

EDUCATION

- 2014 **Fremont Community Therapy Project, Seattle, WA**
Training on Functional Analytic Psychotherapy (FAP) – a behavioral therapeutic approach to target clients’ behaviors, including positive reinforcement of a client’s effective behavior, as a powerful mechanism of change.
- 2011-2013 **University of Washington, Social Work, Seattle, WA, U.S.**
MSW (Mental health concentration)
Thesis: *Conceptualization of Post Traumatic Growth in the Work of Expert Trauma Therapists*
(Chair- Jon Conte, Ph.D.)
- 2012-2013 **Fremont Community Therapy Project, Seattle, WA**
Training on Dialectical Behavioral Therapy (DBT) - skills group to assist clients with distress tolerance, emotion regulation and interpersonal relationships.
- 2012-2013 **Eye Movement Desensitization and Reprocessing (EMDR) Humanitarian Assistance Program (HAP)**
EMDR part I and II
- 2009-2010 **Bar Ilan University, Faculty of Social Sciences, Ramat Gan, Israel**
Completed first year of Master’s in Clinical Social Work.
Thesis: *The Relations between Couples' Communication and Attachment Patterns, Self-Differentiation and Fear of Intimacy.*
(Chair- Riki Fintzi-Dotan, Ph.D.)
- 2008-2009 **Ministry of Social Affairs and Social Services, Israel**
Training on Coping with Addictions.
- 2008-2009 **The Barcai Institute, Ramat-Gan, Israel**
Narrative Therapy Course
- 2000-2003 **Tel Aviv University, Faculty of Social Sciences, Tel-Aviv, Israel**
BSW (Interpersonal Direct Practice- Family Concentration)

SOCIAL WORK EXPERIENCE

- 2011-2014 **Fremont Community Therapy Project, Seattle, WA, U.S.A**
Social work intern: Social worker/therapist
- Provided individual long-term therapy for adults from low SES who cope with trauma issues and oppression (5-7 clients)
 - Conducted intake interviews and suicide assessments, provided crisis interventions.
 - Lead and co-facilitated a weekly therapeutic DBT skills group for clients who are coping with suicidality and/or individual/systematic difficulties regarding emotion regulation, distress tolerance and interpersonal relationships.
 - Participated in weekly individual supervision, staff meetings, case consult, DBT group supervision and consult as well as participated and presented on weekly didactics.

- Collaborated effectively with community systems, including CPS, community psychiatrists, case managers, therapists, family members and Mental Health Network.
- Received monthly EMDR consultation from Rik Muyora, LICSW, EMDR consultant.
- Was exposed and broaden knowledge regarding the feminist therapy theory.

2011

Children Crisis Outreach Response System (CCORS), YMCA, Seattle, WA, U.S.A

Family Advocate

- Provided short term intensive stabilization services to children, youth and families experiencing crisis in King county.
- Created crisis prevention plans and assisted clients in building and improving coping skills.
- Advocated for children and youth in school systems, coordinated wrap around meetings and connected clients to long term services.
- Emphasized strength based interventions, empowerment including sensitivity and awareness to diverse cultures and ethnicities.
- Collaborated with different professionals and worked in a team that includes therapists and parent partners.

2007-2010

Addiction Treatment Center, Ramat Gan Department of Welfare, Ramat Gan, Israel

Social Worker and unit coordinator

- Coordinated Prevention and Education Unit for youth at-risk, parents and professionals.
- Provided individual long-term therapy using Motivational Interviewing (MI), Cognitive Behavioral theory, attachment theory, feminist theory and narrative theory for adults who suffer from drug addiction.
- Provided drug and alcohol counseling for youth at risk from low-income diverse populations.
- Conducted intake interviews and suicide assessments, provided crisis interventions
- Initiated and co-facilitated a weekly therapeutic group for individuals who are recovering from drug addiction.
- Co-facilitated a psycho-educational group for parents about substance abuse and addiction.
- Initiated, lead and facilitated groups and workshops for youth, parents and professionals from the welfare and education offices.
- Established community projects involving addiction treatment and prevention.
- Managed and coordinated “The People’s University” program in collaboration with the welfare department and Tel Aviv University, which promotes self-image and social skills.
- Participated in weekly staff meetings and case conceptualizations.
- Collaborated effectively with community systems, including the Probation Service, the Israeli military, the Association of Rape Crisis Centers and Mental Health Network.

