

Chaya Lerner Explores the Healing Power of Ancient Jewish Wisdom in “The Torah of Trauma”

The clinical social worker and spiritual guide connects Torah teachings with understandings of trauma, grief, family dysfunction, and journey toward healing.

NEW YORK CITY, NY, UNITED STATES, August 19, 2026 /EINPresswire.com/ -- Ancient wisdom meets the realities of modern emotional healing in “The Torah of Trauma,” a thought-provoking Hebrew-language book by Chaya Lerner. Drawing on her professional experience as a licensed clinical social worker and spiritual guide, Lerner explores how Jewish teachings can illuminate experiences of trauma, grief, family conflict, addiction, abuse, and recovery.

In 2022, Lerner traveled to Israel for the first time, an experience that deepened her understanding of how faith, history, and lived experience intersect with emotional pain and resilience. Standing at the Kotel, she witnessed people around her crying and praying at the Wall. Around a Shabbat table, she listened as an elderly man spoke about the PTSD he suffered during the 1948 war. At Rachel’s Tomb, she again saw men and women crying and praying. After October 7, Lerner spoke with the Israeli Ambassador, who shared that Israelis have been deeply traumatized by the recent terrorist attacks. These encounters, Lerner says, underscore the urgent need for compassionate frameworks that honor suffering while supporting healing.

While ancient religious texts are sometimes viewed as disconnected from contemporary struggles, Lerner presents a different perspective. “The Torah of Trauma” examines how many of the emotional challenges confronting people today have echoes in stories and teachings that have been studied for generations. By revisiting these sources through a contemporary therapeutic lens, Lerner invites readers to discover insights that can offer meaning, strength, comfort, and hope.



תורת טראומה (Hebrew Edition) by Chaya Lerner

Throughout the book, Lerner brings together personal stories, reflections on the Torah, Hasidic literature, mystical writings, and modern interpretation. This distinctive combination creates a bridge between spiritual tradition and the complex process of healing, encouraging readers to consider ancient texts not simply as historical teachings but as living sources of insight for navigating difficult human experiences.

Lerner's inspiration is grounded in the recognition that struggles involving relationships, loss, family dysfunction, addiction, and abuse are not exclusively modern phenomena. By examining these experiences alongside Jewish wisdom, she demonstrates how enduring spiritual teachings can provide new ways to understand suffering while helping readers consider paths toward resilience and personal growth.

First released in January 2025, "The Torah of Trauma" has resonated with readers seeking the intersection of spirituality, Jewish thought, emotional wellness, and personal transformation. Lerner notes that readers have shared how the book has supported them in their healing process.

Lerner is now deeply thrilled to announce that "The Torah of Trauma" has been translated into Hebrew and is available on Amazon and other platforms, with hopes that it will continue reaching readers through additional book retailers as well.

The book is available at:

<https://www.amazon.com/dp/B0HC DV1X7S>

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