

MENTAL HEALTH RESOURCE & GUIDE 2020



- PSYCHOLOGISTS
- PSYCHIATRISTS
- SOCIAL WORKERS
- PSYCHOTHERAPISTS
- MENTAL HEALTH COUNSELORS
- SUBSIDIZED SERVICES
- TREATMENT FACILITIES
- PSYCHIATRIC FACILITIES
- HOTLINES
- SUPPORT GROUPS



GET HELP *Israel*

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מכון דביר
MACHON DVIR
THE DVIR INSTITUTE FOR BEHAVIORAL HEALTH



Machon Dvir is an English speaking **Dialectical Behavior Therapy (DBT)** based service that provides treatment for emotion dysregulation, impulsive, addictive and self-harming behaviors, and dysregulated eating. Such diagnoses include borderline personality disorder, complex-PTSD, depression, anxiety, binge eating disorder and OCD.

Machon Dvir uses an integrated team approach consisting of psychiatrists, psychologists and social workers. The team is led by the former head of Psychiatry at Hadassah University Hospital – Mt. Scopus, Dr. Shmuel Harris MD, and DBT expert Dr. Tzachi Fried PhD, and works closely with many English-speaking institutions including Yeshivas, Seminaries, Kollelim and schools.

Treatment options include individual therapy, DBT skills groups and medication management where required. All group therapy is gender-separate and designed to help English-speaking adults in Jerusalem, Beit Shemesh and beyond.

For more detailed information on the service, including staff members, treatment plans, resources on DBT and insurance plans accepted, please look at our website www.machondvir.org or contact the office at 02-6252527 or office@machondvir.org



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Mental Health & Resource Guide 2020

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GET HELP ISRAEL

**SUPPORTS MEMBERS AND SERVES ISRAEL'S
ENGLISH-SPEAKING PUBLIC**

GET HELP ISRAEL

is the largest network of verified English-speaking mental health professionals in Israel and is consulted by thousands of monthly users who are seeking qualified therapists.

BECOME A MEMBER

of the association and gain access to:

- ✓ A Diverse Network of Professionals
- ✓ Clients Who are Searching for Verified Clinicians
- ✓ Professional Development/CEU
- ✓ Publication Opportunities
- ✓ Clinical Resources
- ✓ Guidance/Support in Building a Private Practice

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GET HELP *Israel*

Get Help Israel -The Israel Association of Mental Health Professionals – serves a dual purpose. For clients who are seeking English-speaking mental health service providers, we are a trusted resource helping clients access the best services for their mental health needs. For English-speaking mental health professionals (including immigrant and veteran therapists alike) we provide a formal and friendly framework that seeks to advance professional development opportunities in English, and gives support and guidance in maintaining ethical, legal, and competent mental health services.

In addition to assisting English-speakers find the right help in their mother tongue, GHI consults with dozens of organizations, schools, and government offices to provide customized referrals for their individual needs. This includes over 50 Gap year programs, Aliyah organizations, and various embassies/consulates of English-speaking countries. The association is recognized and respected for its rigorous verification of the professionals' credentials in accordance with Israeli law. GHI is expanding its reach to mental health professionals and organizations around the world in becoming the go-to referral source for people moving to or living in Israel.

GHI is also expanding community programs to provide affordable and accessible therapeutic services to English-speakers. An example of such programming is The Lone Soldier Program, providing subsidized therapy to lone soldiers through qualified participating mental health professionals.

HOW TO USE THIS GUIDE

The guide is divided into the following sections:

- Private therapists, psychiatrists, and life coaches
- Support groups and anonymous meetings
- Private and subsidized treatment facilities
- Information on navigating the public mental health system in Israel
- Hospital-based psychiatric facilities
- Hotlines and emergency phone numbers
- Subsidized mental health services

The private therapists, psychiatrists, and life coaches in this directory are members of the association and have all been verified*.

What is checked in the verification of the professionals listed?

