



**A Jewish Perspective on the Arts for Wellbeing & Healing  
January Resiliency Roundtable  
1.29.24  
Shared Resources**

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*The January Resiliency Roundtable lifted up the arts as a powerful way to promote wellbeing and provide healing, all through a Jewish lens. We spotlight interactive examples of how arts-based Jewish programming can foster connection to self as well as 'something bigger,' offer creative space for reflection, and be used as a tool for therapeutic processing and healing. Together, we explored various ways the arts can support youth and young adults in cultivating social-emotional learning, creative rest, identity development, and connected communities.*

*Please note, this list of resources is not exhaustive but rather a compilation of materials shared by panelists and collected from community members for the January 2024 Resiliency Roundtable.*

## JANUARY RESILIENCY ROUNDTABLE SESSION MATERIALS

### Overview

Main Session Recording

Main Session Slide Deck

Breakout Room Recordings

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## PRE-SESSION LEARNING MATERIALS

*We invite you to explore the materials below to help contextualize our conversation.*

- [Your Brain on Art: How the Arts Transform Us by Susan Magsamen & Ivy Ross \(2023\)](#)
  - [How Art is Scientifically Proven to Help Brain Health \(Art & Object, Feb 2023\)](#)
  - [Dance as Therapy: A Jewish Perspective \(Dance Today, Sept 2019\)](#)
  - [The Power of Music for Connection \(House Calls Podcast with Dr. Vivek Murthy, Nov 2023\)](#)
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## RESOURCES SHARED BY SPEAKERS

### HereNow

*HereNow is a **teen-led online and in-person** initiative promoting mental health, well-being, and resilience through innovative content and creativity.*

- Resources:
  - [HereNow OnePager](#)
  - [HereNow App](#)
  - [Pam's Comedy Page](#)

#### **Pamela Rae Schuller, Founder & Director of HereNow**

*Pamela Rae Schuller is the founder and Director of HereNow a Jewish teen mental-health and creativity initiative through the Jewish Board. Pamela holds a bachelor's degree in both Psychology and Youth Outreach through the Arts and a Master's Degree in Child Advocacy and Public Policy, and a certificate in Executive Coaching-Leadership in the Digital Age. Pam is also a comedian and inclusion advocate, known for her ability to weave together comedy, storytelling and a compelling narrative on disability inclusion and mental health. Pamela has been featured on Netflix's Jewish Matchmaking and the Dr Mike Channel as well as the New York Times and is*

working on a novel about all of the time she spent in detention at boarding school for which she holds the record.

- Get in touch: [pschuller@jbfcs.org](mailto:pschuller@jbfcs.org) - [HereNow Facebook](#)
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## Jewish Studio Project

*Jewish Studio Project cultivates creativity as a Jewish practice for spiritual connection and social transformation.*

- Resources:
  - [Jewish Creativity Text Study Source Sheet](#)
  - [Art-making as a Form of Prayer and Nervous System Regulation](#)
  - [Jewish Studio Project Program Calendar](#)

### **Rabbi Adina Allen, Cofounder and Creative Director**

Rabbi Adina Allen is a spiritual leader, writer, and educator who grew up in an art studio where she learned firsthand the power of creativity for connecting to self and to the Sacred. She is cofounder and creative director of Jewish Studio Project (JSP), an organization that is seeding a future in which every person is connected to their creativity as a force for healing, liberation and social transformation. Based on the work of her mother, renowned art therapist Pat B. Allen, Adina developed the Jewish Studio Process, a methodology for unlocking creativity, which she has brought to thousands of activists, educators, artists, and clergy across the country. A national media contributor, popular speaker, and workshop leader, Adina's writing can be found in scholarly as well as mainstream publications, and on her website at [www.adina-allen.com](http://www.adina-allen.com). Her first book, *The Place of All Possibility* is forthcoming (Spring 2024, Ayin Press). Adina and her family live in Berkeley, CA.

- Get in touch: [adina@jewishstudioproject.org](mailto:adina@jewishstudioproject.org)
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## Reweaving Communities

*Guiding individuals + communities into reclamations of safety, inclusion, creativity, growth and joy in all the seasons of life.*

- Resources:
  - The 2018 Witness Theatre group of Holocaust survivors & adolescents, led by Barbara, reflects on their experience: [Reflections Video](#)
  - Instagram virtual community for creative musings, invitations, and tools: [@reweavingcommunities](#)

### **Barbara Kaynan, Founder**

Barbara Kaynan is a Registered Drama Therapist with the North American Drama Therapy Association & Expressive Arts Healer. Guiding individuals and communities into reclamations of

safety, inclusion, creativity, growth and joy in all the seasons of life, I weave trauma-informed psychotherapy interventions with artistic modalities to facilitate individuals & communities toward healing & growth. She holds a Master's degree from NYU in Drama Therapy and a certificate from KINT Institute in the arts and trauma treatment. Barbara specializes in trauma-informed person-centered care; guiding individuals and groups, across treatment settings and cultural organizations, during times of big life transitions. Meeting people in this liminal space, she integrates depth-oriented psychotherapy with mystical art modalities to aid clients crossing through thresholds into newer, more authentic experiences. She is a published research scholar, peer review editor, and former professor at Long Island University-CW Post.

