

Hibuki



For the Children of Israel

Dr. Shai Hen Gal



The therapeutic window you can open for a child in their natural environment - one who otherwise would not have received treatment

<https://www.youtube.com/watch?v=olzegcJfLTk>



Reaching out



Camp Nitzanim

2006

The Second
Lebanon War



Treatment Program

The goal of this program is to provide effective, strategic, and short-term psychological intervention for thousands of children suffering from anxiety and depression following war, natural disasters, and other stressful events.

The approach is based on the idea of enabling a large number of children to receive immediate assistance after exposure to a traumatic event, thereby preventing the development of mental disorders such as anxiety and depression.





The intervention is based on a Special therapeutic doll

Characteristics of the HIBUKI Doll:

- A sad face.
- Long arms that can hug.
- Human-like face.

These characteristics help the child connect and project their sadness and fears onto the doll.

Treatment Protocol



The intervention is based on a simple, professional protocol.

The main steps of the intervention:

1. Each child receives a HIBUKI doll and is asked to care for it.
2. The child is guided to identify HIBUKI's emotional needs and provide comfort. For example: "If you see that HIBUKI is sad, please hug and comfort it", "If HIBUKI is afraid to sleep alone, please tell it that it's not alone and that you can help it sleep better".
3. Through this interaction, the child projects their own feelings onto the doll.
4. Parent guidance is provided throughout the process.

By taking care of HIBUKI, the child is actually taking care of themselves.

ARTICLE

Young Children's Reactions to War-Related Stress: A Survey and Assessment of an Innovative Intervention

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ABSTRACT

OBJECTIVE. The goal was to assess stress reactions in young children during and after war and the effects of a new brief intervention.

METHODS. Two separate studies were conducted. In study I, we assessed war exposure and stress reactions of 74 children (2–7 years of age) in a sheltered camp during the second Israel-Lebanon war (July to August 2006). Their exposure to war experiences and their stress reactions were assessed through parental reports during the last week of the war. In addition to standard care, 35 children received a brief intervention (Huggy-Puppy intervention) aimed at encouraging them to care for a needy Huggy-Puppy doll that was given to them as a gift. The effects of the Huggy-Puppy intervention were assessed in a follow-up interview 3 weeks after the war. Study II assessed the efficacy of group administration of the Huggy-Puppy intervention to 191 young children, compared with 101 control subjects. The effects of the intervention on stress-related symptoms after the war were assessed in telephone interviews with the parents.

RESULTS. Study I indicated that, during the war, most children had significant exposure to war-related experiences and had severe stress reactions. The Huggy-Puppy intervention was associated with significant reductions in stress reactions in the postwar assessment. A higher level of attachment and involvement with the doll was associated with better outcomes. The results of study II indicated that group administration of the Huggy-Puppy intervention was associated with significant reductions in stress reactions.

CONCLUSION. These studies suggest that the Huggy-Puppy intervention may offer pediatricians and other child health care professionals a promising, cost-effective intervention for children during stressful times.

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doi:10.1542/peds.2007-1348

Key Words

stress, posttraumatic stress disorder, war, intervention, child

Abbreviations

PTSD—posttraumatic stress disorder

HPI—Huggy-Puppy intervention

SREL—(stress reaction checklist)