- A Post-graduate degree in mental health (MA, MSW, PhD, PsyD, MD, MEd, MFT, etc.) from an accredited university, or for life coaches, a coaching certificate from a recognized coaching program
- Ensure that the title used by the professional is in accordance with the law in Israel. GHI verifies that the therapists with professional titles that require licensing in Israel (Psychiatrists, Psychologists, and Social Workers) show a copy of that license
- Verify licenses from abroad for those therapists who state that they hold a license outside of Israel
- Request to see copies of any additional credentials that the therapist has stated on the profile

We focus on verification for 3 reasons:

1. The client does not always know to ask, or may not feel comfortable to ask the therapist to see his/her credentials. The therapists listed in the GHI directory have all had their credentials checked to meet the association's requirements as stated above.
2. The titles "therapist" and "psychotherapist" are not regulated in Israel; therefore anyone can represent themselves as such and start seeing clients without adequate training in the field. GHI serves as a filter, providing the public with access to qualified therapists.
3. While psychotherapists, marriage and family therapists, and counseling psychologists/mental health counsellors currently do not have a government licensing body in Israel, those listed in the directory have post-graduate qualifications in their areas of specialty from accredited universities, some are licensed or license eligible in their country of origin, and are members of professional associations in Israel and/or abroad.

We hope that you find this directory useful and whether you are a therapist seeking to build your professional network, or a client seeking services, GHI is committed to positive growth and assisting English-speakers navigate the Israeli mental health system. If you have great ideas that you think GHI should consider in the future, don't hesitate to contact our main office at support@gethelpisrael.com.

**While Get Help Israel seeks to verify the factual accuracy regarding information pertaining to the therapists listed in its directory, verification is limited to the credentials of the professionals. Persons considering contacting any of the therapists listed in the directory are urged to conduct their independent investigation and evaluation before retaining services. Get Help Israel aims to provide content that is true and accurate, however, we give no assurance or warranty regarding the accuracy, timeliness, or applicability of any of the content. Get Help Israel assumes no responsibility for information and services obtained through this directory and disclaims all liability with respect to the use of this resource.*

Meet Phil, the elephant in the room.

Our team of professional therapists are experts at handling different types of elephants.

Let us help you handle yours.



THE Place THE JERUSALEM **FOR EMOTIONAL CENTRE WELLBEING**

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WITH THE RABBINICAL GUIDANCE OF RABBI YITZCHAK BREITOWITZ, SHLITA, RAV, KEHILLAS OHR SOMAYACH
Providing top quality therapy and emotional support. Improving people's lives for over a decade.

Professional Liability Insurance

Madanes Insurance Agency has over 40 years of experience in providing medical professional liability insurance for psychiatrists, psychologists, social workers, mental health counselors, psychotherapists and more...

The insurance program includes integrated risk management services incorporated as a value-added component of the policy and a unique claims handling methodology.



SM MADANES
Insurance Agency Ltd.

2 Hashlosha St. Tel Aviv 6706054
www.madanes.com



**Please contact us
with any questions
and we will be happy to assist you**

Tel: 03-6380480 ext. 3

Fax: 073-2128280

Email: med.madanes@madanes.com

**Or leave us your details
by scanning this:**





Rachel Factor, LCSW

Clinical Social Worker

Office Location:

3/2 Rechov Teveria
Ramat Bet Shemesh

Phone:

072-397-1272

Ages:

Children, Adolescents, Adults, Men, Women

Languages: Hebrew, English

ABOUT

I am a therapist who specializes in the treatment of OCD, Panic Attacks, Generalized Anxiety and Phobias. The good news is that anxiety no longer needs to control one's life. Individuals with anxiety will respond well when treated with the right kind of therapy - therapy that is evidence based and proven to be extremely helpful. Individuals suffering from anxiety tend to be bright, creative, and extremely competent. There is no reason that anyone needs to limit themselves because of anxiety.

I have been treating anxiety for the past 18 years. I trained extensively in the U.S. under experts who were instrumental in the development of successful treatment for OCD and Anxiety. I established a private practice in Monsey N.Y. which I later relocated to Ramat Bet Shemesh, Israel. I see clients in my office in Ramat Bet Shemesh, as well as via the telephone and Skype. I treat children, adolescents and adults.

The goal of treatment is for my clients to master the tools necessary to manage their anxiety. I like to observe my clients reclaiming their lives, doing what they want to do, instead of fear telling them what they should do. I utilize Cognitive Behavioral Therapy (CBT) and Mindfulness practice as modalities in helping individuals win back their freedom. It's amazing to watch individuals lives become fuller as anxiety steps down from taking center stage.

