



WE'RE LIVING IN FATEFUL TIMES IN THE EXISTENTIAL WILDERNESS

Perhaps like me you are experiencing existential dread or flashbacks of intergenerational trauma. In your darkest hours you may feel this as a foreshadowing.

For Jews in Israel and the Diaspora, the October 7 terrorist brutality has left a wound that threatens the Soul of the Nation. More than 230 hostages remain imprisoned and in peril. In the US and Europe and beyond, antisemitism is spiking as racists look for vulnerable scapegoats. It will take years, maybe another generation to heal.

For Palestinians, especially in Gaza, the death toll rises daily from the bombing and the severing of basic survival needs, while Palestinians worldwide feel isolated, outraged, and misunderstood. The situation is not black and white but rather it's black and black.

I'm a committed Jew who's lived in Israel and resisted antisemitism my whole life. I've also worked for years with groups that advocate peace and justice for Palestinians. I have empathy and compassion to bear witness for the suffering of both peoples.

As a Clinical Social worker/ Psychotherapist I've specialized in PTSD and complex grief, social anxiety and substance abuse. I help clients develop the strength and skills to increase resilience for themselves and those they love.

Please be in touch if you'd like to discuss this further. I hope I can provide solace and a safe space to speak your truth.

Shalom/Salaam,
Jonathan

"If I'm not for myself who am I/ But if only for myself what am I/ and if not now, when?"

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