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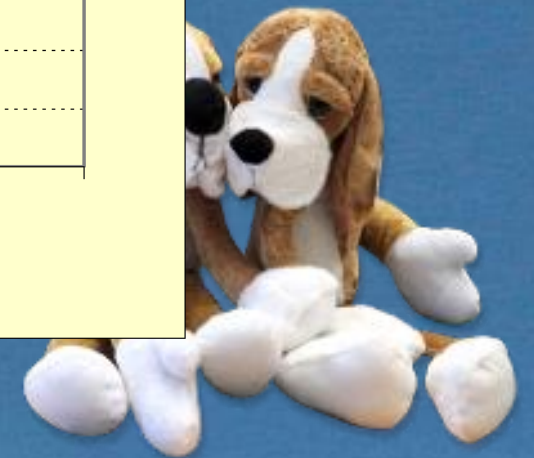
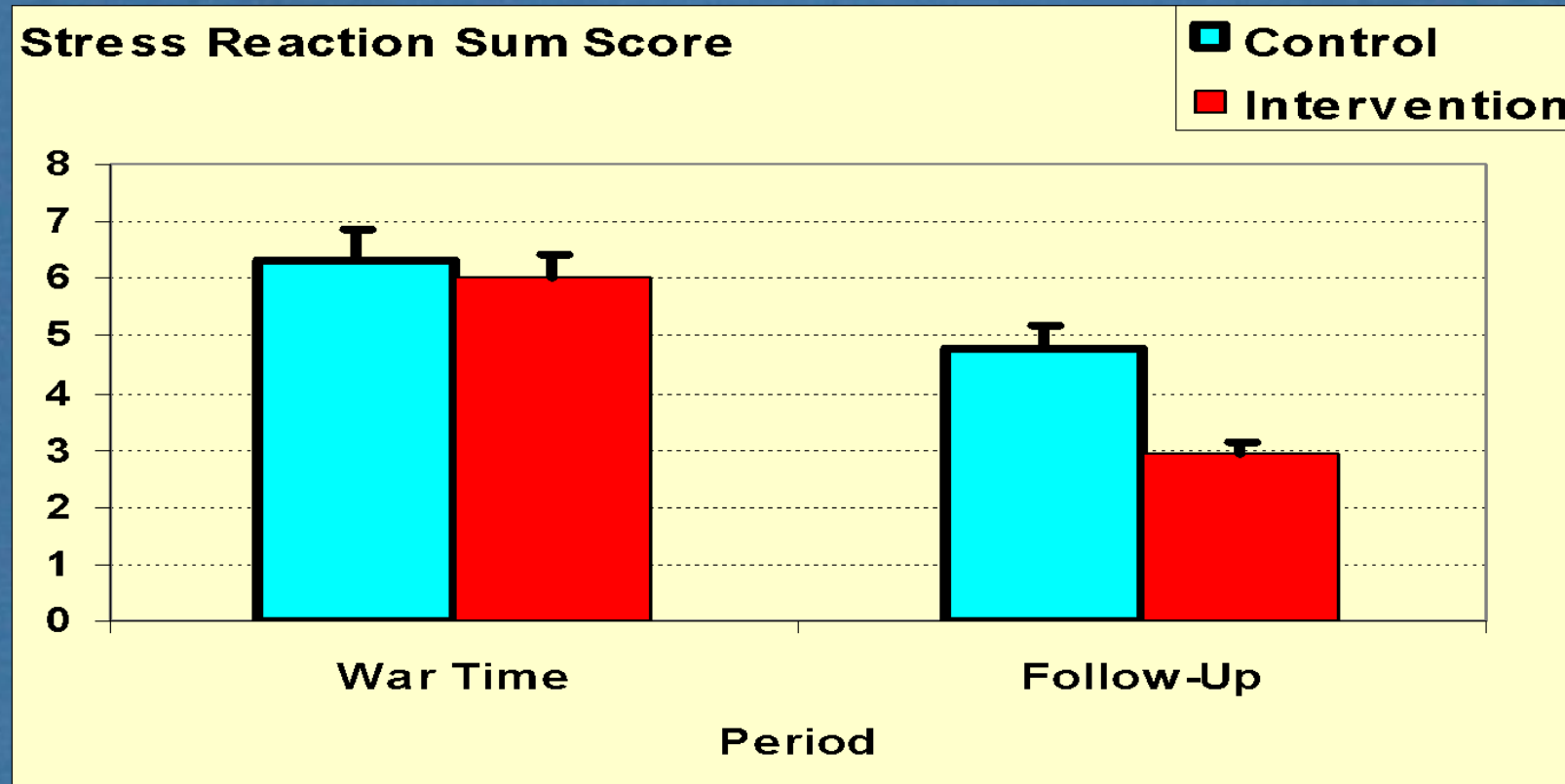
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Research demonstrating HIBUKI intervention's impressive effectiveness was published in the Pediatrics journal