QUALIFICATIONS

Education:

Wurzweiler School of Social Work

Year of Graduation:

2001

License No. and State:

Registered Social Worker in Israel - 24420
072090- NY (not active)

SPECIALTIES

Anxiety / Panic
Obsessive Compulsive Disorder (OCD)
Phobias
Stress Management

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)
Mindfulness



Sara Feinberg, MA, LCAT, ATR-BC

Art Therapist

Office Location:

Nachal Ein Gedi
Ramat Beit Shemesh

Phone:

072-397-1372

Ages:

Children, Adolescents, Adults

Languages: English

ABOUT

In my seventeen years of clinical experience as an art therapist, I have witnessed the powerful healing qualities of non-verbal communication. To help my clients resolve emotional challenges, I use a combination of art, play, and sandtray therapy, along with mindfulness practices and cognitive behavioral therapy (CBT) techniques. This process is an empowering experience that provides a healthy outlet for otherwise overwhelming emotions.

I am committed to creating a customized treatment approach for each individual client. My specialties include helping children and families cope with bereavement, anxiety, selective mutism, encopresis, and aliyah adjustment. I also see clients with behavior issues, ADHD, and learning disabilities.

I am a licensed and board-certified art therapist with a Master's degree in Art Therapy from NYU, and maintain a private practice in Ramat Beit Shemesh. I also supervise art therapists, including those working toward their ATR or board certification. Feel free to contact me to discuss how I may be able to assist you.

QUALIFICATIONS

Education:

New York University

Year of Graduation:

1997

License No. and State:

000754-1 NY (inactive)

TREATMENT APPROACH

Expressive Art Therapy, Play Therapy, Sand Tray Therapy, Psychodynamic Therapy, Cognitive Behavioral Therapy (CBT)

SPECIALTIES

Anxiety / Panic, Behavioral Issues, Cancer / Terminal Illness, Family Issues, Grief, Parenting Issues / Training, Self-Esteem, Stress Management, Trauma / Post Traumatic Stress Disorder PTSD, Encopresis

ADDITIONAL CREDENTIALS

2006: Board Certified Art Therapist (BC), American Art Therapy Credentials Board, #03-057

2003: Registered Art Therapist (ATR), American Art Therapy Credentials Board



Motti Klein, MA, PsyD

Child/Adolescent Psychologist

Office Locations:

Beit Shemesh

Jerusalem

Phone:

072-397-1425

Ages:

Children, Families

Languages:

Hebrew, English

ABOUT

I am a doctoral-level psychologist with broad experience assessing and treating children, adolescents, and young adults. I specialize in conducting psychoeducational and neuropsychological assessments to diagnose disorders such as ADHD, Autism Spectrum Disorder, Learning Disorders, Language Disorders, Social-Emotional Disorders, and Behavioral Disorders. My assessments utilize the most updated measures and are tailored specifically for each child, focused on targeted and practical recommendations for parents, schools, and mental health professionals. Clinically, I utilize an integrative approach to treating children and adolescents, incorporating cognitive-behavioral, psychodynamic, existential, and solution focused interventions. Additionally, I have specific specialization in treating children and adolescents who have experienced trauma using the evidence-based treatment of Trauma-Focused Cognitive Behavioral Therapy (TF-CBT).

QUALIFICATIONS

Education:

Azusa Pacific University

Year of Graduation:

2017

License No. and State:

PSY31221 - California

Registration in Pinkas Hapsichologim:

27-156500

ADDITIONAL CREDENTIALS

Semicha (RIETS, 2014)

TREATMENT APPROACH

Behaviorism, Cognitive Behavioral Therapy (CBT), Existential Psychotherapy, Family Systems Therapy, Play Therapy, Psychodynamic Therapy, Solution-Focused Brief Therapy (SFBT), Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