2007-2010

Ever Hayarkon Welfare Department, Tel Aviv, Israel

Social Worker

- Assisted clients in obtaining rights and benefits - mediated, advocated and empowered clients from low SES and diverse family backgrounds.
- Established and maintained connection with the community, including various institutions and organizations.
- Provided individual therapy as well as couples and family intervention to several families using systems theory, MI, attachments theory, narrative theory and feminist therapy.

- Coordinated the Program “Another Economy” which improves the financial SES of families, provides tools and directly exposes Economics students to low income families and their difficulties. Mentored Economics students in their work with the department’s clients.
- Initiated, promoted and lead changes for client entitlements from ineffective monetary practices to goal oriented efficient services to families.
- Provided mentoring and supervision for tutors for children and youth, clients of the department.
- Participated in weekly staff meetings, case conceptualizations and presentations.

2004-2006

Prisoners’ Rehabilitation at the Community Unit, Welfare Department, Holon, Israel

Social Worker and unit coordinator

- Prepared and arranged supervision programs tailored to the needs of licensed prisoners and to the Israeli Prisoners’ Rehabilitation Authority’s requirements.
- Performed comprehensive intake evaluations and developed treatment plans.
- Provided ongoing individual therapy using MI, cognitive behavioral therapy, attachment theory, narrative, systems and feminist theories.
- Coordinated family visitations in prisons.
- Facilitated groups for ex-convicts regarding positive communication and anger management.
- Coordinated and supervised “Perach Project”- managed tutoring program for prisoners’ children and facilitated visitations to prison.
- Coordinated “Amutat Shelev” – volunteers’ association for rehabilitation of ex-prisoners in the community, which provides financial, emotional and social support to prisoners and their families.
- Collaborated with the Israeli Prisoners’ Rehabilitation Authority.
- Participated in weekly staff meetings, supervision and case consults at the welfare department
- Participated in a monthly consult and supervision with the Israeli Prisoners’ Rehabilitation Authority.
- Mediated between clients and community services and liaised with community organizations and associations.

2004-2005

Dan Avshalom Halfway House (Non-Profit organization for young adults who are diagnosed with mental illness), Kiryat Ekron, Israel

Social Worker

- Provided individual therapy to residents.
- Created crisis prevention plans and assisted clients in building and improving coping skills with suicidality and emotional difficulties.
- Established and maintained connection with community organizations and associations.
- Facilitated individual education and work programs tailored to the residents.
- Initiated, lead and co-facilitated support group to the residents.
- Initiated community projects and events for the residents and their family members.
- Participated in weekly staff meetings, case conceptualizations and presentations.

2002-2003

Lev Haair Lamoshpaha Welfare Department, Tel Aviv Israel

Social Work Intern

- Provided individual therapy and house visitations.
- Participated in welfare department tasks.
- Prepared and executed rights information day for single parents and new immigrants.
- Participated in weekly staff meetings, activities and supervision.

2001-2002 **Enosh Association for mental health, Bat Yam Israel**

Social Work Intern

- Provided individual therapy to clients
- Created and facilitated support group for youth and adults who deal with mental health issues for promoting self image and self respect.
- Participated in the organization events and activities.
- Received weekly supervision.

2001 **Division for the golden age, department of welfare, Holon Israel**

Social Work Intern

- Provided counseling to elderly couples.
- Prepared consultation and support program for family members of elderly people.
- Received weekly supervision
- Prepared a project for increasing awareness for knowledge and support for elders and their family members

PUBLICATION

- **Perspectives on Spirituality and Religion in Psychotherapy, Professional Resource Press, 2014**
First contributor author of the chapter: Psychotherapy and Jewish Tradition

VOLUNTEER EXPERIENCE

2010-2011 **Seattle Education Access, Seattle, WA, U.S.**

Resource center and drop-in volunteer

- Provided support to students experiencing homelessness and poverty in achieving higher education.
- Assisted in finding resources.
- Provided mentoring to students.

2010-2011 **YMCA, Seattle, WA, U.S.**

Mentor

- Provided support and resources to a young adult struggling with poverty and diversity.
- Assisted him in finding inside and outside resources.

ADDITIONAL INFORMATION

2006-2007 **Travel**

- One year trip to India, Nepal, Thailand, China, Tibet and Burma. Direct contact with local residents provided opportunity to learn about diverse cultures, poverty, oppression, unique strengths and growth through traditions and customs and daily life.
 - Blogger- parenting a child with special needs, blog post was featured on “The mighty”
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