CREATIVE WORKSHOPS FOR VETERANS

I Saw It Differently

Individual attention. Shared experience. Another way to express it.

Led by an artist who knows what it means to come home.

Some experiences are difficult to put into words. Making art offers another way to approach them. Tomer Peretz works alongside veterans as they turn an image, memory, or feeling into a piece of their own, with space to discover something they may not have seen in themselves before.



Designed for organizations serving Israeli and U.S. veterans, his work fits into existing retreats. He combines group guidance with individual attention, meeting participants where they are. No art experience is needed; each person works at their own pace and decides what to share.

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The person behind the experience.

Tomer Peretz is an Israeli-American artist and founder of The 8 Project. His story begins in southeast Jerusalem, where he grew up amid the Israeli-Palestinian conflict. He later served as a combat officer in the Golani Brigade and has lived with diagnosed PTSD for more than 20 years.

As Art Therapy Lead for Geut Project, he has participated in several psychedelic-assisted retreats in Mexico for Israeli combat veterans living with severe PTSD. He begins working with participants before the ceremony and continues afterward.

In Los Angeles, he developed The 8 Project’s Creative Rehabilitation Program, a structured framework that bridges clinical treatment and daily life through studio practice, mentorship, therapeutic support, and community. Art is the toolbox; rebuilding daily life is the goal. Tomer works as a mentor, helping participants reconnect with their abilities, relationships, and sense of purpose.

In 2025, the Museum of Tolerance selected him as its first artist in residence. His work has involved more than 2,000 people, including combat veterans and military reservists.

> “He treats every soldier as an artist, and in doing so he reaches emotions that words cannot. He speaks their language because he has lived it.”
>
> Joyce Braverman, M.D.



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Art, trauma & integration

What the research explores

Art therapy and combat-related PTSD
A small randomized trial compared cognitive processing therapy (CPT) with CPT plus art therapy. Veterans described easier access to emotions, greater ability to approach difficult memories, and a sense of distance from those memories through art. Both groups improved, with no significant difference in PTSD or depression symptom improvement. [1]

Creative practices in psychedelic integration
A review of integration definitions, models, and practices identifies drawing, painting, and creative expression among the ways people revisit and make sense of a psychedelic experience. It also discusses planning for integration before the experience. This is a conceptual review, not a trial of a specific creative workshop. [2]

These studies concern related clinical practices and integration frameworks; they do not evaluate Tomer’s workshop.

[1] Campbell et al. (2016). Art Therapy, 33(4), 169-177. DOI: 10.1080/07421656.2016.1226643

[2] Bathje, Majeski & Kudowor (2022). Frontiers in Psychology, 13:824077. DOI: 10.3389/fpsyg.2022.824077

One of many stories



Yossef Maimon was wounded twice in combat and discharged after his second injury. At a retreat in Mexico, he sat with Tomer and completed a painting from start to finish for the first time, finding a way to express experiences that had been difficult to put into words.

Today, Yossef is an art student.

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The experience, in practice.

Two formats. The same personal approach.

General veteran retreats
Individual sessions and group workshops give participants space to process experiences through personal pieces or shared artwork.

Psychedelic retreats
Creative work begins before the ceremony and continues after it, while the group is still together. Art adds another dimension to processing and expressing the experience.

No prior art experience is needed.
Participants decide what to share.

For more information & booking

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FORMAT & LOGISTICS

Recommended engagement
Two full days at the retreat, allowing time for group work and individual attention.

Scheduling
For psychedelic retreats, the schedule is coordinated around the ceremony to include work before and afterward.

Location
At the host organization’s retreat location. Engagements are not limited to Los Angeles.

Materials
All art materials are provided by Tomer and his team.

Planning
Group size, materials, space, travel, and the workshop schedule are coordinated with the retreat team.