SPECIALTIES

Abuse, Academic, Adjustments, Anger Management, Anxiety/Panic, Attention Deficit Hyperactivity Disorder (ADHD), Autism Spectrum, Behavioral Issues, Child Abuse, Child and/or Adolescent Issues, Conduct Disorder, Depression, Developmental Disorders, Family Issues, Grief, Learning Disabilities, Mood Disorders, Parenting Issues / Training, Psychoeducational Testing, Psychological Assessment, Self-Esteem, Sexual Abuse/Rape, Spiritual Concerns, Stress Management, Trauma / Post Traumatic Stress Disorder PTSD



Avraham Wald, MFC, CASAP

Certified Alcohol and Drug Abuse
Counselor, Mental Health Counselor

Office Locations:

3/1 Yavne Street, Ramat Beit Shemesh
Derech Rabin, Beit Shemesh
Yitzchak St, Kiryat Yearim, Jerusalem

Phone:

072-397-1415

Ages:

Adults, Couples, Men

Languages: Hebrew, English

ABOUT

Over the years I have developed a personal and highly effective technique of counseling that combines the wisdom of Torah and modern psychology. This approach is best described as Emunah Based Cognitive Behavioral Therapy (CBT). The goal of Emunah Based CBT is to empower clients with real tools and resources that will enable them to live more meaningful and productive lives by helping them replace negative thoughts with positive thoughts, but within a Jewish spiritual framework.

A major focus of my practice today is helping couples and individuals deal with the impact of technology and internet addiction within the marriage or family. Offering my clients a safe, nonjudgmental, and confidential space in which to share their thoughts, feelings and experience is my number one priority as a mature, experienced and empathetic therapist.

For more information about myself and the services that I offer, please visit my website: www.livingauthentic365.com.

QUALIFICATIONS

Education:

Witwatersrand University, South Africa

Year of Graduation:

1988

ADDITIONAL CREDENTIALS

Professional Counselor (2006) Refuah Institute (Israel).

Addiction & Substance Abuse Professional

-CASAP (2007) The Israel Certification Board of Addiction Professionals.

Reality Therapy (2007) 18 month certification program by William Glasser Institute (USA).

Jewish Spiritual Psychotherapy (2008) by Rabbi Efim Svirsky, Institute of Jewish Spiritual Therapy (Jerusalem).

Marriage and Family Counselor (2010) by the Yanar Institute.

SPECIALTIES

Addictions, Alcohol Abuse, Anger Management, Anxiety / Panic, Behavioral Issues, Depression, Family Issues, Marital Counseling, Mood Disorders, Self-Esteem, Sexual Issues, Stress Management

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Rational Emotive Behavioral Therapy (REBT)

Reality Therapy



Yaakov Wasser, LMHC, Ed.S

Psychotherapist

Office Location:

Ramat Beit Shemesh (Gimmel, Aleph)

Phone:

072-397-6564

Ages:

Children, Adults, Men, Women

Languages: English

ABOUT

Goethe: If you treat an individual as he is, he will stay as he is, but if you treat him as if he were what he ought to be, he will become what he ought to be and could be.

I attempt to crawl behind the eyes of my clients in order to perceive their world as they see it, to feel their fears and to uncover their dreams for life. It is not only the client's faith and hope (self-efficacy), but the faith and hope that the therapist has for the client which effectuates change.

A therapist/client relationship where two people are engaged in battle for change, where they struggle for growth, where they rejoice in creativity. It is a relationship of self-discovery within an encounter.

Within a typical session I work just as hard as my clients to reach the desired outcomes. I am of the belief that therapy does not end when the session ends, but continues to take place between sessions. Which means my clients have homework to focus on for the next session.

In my career I have had the privilege to work in almost every setting possible including severe mental illness (SMI), addictions, outpatient hospital, overnight ER, schools, just to name some. Your first session will always be a free consultation.