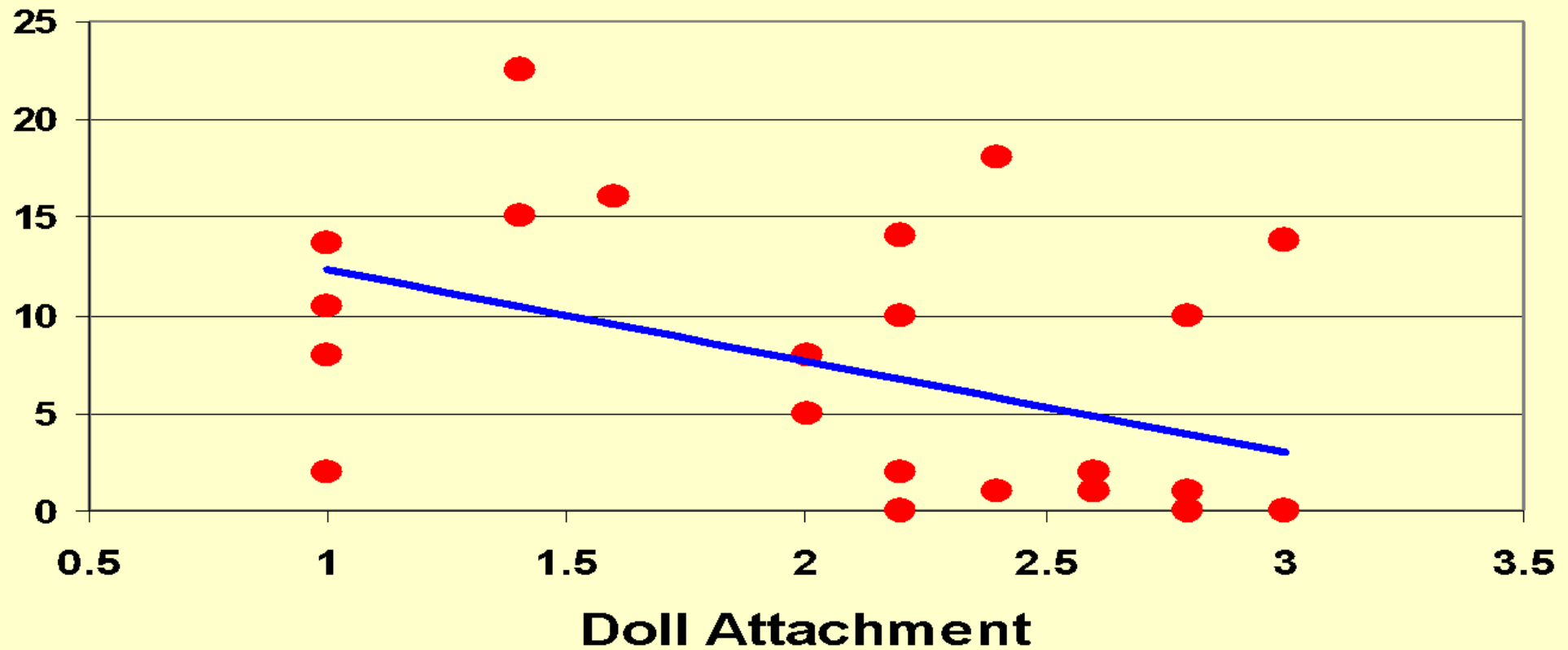
Significant reduction in distress among children exposed to war six months after receiving HIBUKI intervention compared to the control group



The influential factor: The child's attachment to and care for HIBUKI



Distress





Over the last decade, more than 150,000 children have been treated with the HIBUKI intervention

Israel (2010-2022) - Following war and natural disasters (Carmel Forest fire disaster).

Japan (2011-2014) - Following the tsunami disaster.

USA (2013) - Following Hurricane Sandy.

Ukraine and Poland (2022) - Following the Russian invasion.

Turkey (2023) - Following the earthquake.

Israel (2023) - Following the October 7th war.

חֲבוּקִי

שִׁירָה גִּפְּן וְדָרְדָר שֵׁי חֵן-גַּל

איורים: דוד פולונסקי



אם חֲבוּקִי נִרְאָה לָכֶם קָצָת מְטֹרָד,
זֶה אוֹלֵי כִי קָשָׁה לוֹ לִהְסָבִיד.
שֶׁעָצַב לוֹ אִיפֹה שֶׁלֹּא רוֹאִים,
רַק מְרִאִשִׁים עָמַק בְּפָנָיִם.
אִיפֹה שֶׁנוֹלָדִים הַצֶּעַר וְהָאִשָּׁר,
הַשְׂמֵחָה וְהַכָּאֵב.
שֶׁבָּעָם כּוֹאֵב לוֹ הַלֵּב,
אֵךְ מִטְּפִלִים בְּלִבִּי?

