

April 5<sup>th</sup>, 2008

To whom it may concern,

Re: Mss. Aliza Amar – Acknowledgment following unique presentation

My name is Sarit Riv-Palti and I work as an individual psychotherapist and a registered MFT (Marriage and Family Therapist) at Kfar Izun, a unique therapeutic community, located in Kibbutz Sdot Yam, Israel. Kfar Izun operates under a dual professional license, and is officially authorized by both the state health and social affairs ministries. It has been offering services since 2001 and since then has provided treatment for approximately 500 clients and their families.

Kfar Izun offers an intensive time-limited multi-disciplinary healing environment for young adults (18-40) who are recovering from personal and psychological crises. Our clients are coping with a wide scope of emotional difficulties, including substance abuse, substance dependency and addictions, and in many instances their breakdowns are deeply rooted in various traumatic experiences while their recuperation journeys are tightly connected to the creation of external as well as internal safe spaces where their pain can be shared, processed and worked through.

I write this letter on behalf of Mss. Aliza Amar, an inspiring woman, who visited Kfar Izun last week and delivered a moving and an eye-opening presentation that revolved around her incredible personal narrative and healing journey.

Mss. Amar has chosen to communicate her story to our staff that includes a variety of mental health professionals as well as assisting counselors, in a direct and informal manner that captivated everyone's full attention. By openly sharing her agonizing life path with the audience she created a trust-based atmosphere within the group, an atmosphere that later produced very intimate reflections and encouraged participants to expose very personal feelings and thoughts.

Through her story she has managed to address the extremely charged social issue of sexual abuse, and to shed direct and bright light on a traditionally darkened realm, even amongst a community of therapists. She has taught us all a precious lesson on the essentiality of hope under all surrounding circumstances, and has demonstrated the astonishing capacity of human mind and spirit to heal and to thrive thanks to inner determination and uncompromising strive for self-actualization.

Mss. Amar initiated and later on enabled a trenchant reference to a painful and very often silenced domain of our lives – sexual assaults of women, and tragically more than randomly, in their very immediate life cycles, even in their nuclear families of origin (incest). She addressed this emotionally loaded subject with inspiring might and communicated resilience and endurance despite devastating atrocities, she has survived. Her radiating personality gave voice to numerous mute sufferers and victims and illustrated one surviving woman's route to inner balance and to incredible public and political action.

As a therapist who tries to create and provide supportive and healing conditions for clients I believe that Mss. Amar's presentation has enriched

me above and beyond many academic training hours. She has shared with us her long journey toward self-acceptance and has gracefully equipped us, therapists, with invaluable insights into her first tortured and later budding and blooming inner soul and developing sense of selfhood. She does incredible work in terms of consciousness raising and in pushing a silenced matter onto front stage. But above all – through her mere being she exemplifies the possibility of personal triumph and growth against all odds.

Mss. Amar's narrative empowers and infuses hope!

On behalf of our staff I warmly recommend Mss. Amar as a speaker and a facilitator to both professional and unprofessional audiences. We strongly believe that her listeners would benefit immensely from her presence and from her powerful words, and we wish her luck in all of her future enterprises!

Respectfully,

Sarit Riv-Palti, LMFT, Registered Psychologist (8113)

Individual Therapist, Kfar Izun

[saritriv@yahoo.com](mailto:saritriv@yahoo.com)