QUALIFICATIONS

Education:

Cleveland State University

Year of Graduation:

1996

License No. and State:

005995-1/NY (State registration is inactive)

ADDITIONAL CREDENTIALS

NCC-National Certified Counselor 1996

SPECIALTIES

Addictions, Adjustments, Anxiety / Panic, Behavioral Issues, Bipolar Disorder, Borderline Personality Disorder, Dissociative Disorders, Mood Disorders, Obsessive Compulsive Disorder (OCD), Personality Disorders, Phobias, Schizophrenia / Psychosis

TREATMENT APPROACH

Adlerian Psychology / Psychotherapy, Cognitive Behavioral Therapy (CBT), Existential Psychotherapy, Interpersonal Psychotherapy (IPT), Schema Therapy



Jeni Danto, MSW

Psychotherapist

Office Locations:

45/9 Nachal Ein Gedi
Ramat Beit Shemesh

5 Bilu (Katamon)
Jerusalem

Phone:

072-397-1403

Ages:

Adolescents, Adults, Men, Women

Languages: English

Specialties: Adjustments, Anxiety / Panic, Borderline Personality Disorder, Depression, Family Issues, Life Transitions, Obsessive Compulsive Disorder (OCD), Stress Management



Binyomin Jacobson, CBT Therapist

Mental Health Counselor, Psychotherapist

Office Locations:

Ramat Beit Shemesh
Beitar Illit A

Phone:

072-397-1375

Ages:

Children, Adults, Couples

Languages: Hebrew, English, Yiddish

Specialties: Abuse, Addictions, Anger Management, Anxiety / Panic, Attention Deficit Hyperactivity Disorder (ADHD), Behavioral Issues, Depression, Marital Counseling, Obsessive Compulsive Disorder (OCD), Parenting Issues / Training, Phobias, Trauma / Post Traumatic Stress Disorder PTSD



Naomi Sternberg, MS, LCMFT

Couples and Family Therapist

Office Locations:

Nachal Shimshon 13/8
Ramat Beit Shemesh

Rechov Sheshet Hayamim 2/19
Ramat Eshkol, Jerusalem

Phone:

072-397-1317

Ages:

Adults, Couples, Families, Men, Women

Languages: English

Specialties: Adjustments, Behavioral Issues, Codependency, Family Issues, Grief, Life Transitions, Marital Counseling, Parenting Issues / Training, Self-Esteem, Spiritual Concerns, Stress Management, pre marital counseling



Elisabeth Wajnryt, PsyD

Psychologist

Office Locations:

Rechov Rabbi Yanai, Beit Shemesh
Rechavia, Jerusalem

Phone:

072-397-1429

Ages:

Adolescents, Adults, Couples, Men, Women

Languages: Hebrew, English, Portuguese, Spanish

Specialties: Eating Disorders, Mood Disorders, Parenting Issues / Training, Psychosomatic Disorders, Self-Esteem

Barron, Karen, MA	Psychotherapist	Ramat Beit Shemesh	072-397-1298
Crandall, Meir, MSW	Career/Vocational Counselor, Life Coach	Ramat Beit Shemesh	072-397-1253
Eisen, Ethan, PhD	Clinical Psychologist	Ramat Beit Shemesh	072-397-1392
Levin, Judith, PsyD	Clinical Psychologist	Ramat Beit Shemesh	072-397-1257
Pollak, Shulamis, PhD	Clinical Psychologist	Beit Shemesh	072-397-6511
Popovitz, Yannah, MA	Expressive Arts Therapist	Ramat Beit Shemesh	072-397-1241
Weisz, Abby, MA, MSW	Sex Therapist	Ramat Beit Shemesh	072-397-1353

Haven't found what you're looking for?

Visit www.gethelpisrael.com
or contact GHI at support@gethelpisrael.com.

If you're a mental health professional interested in becoming a member, you may apply to join GHI - The Israel Association of Mental Health Professionals - through our website:

<https://gethelpisrael.com/join-get-help-israel/>



Linda Avitan, MSW

Couples and Family Therapist,
Psychotherapist

Office Location:

23 Haim Weizmann St.
Rehovot

Phone:

072-397-1264

Ages: Children, Adolescents, Adults, Couples,
Families, Men, Women

Languages: Hebrew, English

ABOUT

A Columbia University graduate, I made aliya in 1982.

I have been working since then with children and families, both in the public and private sectors. I assist individuals, couples and families in their quest for well-being.

Some of the common issues that I work with:

- Improving relationships
- ADHD - understanding and meeting challenges
- Plans for children and their adjustment in divorcing families and Parental Alienation Syndrome
- Issues around LGBTQ families on all levels (young adults, parents, families)

I am bilingual and often counsel couples in both English and Hebrew.

