



Anchored in the Earth

Therapeutic Farming for IDF Reservists Living with PTSD Symptoms

A Joint Project of Amutat Kaima & Bein Hatlamim Farm

Review of Cohort V

March 2026

Dear Anchored in the Earth Supporter and Friend,

On December 21, [Kaima](#) officially launched the fifth cohort of [Anchored in the Earth](#), our initiative for IDF reservists struggling with PTSD symptoms and other forms of emotional distress in partnership with Bein Hatlamim Farm.

We are writing you as Israel is again at war. Operation Roaring Lion has brought with it a new wave of uncertainty and anxiety, including for many of the reservists in our care, some of whom will once again be called to the front.

The launch of this fifth cohort reinforced what makes this work different. We step out of clinics and meet between the farm's furrows and around the campfire. We don't wait for formal diagnoses or Ministry approvals. We build honest, natural relationships that reconnect people to life and community, while holding space for the full complexity of trauma. We create conditions that allow participants to face their difficulty, pain, and loss; and simultaneously move through a journey that leaves them strengthened rather than diminished. Through it all, the program continues serving as an anchor for these reservists, even as the ground keeps shifting beneath all of us.

To date, we have worked with 65 participants and their families. Below is a summary of the fifth cohort's progress, our efforts to scale the program and introduce other professionals to our outreach model, and the growing community behind this work. Thank you for your care and support.

Yoni Yefet Reich

Amutat Kaima, CEO

Guy Bar Navon

Anchored in the Earth, Director

Yaniv Bocian

Bein Hatlamim, CEO



Highlights

- Anchored in the Family: We're excited to announce plans to launch new programming to address the specific needs of spouses/partners of reservists as they contend with the trauma and challenges they face. With the right funding, this critical expansion will provide them with the support and community they desperately need.
- ICAR Summit: Guy Bar Navon, the founder of Kaima's Anchored programs, was a featured panel speaker at the February ICAR Summit in Tel Aviv! The two-day conference brought together leading experts and thought leaders from academia, the nonprofit sector, government, and the high-tech industry with the purpose of "Accelerating Trauma Healing Through Collaboration."



"The first day of the conference provided an opportunity for reflection and alignment in a post-October 7 reality. Sessions reviewed the past year, assessed national recovery, and examined trauma across key populations, including children, soldiers, veterans, workplaces, and women. The panel in which I participated took place on the second day, which shifted the conversation toward implementation. My remarks focused on the value of nature-based therapies in a national care system — as distinct from, yet complementary to, other approaches, such as those AI-assisted technology, classic clinical outreach, and pharmacological interventions." Guy Bar Navon, pictured left.

- It all starts with a call: We want to send a huge shoutout to Anchored volunteer, Dalia Levy! Since our first meeting, Dalia has shown a profound understanding of our goals, becoming a true partner. Through the wisdom, expertise, and sensitivity she possesses, she assists us with one of the project's most complex tasks: the first introductory conversation with the reservists. This is a massive and generous contribution to the program's success, and we are so incredibly grateful for everything she does!

- Kaima Veggies Come to Ra'nana: By popular demand, Kaima is now delivering farm-fresh, pesticide-free vegetables to a central pick-up point in Ra'anana. This initiative grew out of an evening at the home of Shawna Goodman, a long-time Kaima supporter and enthusiastic chef, which also raised enough to fund our fifth cohort. We need 20 to make it sustainable.
- A Very Alternative Purim: Another Ra'nana friend, Hannah Schwartz, reached out to her circle with a virtual *mishloach manot*, and donated Anchored in the Earth in lieu of the traditional exchange of sweets. This year, with Purim's themes of existential threat and resilience feeling closer to home than ever, it seemed like the right way to mark the holiday.
- Jerusalem Post: Veteran journalist Abigail Klein Leichman reports on how Kaima is applying its flagship therapeutic farming model for at-risk youth to "Anchored in the Earth." The article beautifully demonstrates the role social farming, led by Kaima, is playing in restoring national resilience. Read this great article [here](#).



Family Day

Select Quotes from Cohort V Participants

Translated from Hebrew

- *"What an amazing initiative. A magical place – both physically and in terms of the team. A truly special place to downshift. It took real effort to get there, but it was really worth it."*
- *"100 out of 100. It was really good. The land enables the conversations that must be had."*
- *"Eye-level communication – in other places, I felt people pitied me, that I was someone in need. Here, people ask me how I am and actually mean it. It sounds simple, but for me it's genuinely revolutionary. There's something warm and healing in that."*

- *"I felt there was room here for my mistakes. That there was space to try, to learn, and that it's truly okay to make mistakes."*
- *"This place was an important part of a dark period when I felt lost in the world. I began rebuilding myself – to plant a stake, to take root, to ground myself. An incredible experience overall – the combination of the people and the land."*
- *"It restored my trust in myself. I feel more present in my own life. It surprised me that I actually know how to open up and share."*
- *"The earth doesn't know how to disappoint. It's the safest place for me. Even in rain and changing weather – we're out there working. Very stabilizing."*
- *"The program gave me a reason to leave the house after a very difficult period. It got me out of my shell, meeting new people and bonding with them. I feel it was very significant for me on the social level. I really grew."*

Summary of the Five Cohorts

Information	Cohort 1	Cohort 2	Cohort 3	Cohort 4	Cohort 5
Dates	1.12.24-5.2.25	23.2.25-7.5.25	28.6.25-30.7.25	14.9.25-26.11.25	21.12.25-18.2.26
Recruitment Target	15	15	15	15	15
# of those who started the program	13	16	17	16	17
# of new participants	N/A	13	14	14	16
# continuing from a previous cohort	N/A	3	3	2	1
# of those who dropped out	1	3	4	3	3
Reasons for dropping out of the program	Work related	Called up for reserve duty	<ul style="list-style-type: none"> •3 were called up for reserve duty •1 required more serious treatment 	<ul style="list-style-type: none"> •1 started a new job •1 started medical studies, •1 couldn't commit 	<ul style="list-style-type: none"> •Found a new job •Recalled to the reserve •Physical disability got worse
# of participants who completed the program*	12	13	13	13	14

* Ranging from ages 25 to 53.

Adjustments Due to the War

Cohort VI was to have launched on March 15, but the multi-front war (Lion's Roar) Israel is now fighting with Iran, and the continuing war with Hezbollah, have forced adjustments to our plans. We are inviting alumni from all cohorts to work alongside us in the fields in the interim – keeping the community alive and connected even as formal programming is paused. Two weeks ago, we held a special foraging and ancient cooking workshop at the farm for our alumni community, led by Dr. Inbar Ktalav and Rani Pesah from the Museum of Yarmukian Culture. It was an insightful and joyful gathering – learning ancient techniques of cooking over fire, and reconnecting through the kind of creative, shared work that has always been at the heart of what we do.

In Memoriam: Philip

One of our participants from the fall 2025 cohort, Philip, had a terrible accident. He was found dead together with his dog in Machtesh Ramon while walking along the cliff, shooting photos. Philip was a beautiful person – charming and loved. We had the privilege of getting to know him closely, and he left a strong impression on so many of us, participants and staff alike. Just three days before his death, he had published a deeply personal post on Facebook describing a significant identity process – his decision to return to using his original name. "For years I walked with a name that was not born with me, like a coat that fit well but was not mine," he wrote, describing a journey inward and a return to himself.

Two weeks after his death, we invited his cohort, along with his close family and friends, for a special day at the farm. It was a deeply touching gathering. We planted a strawberry tree in his memory, and plan to add a bench where people can sit, meet, and share close conversations.



Remembering Phil, ז'ל