The Boat is sailing – a rehabilitative-therapeutic program for post traumatic through sailing

Rationale and Goals
The ‘Boat is Sailing’ is an innovative rehabilitation program for Post Traumatic copers developed in ‘Etgarim’ NPO. Our main rehabilitative conception stands for a deep and personal acknowledgment of the post traumatic symptoms which is the disability itself; and for granting the coper with tools to channel those symptoms to the positive, and so enabling him recovery and normative functioning in his different life cycles.

The program addresses the different stages in the therapeutic process by active and challenging treatment that evokes the fulfillment of the coper’s functional potential.
The ‘Boat is Sailing’ stresses choice, offering a gradual development process with diverse options including roles, education, professional development and employment in a normative surroundings.

Post-traumatic growth in practice.

Program’s Elements
- Weekly ‘Anchor groups’
- Communal workshops
- Professional Training & authorization
- Clinical & Nautical supervision
- Families’ activities
- Spouses’ nature therapy group

Target population and Facilitators
IDF disabled veterans and ex-captives who have been diagnosed with post-traumatic stress disorder. The program is offered as a treatment method for any population diagnosed with PTSD.
The program is managed by the copers themselves that underwent personal and professional growth and now occupy roles of managers, skippers and instructors, and is accompanied by external professionals for clinical and nautical supervision.

Models and Theoretical Foundations

Achievements
Insofar the ‘Boat is sailing’ has nurtured a cohort of copers that grew into leaderships roles:

Research
Glakopf and Bikman (2007) found a significant decrease in severity of Post Traumatic symptoms (avoidance and dissociation) and depression, and a significant increase in measures of hedonism, hopefulness, self-esteem, sense of control over symptoms and emotional and social well being among Post-Traumatic IDF veterans and ex-captives following their participation in the ‘Boat is Sailing’. A major finding was that challenge sailing can significantly reduce the symptoms among people with post traumatic syndrome.