QUALIFICATIONS

Education:

Columbia University

Year of Graduation:

1982

ADDITIONAL CREDENTIALS

Certified Marital and Family Therapist 2016

Certified Parent Counselor for ADHD 2015

Certified Family Mediator 2010

Certified Child and Youth Therapist

SPECIALTIES

Anger Management, Attention Deficit Hyperactivity Disorder (ADHD), Behavioral Issues, Child Abuse, Child and/or Adolescent Issues, Divorce / Custody, Family Issues, Gender Identity Concerns, Grief, Marital Counseling, Parenting Issues / Training, Self-Esteem

TREATMENT APPROACH

Family Systems Therapy
Relational Psychotherapy



Maya Ben Chanoch, MSW, Dip. Psychotherapy

Clinical Social Worker, Psychotherapist

Office Location:

28 Hachalil Street
Rishon Letzion

Phone:

072-397-6499

Ages:

Adults, Men, Women

Languages:

Hebrew, English

ABOUT

I am an experienced social worker and psychotherapist, treating patients in my own clinic in Rishon Letzion. Prior to that, I have worked for many years in mental health centers, specializing in eating disorders and sexual trauma.

I believe that it is important to connect with the whole person first, in other words, finding what works for them, then together with the client, identifying the specific issues troubling him or her.

My approach is humanistic / holistic, in addition to applying various techniques that I have learned over the years.

QUALIFICATIONS

Education:

Bar Ilan

Year of Graduation:

1982

License No. and State:

Registered Social Worker in Israel - 6186

ADDITIONAL CREDENTIALS

Psychotherapy - Bar Ilan University

SPECIALTIES

Borderline Personality Disorder, Cancer/
Terminal Illness, Eating Disorders, Grief,
Infertility, Personality Disorders, Self-Esteem,
Self-Harm / Suicide, Sexual Abuse / Rape,
Trauma / Post Traumatic Stress Disorder PTSD

TREATMENT APPROACH

Body-Mind Psychotherapy
Existential Psychotherapy
Narrative Therapy
Psychodynamic Therapy
Relational Psychotherapy



David Berger, PhD

Psychologist

Office Location:

19 Prof. Schorr St.
Tel Aviv

Phone:

072-397-1323

Ages:

Adults, Men, Women

Languages: Hebrew, English

ABOUT

As an insight-oriented therapist, my goal is to help you understand your old patterns, explore the possibility of doing things differently, and practice making new choices so that they become second nature. My approach also draws upon the principles of emotion-focused therapy (EFT) to help you recognize, validate, and express your emotions as part of the therapeutic process.

Before making aliyah, I graduated summa cum laude with a BA in Psychology from Yeshiva University and earned a PhD in Clinical Psychology from St. John's University. I also happen to be an ordained rabbi and often work with those from an observant background, but the majority of my work has been with people of varied personal, ethnic, and religious backgrounds, and I welcome clients of all kinds.

QUALIFICATIONS

Education:

St. John's University

Year of Graduation:

2011

Registration in Pinkas Hapsichologim:

27133216

SPECIALTIES

Adjustments, Depression, Family Issues,
Mood Disorders, Self-Esteem

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)
Emotion-Focused Therapy
Narrative Therapy
Person-Centered Therapy (Rogerian Therapy)
Psychodynamic Therapy



Keren Burgman, MFT

Couples and Family Therapist

Office Location:

Bar Giora Street #11 2nd Floor
Tel Aviv

Phone:

072-397-1399

Ages:

Children, Adolescents, Adults, Couples, Families,
Women, Geriatric, Other

Languages: English

ABOUT

My goal is to provide you with a safe, trusting and accepting environment where you have an opportunity to practice new ways of coping, communicating, changing perceptions, feelings, beliefs and integrating new behavior. Learning to cope differently is key to transformation, it's not about eliminating what no longer works but to add to what already exists in order to transform meaning and understanding.

Life is uncertain, the question is not why this happened to me, the why tends to keep a person stuck in a limited story. I work outside the why whether it's a youngster, teen, an adult, couple or family I'm here to help you remember that you can make changes in your life, find the resilience to use your past as a catalyst for insight, healing and growth, to become aware of and access your inner resources, find hope when filled with uncertainty, and make choices that result in healthier behaviors.

