established this unique therapeutic space. The name "Lavi" honors Tova's grandfather, Aryeh—a Holocaust survivor who faced trauma with immense courage throughout his life.

Our vision includes raising social awareness for the necessity of specialized PTSD care. We provide a supportive, family-oriented framework offering diverse therapeutic tools for the effective healing of both the patient and their family. Furthermore, we aim to become a hub for research, learning, and public outreach, promoting **psycho-education**—empowering patients to understand their condition and communicate their needs. These goals are of critical importance to Israeli society in the post-October 7th era.

### 3. The Team

Lavi Center relies on a multidisciplinary team of trauma specialists and management professionals.

#### Leadership:

- **Elie Spivack** – Co-Founder & Director of Business Development
- **Tova Spivack** – Founder, CEO, & Director of the Family Center
- **Daniel Sulski** – COO & CFO
- **Dina Robins-Dekel** – Co-Founder & Chief Therapist
- **Dr. Mili Bar-Shaked** – Medical Director
- **Dr. Jeffrey Kopin** – Chairman
- **David Nabozny** – Strategic Advisor

### 4. PTSD: Background and Therapeutic Modalities

**PTSD and Post-Traumatic Growth:** PTSD develops following exposure to life – threatening events, disrupting the psycho-physical system and causing anxiety, depression, flashbacks, functional impairment, and addiction. We focus on both the alleviation of PTSD symptoms and the facilitation of PTG – positive psychological change following the deep processing of trauma.

#### Therapeutic Methods:

To heal from trauma, excess energy must be released from the nervous system. Our evidence-based methods include:

- **Somatic Experiencing (SE):** Focusing on releasing stored tension and trauma from the body.
- **NLP (Neuro-Linguistic Programming):** Restructuring neurological patterns to establish new sensory perceptions.
- **Hakomi Method:** Mindfulness – based somatic psychotherapy synthesizing science and spirit.



- **CBT (Cognitive Behavioral Therapy):** Modifying thought patterns through controlled exposure.
- **EMDR:** Reprocessing traumatic memories through bilateral stimulation.
- **Ecotherapy & Therapeutic Gardening:** Utilizing nature and physical grounding to restore the "life force."
- **12-Step Program for PTSD:** A group – based spiritual and mental empowerment model adapted for military-related trauma.
- **Creative Arts Therapies:** Art, movement, music, psychodrama, and bibliotherapy for intuitive processing.
- **Integrative Workshops:** Yoga, mindfulness, the Grinberg Method, and medically supervised herbal consultation.

## 5. The "Medicine Wheel"

We adopt the symbolic language of the **Medicine Wheel**, inspired by North American indigenous traditions and modern ecopsychology. The four cardinal directions symbolize deep psychological qualities and seasonal cycles. For Lavi Center, the Medicine Wheel serves as a map for organic healing – moving between polar experiences, building trust, and gradually shifting deep – seated conditioning.

## 6. Family Support

Recovery is significantly enhanced by family involvement. Trauma affects the entire family unit. Our "Significant Other" protocol includes initial consultations, individual and couples therapy, home – based interventions, and support groups to ensure a holistic recovery environment.

## 7. Treatment Program

Lavi Center accepts patients aged 18+ via the Ministry of Defense, HMOs, or private referrals. The program spans **three to five months** in a purpose – built facility.

1. **Phase I:** Establishing "grounding" and safety through clinical relationships and group dynamics.
2. **Phase II:** Emotional processing and the release of stored traumatic energy.
3. **Phase III:** Integration and PTG.

Following formal treatment, the Center provides ongoing aftercare to help patients maintain rehabilitation results in their daily lives.