

MATANEL FOUNDATION

ACTIVITY REPORT

Program: *Phototherapy Program Aimed at Trauma and Anxiety @Beit Matanel - Musrara (559) / Matanel*

Year: 2025/6 Academic Year, 2nd Cohort

Please present your activity report according to the following lines. The whole rapport will not exceed 2 or 3 pages (as word document).

Name of the Program: Phototherapy Program Aimed at Trauma and Anxiety @Beit Matanel - Musrara (559) / Matanel

Year of activity: 2025/6 Academic Year

Name of the report's writer: Ms. Vered Rahat

Function of the report's writer: Project Manager and Head of the Phototherapy Dept.

Mail: vered.phototherapy@gmail.com
Phone: 050 7305417

Project Coordinator: Dana Shahar
Danas@musrara.co.il
Phone: 052 5970617

Website / Facebook address of the organization: <https://musrara.co.il/>;
<https://www.facebook.com/Musrara>

Number of active participants in the program: 6 students in the program, 10 students joined varied courses of the program, 4 teachers, 1 Head of the program

Estimated number of impacted participants: Estimated 200 and more in the future

Give the actually state of the program (where the program stands at the date of the activity report, no more than ten lines):

During the recent academic year we held, with the kind support of Matanel Foundation, at Alma-Home for Hebrew Culture, Tel Aviv the following program:

4 academic hours per week in **Group Facilitation** (Tuesdays)- Throughout the course, students studied the theory and practice of group facilitation in depth and gradually began facilitating groups themselves under the close supervision and guidance of the course instructor, **Noga Chipman**.

In addition to the Group Facilitation course, participants also completed three supplementary courses, each comprising three academic hours:

- **The Complete Picture: Trauma Therapy through Phototherapy-** taught by Iris Bar.
- **Phototherapy in the Group Setting: Practical Applications of Phototherapy in Group Facilitation-** taught by Adi Menachemi.
- **Photo-ACT: Applying ACT (Acceptance and Commitment Therapy), a Third-Wave CBT Approach, through Photography** – taught by Dana

The main achievements during the last year of activity (main achievements, number of events, number of participants, etc.): This hands-on experience enabled them to establish and lead groups serving diverse populations, including primary family caregivers of cancer patients, women living in assisted housing, women coping with the effects of sexual trauma, and individuals living with mental health challenges at the Summit Institute (a group which will commence in October 2026). These groups benefit both from the participants' academic training in group facilitation and from the experiential application of phototherapy within a group setting.

The evaluation (methodology, results, comparisons with the precedent year, conclusions for the future...): The results of the program are evident in light of the outcomes above.

Provisional guide lines for the advancement of the program in the next year:

The program is scheduled to continue in its current format. In addition to the **Group Facilitation** course (4 academic hours), four new courses will be offered:

- Trauma and Phototherapy
- Phototherapy in the Group Setting
- Dyadic Work: Parent–Child–Therapist
- Couples Therapy through Phototherapy

Each course will consist of 3 academic hours per week and will be taught by experienced graduates of the department who specialize in the respective fields they will teach.

As part of the Group Facilitation course, participants will begin their practical group work already in the first semester. This change reflects the program's conclusion that early field experience significantly enriches and deepens students' understanding while strengthening the knowledge and skills acquired through their studies.

Please see attached Financial Report and the list of the participants to the program (**as PDF documents**) and some photos as JPG files.

Please join a 5 minutes movie which presents your institution and the particular project supported by the Matanel Foundation. The movie should be accessible to the philanthropic world and to other potential donors:

The Department of Phototherapy : <https://youtu.be/w4Zqk9UqaCw>