I've been a therapist for over 18 years in public and private sector: I offer face to face or online sessions for Individual, Couples and Family. It's not selfish to love, take care of yourself and make happiness a priority, it's necessary. This is your life; there is nothing more precious and important than that.

QUALIFICATIONS

Education:

California Family Study Center/ now Phillips
Graduate University

Year of Graduation:

1993

SPECIALTIES

Abuse, Anxiety / Panic, Cancer / Terminal
Illness, Codependency, Depression, Divorce
/ Custody, Gender Identity Concerns, Grief,
Life Transitions, Marital Counseling, Parenting
Issues / Training, Self-Esteem, Spiritual
Concerns, Stress Management

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Expressive Arts Therapy, Family Systems Therapy, Gestalt Therapy, Mindfulness-Based Cognitive Therapy (MBCT), Play Therapy, Mindfulness, Family of Origin/Multigeneration Therapy



Yehudit Fargeon, MA

Couples and Family Therapist

Office Location:

Harav Zukerman Kefar Haroeh
Emek Hefer

Phone:

072-397-1394

Ages:

Couples, Families

Languages: Hebrew, English

ABOUT

I retired from being a social worker and now have time for my passion which is couples and family therapy. I have been freelancing in the family therapy unit at the Schneider Children's Hospital since 2004 and I enjoy my work there tremendously.

I currently work privately as a couples and family therapist. The last couple of years I have been doing online training mainly at the Couples Institute, Menlo Park California, which teaches a developmental, positive, non pathological approach. I have also taken courses from Diane Poole Heller who is an expert on the implicit memories that the body is holding and helps make them explicit so that their negative influence can be released.

My approach is supportive. I consider my therapy as teamwork, with all adults involved (including the therapist) working hard, without blaming, and willing to try something different.

I have a lot of respect for couples and families. It takes a lot of guts and I admire my clients who are willing to do the work. I am honoured to jump aboard and be the skipper for part of the journey.

Prior to working with couples, I have worked as a social worker since 1976, both in a boarding school setting as well as in Laniado hospital for over twenty years. In Laniado, I worked mainly on a geriatric ward but also on pediatrics and maternity wards and on the diabetic and dialysis outpatient clinics. In addition, I supervised social work and expressive art students.

QUALIFICATIONS

Education:

Haifa University

Year of Graduation:

2000

License No. and State:

Registered Social Worker in Israel - 1793

TREATMENT APPROACH

Focusing, Developmental Model, Eclectic

SPECIALTIES

Cancer / Terminal Illness, Family Issues, Grief, Marital Counseling, Parenting Issues / Training, Spiritual Concerns

ADDITIONAL CREDENTIALS

Member of the Association of Couple and Family Therapists 2014

Focusing-Oriented Psychotherapy 2011



Anat Gihon, MA

Psychotherapist, Bioenergetic Analyst

Office Locations:

Chaim Levanon 91, Ramat-Aviv, Tel-Aviv

Smadar 7, Mevasseret-Zion

Phone:

072-397-1368

Ages:

Adults, Couples

Languages:

Hebrew, English

ABOUT

In my work I provide my patients with a safe, supportive, and accepting environment to explore various areas of their lives. My method is integrative, and includes conversation as well as being mindful towards mental processes and physical sensations and states. What makes my work unique is that I also integrate working with the body and with emotional expression into the psychotherapeutic process, insofar as it fits the patient's needs. It also impacts their ability to create satisfying connections with their surroundings.

I put a special emphasis on exploring the ways in which the patient had to regulate his/her self throughout life in order to overcome difficulties, and how that self regulation manifests presently in all dimensions— emotional, physical, mental, and behavioral. This process enables the patient to lower their emotional, physical and behavioral blocks on the way to self-fulfillment, rediscover their vitality, strengths and passions, and deepen their self-confidence.