- *Get in touch:* [barbara@reweavingcommunities.com](mailto:barbara@reweavingcommunities.com)
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## Contemporary Jewish Museum

*The CJM makes the diversity of the Jewish experience relevant for a twenty-first century audience. We accomplish this through innovative exhibitions and programs that educate, challenge, and inspire.*



The CJM | The Power of Teen Voices: How Youth Are Engaging in Art and Activism

[www.thecjm.org](http://www.thecjm.org)



The CJM | TAC Anti-bias Leaders Fellowship

[www.thecjm.org](http://www.thecjm.org)



## L'Chaim: Celebrating Our Building at 15 Youth Reflections

Listen to L'Chaim: Celebrating Our Building at 15 Youth Reflections by Jewseum #np on #SoundCloud

[soundcloud.com](https://soundcloud.com)

*L'Chaim: Celebrating Our Building at 15* also celebrates fifteen years of our Teen Art Connect (TAC) program, which invites Bay Area teens of diverse backgrounds to work as paid interns. Since The CJM first opened its doors, TAC interns have led architecture tours of The Museum. In 2023, they produced audio recordings of their reflections on The Museum's architecture, which can be accessed through QR codes in front of each space. Visit The Museum to listen to the recordings in situ, or click above to listen online.

### **Fraidy Aber**, Constance Wolf Director of Education & Civic Engagement

Fraidy Aber manages a team who collectively produce a vibrant suite of offerings welcoming all to explore the evolving, dynamic Jewish life of today through art, culture and dialogue. Centering community collaboration, equity, and well-being, Fraidy provides leadership for experiences for families, teens, teachers and students, seniors, and for those who may not traditionally have access to the Museum. Fraidy led the development of the Zim Zoom Family Room and the Textile Lab, and taught a graduate level University San Francisco course "Museums and Social Justice". Previously, Fraidy served as Executive Director of the Vail Symposium, offering thought-provoking programs in Vail, Colorado. Prior, Fraidy led Public Programs at Hudson River Park where she led cultural, recreational, and educational programming along Manhattan's west side. Fraidy holds a BA in Biology from Cornell University, and a Masters of Education from Harvard University.

### **Julie Grigoryan**, Senior Education Manager

Julie provides leadership within the department to drive mission driven educational programs to excellence in serving the diverse population of The Museum. Julie is also the program manager for Teen Programs and leads a suite of programs that provide opportunities for youth development through exploring identity, culture and art. In 2017 Julie was awarded the Council of Jewish Museum's Poland Fellowship for an immersive learning program in Poland. Prior to joining The CJM, she served as Education Director at the International Children's Art Museum

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(ICAM) in San Francisco. While at ICAM she coordinated a world-wide arts education program and received an IMLS grant to develop a partnership program with the Hellenic Children's Museum in Athens, Greece. Julie has been extremely active in providing arts education to children working as both a museum educator and classroom art teacher. Julie holds a BA in Art History from UC Berkeley and received an MA in Art History from the George Washington University, Washington, D.C.

- *Get in touch:* [jgrigoryan@thecjm.org](mailto:jgrigoryan@thecjm.org)
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### Brandeis CAMP Institute

*BCI is a transformative experience comprised of Jewish learning, arts, culture, and community. Each summer Jewish and Jew-ish participants in their 20s and 30s from around the world gather for a multi-day retreat on our idyllic campus to discover who they are meant to be.*

- Resources:
  - **Help promote BCI Summer 2024 for young adults in your community!**
    - *Folks are welcome to use the [attached graphic](#) and blurbs below in any community newsletter or other communications that go out to their constituents.*
  - **BCI 26-DAY PROGRAM** – July 2 to 28, 2024 A transformative experience in Jewish learning, arts, culture, and community. Every summer, Jewish and Jew-ish participants ages 20-29 from around the world gather for a multi-day retreat on our idyllic campus to discover who they are meant to be. *Accepting applications for participants ages 20-29.*
  - **OUR NEW BCI 10-DAY COLLEGE PROGRAM** – June 20 to 30, 2024 - Given the current climate on college campuses, now more than ever, Jewish students need a place to feel safe expressing their Judaism and an opportunity to grow and inspire the next phase of their Jewish lives. Each day includes Jewish learning, expression through the arts, time in nature, and tending to self-care. *Accepting applications for college students ages 18-22*

### **Ilana Jaffe-Lewis, Teaching Artist at Brandeis CAMP Institute**

Ilana Jaffe-Lewis is a Teaching Artist and mother based in Los Angeles, California. Ilana is a facilitator for the Jewish Studio Project and the Founder of The Mothers' Studio -- a creative community for mothers of all ages and stages. She spends her summer teaching Process Art at the Brandeis CAMP Institute. Ilana's hobbies include: creating, reading, observing, listening, and bringing people together. She loves animals, flowers, book stores, and honest conversation.