מייד לאחר פרוץ המלחמה בִּרְכּוּס בִּרְכּוּס בִּרְכּוּס 2023. הַקִּיּוּמָה
עֵמֶל וְעֵבֶר אֶחָד חֲבוּקִי. שֶׁחֲבִילָה אֶת הַטִּיפּוֹל
הַרְגִישִׁי בְּאֵלֶּפֶי יְלִדִים בְּמַצּוּקָה בְּמַלְוֹת הַמַּפּוֹנִים וּבְמַרְכּוּזֵי
פִּיטֵי בְּרֻחֵי הָאָרֶץ. סֵפֶר זֶה מוֹקְדֵשׁ לְכָל הַיְלִידִים וְהַיְלִדוֹת,
הַגִּבּוּרִים וְהַגִּבּוּרֹת, שֶׁל יִשְׂרָאֵל עוֹטֵף עִזָּה.



חֲבוּקִי • שִׁירָה גִּפְּן וְדָרְדָר שֵׁי חֵן-גַּל • איורים: דוד פולונסקי

עמל

7.10



Taken at Amnon Kindergarten - Kibbutz Be'eri





Gili
age 7

We established the HIBUKI Special Unit, and treated approximately 3,000 children from the Gaza envelope communities





**We began
treatment in
hotel rooms**



On the
lawns

In the
corridors

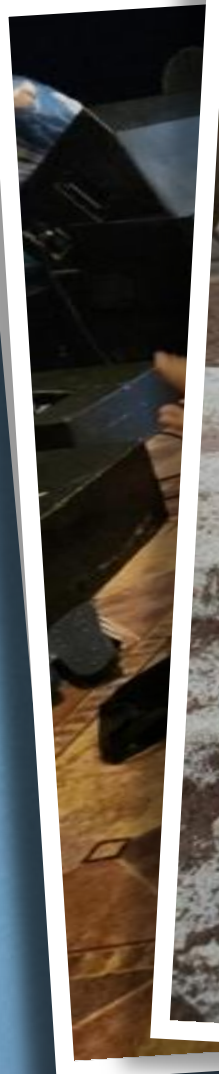


In temporary kindergartens





In coffee shops
and open spaces



With HIBUKI IDF Officers embrace the orphans of IDF fallen soldiers.



Treatment for orphans of IDF casualties and families of hostages



We opened therapeutic centers in Ofakim, Ashkelon and Nahariya

חיבוקי לילדי אשקלון: תוכנית חדשנית לחיזוק החוסן של ילדי העיר יוצאת לדרך

תאריך: 12/02/2024

בשורה גדולה לילדים ולהורים תושבי אשקלון: עמותת "תלם", מקבוצת "עמל ומעבר", בשיתוף פעולה ייחודי עם עיריית אשקלון, באמצעות החברה העירונית ובנק הפועלים, פותחים לראשונה בישראל מרכז טיפולי לילדים בגילאי 3 עד 9, באמצעות בובת "חיבוקי". מדובר בבובת כלב עם עיניים עצובות וידיים ארוכות שהוכחה מחקרית כטיפול המהיר והיעיל ביותר במצוקות ובחרדות בגילאים האלו. הילדים עצמם הם אלו שיטפלו בבובה, ישתפו עימה תחושות ו"ירגיעו" אותה. מטרת המרכזים היא לפתח את החוסן הנפשי של ילדי אשקלון שעברו תקופה קשה בשנים האחרונות, בעיר שספגה את מספר הטילים הגבוה ביותר בארץ מאז שפרצה "מלחמת חרבות ברזל".



"חיבוקי" לילדי אופקים שחוו טראומה וחרדה

"התערבות חיבוקי", טיפול מיוחד לילדים למניעת פחדים וחרדות באמצעות בובת הכלב עם העיניים העצובות, תסייע לטפל בילדי אופקים להתמודד עם המצוקה בימי המלחמה

Treatment of children injured in the attack in Majdal Shams



Recognition from the President of Israel for supporting the children of the Gaza envelope communities



We are committed to doing everything possible to bring the HIBUKI intervention to all children in Israel who need help

<https://www.youtube.com/watch?v=UgqbzNYc7jQ>



Thank you
תודה