- *Get in touch:* Rabbi Myra Meskin, BCI Director [BCI@aju.edu](mailto:BCI@aju.edu)

## Heidi Landis, LCAT

*Professional therapy, trainings, and consulting for people looking for creative solutions to their lifelong questions and concerns.*

- Resources:
  - [Upcoming Psychodrama Training Sessions](#)
  - [Psychotherapy Offerings](#)
  - [Consulting Offerings](#)

### **Heidi Landis, Creative Arts Therapist, Drama Therapist and Trainer**

Heidi Landis is a Licensed Creative Arts Therapist (LCAT), Registered Drama Therapist and Board-Certified Trainer (RDT/BCT), and Education and Practitioner of Psychodrama (TEP). Specializing in trauma-informed work and the use of creative arts therapy techniques, Heidi has a private practice and consulting business in New York City where she sees clients and facilitates trainings nationally and internationally. Previously Heidi worked at Creative Alternatives of New York, as Associate Executive Director of clinical and training programs where she ran Trauma-Informed Drama Therapy groups with many different populations as well as trained staff and site partners in using creative techniques in psychotherapy and in the classroom. In addition, Heidi was the Community Coordinator of Mental Health at a high-school in the South Bronx for immigrant and refugee youth where she created and implemented a trauma-informed school environment. Heidi is an adjunct professor at New York University and Yeshiva University in NYC, Lesley University in MA, Concordia University in Montreal and on faculty of the KINT institute. She has published about her work in the books Trauma-Informed Drama Therapy: Transforming Clinics, Classrooms and Communities, Handbook of Child and Adolescent Group Therapy: A Practitioner's Reference and in Creative Arts-Based Group Therapy with Adolescents: Theory and Practice as well as in multiple academic journals.

- *Get in touch:* [heidi@heidilandis.org](mailto:heidi@heidilandis.org) - [Facebook](#) - [Instagram](#)
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## Jewsicals

*Jewsicals are short musical adaptations of Judaic texts that are shared at Shabbat services, weekend retreats, acting classes, text study sessions, and anywhere you deem fit.*

- Resources:
  - [Jewsicals Examples](#)
  - [Jewish, DEI+B and Theater Education Work](#)
  - [Ellie's Artist Site](#)

### **Eliana Rubin, Music Educator & Creator**

Eliana Rubin (she/her) was born in sunny Los Angeles and currently lives in NYC. She has a Master of Educational Leadership from Hebrew Union College-Jewish Institute of Religion, and a BFA in Drama from NYU/Tisch (ETW). A leader in the world of Jewish education, Eliana focuses

on diversity, equity and inclusion (DEI) and arts-based programming. Eliana is currently the Education Manager, DEI and Belonging at The Jewish Education Project, working to make the world of Jewish education more inclusive for all. Eliana is a singer/songwriter and producer, focusing on storytelling through pop music. She's available on all streaming platforms. Eliana will never say no to a bag of movie theater popcorn.

- *Get in touch:* [elianashirarubin@gmail.com](mailto:elianashirarubin@gmail.com)
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## Tasman Center for Jewish Creativity

*The Tasman Center specializes in Jewish mindfulness and creative expression, weaving them into our community classes & gatherings, spiritual coaching and rabbinic support.*

- Resources:
  - [Tasman Center Online Shop](#)
  - [Interviews, Articles & Media by Rabbi Sarah Tasman](#)

### **Rabbi Sarah Tasman, Founder**

Rabbi Sarah Tasman is the Director of Jewish Journeys at the Jewish Federation of Greater Washington and the founder of the Tasman Center for Jewish Creativity which offers community classes & gatherings, and private spiritual coaching, and life cycle officiation. Rabbi Sarah specializes in leading experiential spirituality and Jewish mindfulness classes, providing opportunities for personal and professional development, and incorporating expressive modalities including writing, yoga, art and ritual. She is a faculty member at The Adas Israel Community Mikvah where she trains mikvah guides in ritual creation and recently co-led the Well Bodies Program in Embodied Judaism. She has taught Jewish mindfulness classes for Orot: Center for New Jewish Learning, Gratz: NEXT, Jewish Federations of North America Changemakers Fellowship, Rabbis Without Borders and many congregations and organizations. She was ordained by the Rabbinical School of Hebrew College in 2012. She also holds a master of Jewish Education and a certificate of non-profit management. Rabbi Sarah completed her 200 Hour Yoga & Meditation Teacher training at Kripalu Center for Yoga and Health in 2014 and earned a Life Coaching Certificate from The Life Coach Training Institute in 2020. She is a Rabbis Without Borders Fellow and member of the Kenissa: Communities of Meaning network. Previously, Rabbi Sarah was the Interfaith Family/DC Director, serving the needs of interfaith couples and families throughout Virginia, Maryland and Washington, DC and has worked at Hillels at The University of Maryland, Yale and MIT. She serves on the board of directors for Shalom Learning.

- *Get in touch:* [Sarah.Tasman@shalomdc.org](mailto:Sarah.Tasman@shalomdc.org) – [Instagram](#)
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## JEWISH ARTS PROGRAMS & RESOURCES

- **Asylum Arts** – Asylum Arts supports contemporary Jewish culture on an international scale, bringing greater exposure to artists and cultural initiatives and providing opportunities for new projects and collaborations. Asylum Arts, a global network of Jewish artists, currently with 676 members in the Americas, Israel, Europe, Australia and Africa, engages audiences with Jewish ideas and community through the vibrant Jewish and Israeli cultural landscape. We have created this international network through facilitated gatherings to build community, and by sparking action through small grants. We empower artists and cultural organizations to create experiences to broaden the impact of Jewish culture.
- **Freedom Song** – Beit T’shuvah’s traveling theatrical performance that interweaves a Passover Seder with personal stories of addiction. Freedom Song poses one stark question: “WHAT ARE YOU A SLAVE TO?” The cast of Freedom Song is not a cast of actors; they are actual addicts in recovery that have broken off the shackles of drugs, alcohol, gambling, and other destructive behaviors. Using song and dance, tears and laughter, and an intense post show discussion with our cast, Freedom Song will open your eyes to the real life struggle against the “bondage of self” that we all fight every day.
- **Jewish Book Council** – the longest-running organization devoted exclusively to the support and celebration of Jewish literature. For over seventy years, Jewish Book Council has brought people together for meaningful discussions about Jewish life, identity, and culture through a literary lens. Jewish learning embodied in the printed word has played a crucial role in the development and strengthening of Jewish communities throughout the world.
- **jGirls+ Magazine** – jGirls+ Magazine is a global community for Jewish female and nonbinary teens to voice their realities, engage with new ideas, and lift each other up as they lead social change.
- **Merav Berger, Ph.D.** – As an educator and educational consultant, I seek to promote deeper understanding of and connection to the people and events in our lives by supporting the learning, healing, and growth of individuals and communities through creative play and expressive arts. See: [Jewish Enrichment Programs](#).
- **Mouly Art** – Jewish muralist, creative facilitator and artist in residence, Yitzchok Mouly is a conceptual artist whose work explores the intersection of spirituality and the material world we live in. His ultimate goal is for the conversation art inspires to continue well beyond the piece of art and into the world around us.

- **Tarbut Movement** – The Tarbut Movement is a nationwide organization of artists, cultural advocates and educators promoting social resilience through culture and art in underserved areas of Israel.
    - Testimonial from Jewish Federation of Cincinnati:
      - *It was an honor to host Israeli artists Gili Barak and Ofir Ben Ari, representatives of Israel’s Tarbut movement, which uses art for emotional healing. Since October 7, Tarbut has assisted tens of thousands of survivors and displaced Israelis through their network of over 2,000 artists. In Cincinnati, we hosted Tarbut by organizing six events with six local Jewish organizations, bringing Tarbut’s art therapy to over a hundred people, from young to old. They met our seniors at the JCC that found comfort through art therapy, as well as community members with disabilities and allowed them the space to create and connect with Israel. They also met with local Israelis and facilitated a conversation about their wellbeing since Oct 7th. Children at Rockwern Academy used art to express and navigate their feelings regarding Israel. The postcards that the nine-year-old Rockwern students created were incredibly moving. Given the prompt to unpack words like “hope” and “defend,” they said: “Hope is something everybody needs sometimes, so we hope you have it too. **If you have hope, you are amazing.**” All their art will be sent to displaced people in Israel.*
      - For more information about their visit, you are welcome to contact Yarden Neeman, MBA Senior Community Shaliach at Jewish Federation of Cincinnati: [yneeman@jfedcin.org](mailto:yneeman@jfedcin.org)
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## SECULAR ARTS FOR WELLNESS RESOURCES

- **At Birkhill House** – Scottish animal-assisted activity & craft centre - international inspo!
  - **Deena Nyer Mendlowitz** – Cleveland-based comedian destigmatizing mental illness
  - **Laura Wood** – Associate Professor, Drama Therapy, Lesley University
  - **Mad One Media** – Creativity as practice for mental health: artistic showcase of stories of mental health experience & creative expression
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