QUALIFICATIONS

Education:

Lesley College, Cambridge Mass, USA

Year of Graduation:

1984

ADDITIONAL CREDENTIALS

Bioenergetic Therapist - since 1990

Member of the International Institute for Bioenergetic Analysis Faculty - since 2014

SPECIALTIES

Abuse, Adjustments, Anxiety / Panic, Depression, Gender Identity Concerns, Grief, Holistic, Infertility, Life Transitions, Psychosomatic Disorders, Self-Esteem, Sexual Abuse / Rape, Stress Management

TREATMENT APPROACH

Bioenergetic Analysis

Body Psychotherapy

Psychoanalysis

Psychodynamic Therapy



Lihie Gilhar, MA

Clinical Psychologist

Office Location:

Mezada St 23
Tel Aviv

Phone:

072-397-1427

Ages:

Children, Adolescents, Adults, Couples, Families,
Men, Women

Languages: Hebrew, English

ABOUT

I am a South African trained clinical psychologist since 2008, who made aliyah to Israel 12 years ago. My three degrees have been obtained at The University of the Witwatersrand (First Class); MA at The University of Pretoria (with distinction and honorary colours). I have published a journal article and book about eating disorders. I have various therapeutic experiences from South Africa, having worked in numerous adult, adolescents and child psychiatric wards, an eating disorders ward, prison groups with sexual offenders, and counselling for children that were sexually abused. In Israel, therapy to adults, adolescents and children, therapist for foster children, autistic children and closed Psychiatric women's ward. I have been working in the field of clinical psychology for the past 12 years and have my private practice in Tel Aviv where I treat children, adolescents and adults. I treat an array of emotional difficulties such as depression, loss, anxiety, panic attacks, relationship difficulties, eating disorders, struggles around sexual identity, Skin Picking Disorder, OCD, BDD, couples therapy, family therapy and personality disorders. Therapy is done either in Hebrew or English using a psychodynamic approach.

QUALIFICATIONS

Education:

Pretoria University- TUKS

Year of Graduation:

2008

Licensed in Israel:

27-35636

Registration in Pinkas Hapsichologim:

27-84779

SPECIALTIES

Abuse, Addictions, Anger Management, Anxiety / Panic, Behavioral Issues, Cancer / Terminal Illness, Child Abuse, Codependency, Depression, Dissociative Disorders, Divorce / Custody, Eating Disorders, Family Issues, Gender Identity Concerns, Grief, Life Transitions, Marital Counseling, Mood Disorders, Obsessive Compulsive Disorder (OCD), Personality Disorders, Phobias, Psychosomatic Disorders, Stress, Self-Esteem, Sex Therapy, Sexual Abuse/Rape, Sexual Issues, Trauma

TREATMENT APPROACH

Attachment-Based Family Therapy (ABFT), Body-Mind Psychotherapy, Cognitive Behavioral Therapy (CBT), Family Systems Therapy, Imago Relationship Therapy (IRT), Narrative Therapy, Play Therapy, Psychoanalysis, Psychodynamic Therapy, Relational Psychotherapy



David Narov, PhD, MA, MEd

Clinical Psychologist, Sex Therapist

Office Location:

21 Nisim Aloni Street, #1273
Tel Aviv

Phone:

072-397-1277

Ages:

Children, Adults, Couples, Families, Men, Women

Languages:

Hebrew, English

ABOUT

I am a clinical psychologist, mumche, registered and licensed in NY State and Israel. I received all my graduate degrees in Psychology from Columbia University (MA, MEd, MPhil, Ph.D) and completed all my required professional training in three major facilities of Mental Health in New York City. I have 35 years of clinical work experience treating children, adults, geriatric population, couples and families. I have specialized in the treatment of Depression, Anxiety, Obsessive Compulsive Disorder (OCD), Adjustment issues, Fears, Phobias, Eating Disorder, Child behavior problems, Marital / Divorce, Sexual Dysfunction. As your therapist I will maintain high and strict ethical standards. I will listen to you with a great deal of care and sensitivity. I will be appropriately engaging: support/confront you when it will be necessary and provide appropriate and effective feedback.

QUALIFICATIONS

Education:

Columbia University, New York

Year of Graduation:

1983

License No. and State:

Licensed in Israel #6500; 010442 - New York

Registration in Pinkas Hapsichologim:

5704

Mumche category:

Clinical Psychologist

ADDITIONAL CREDENTIALS

Fellowship in Human Sexuality at Long Island Jewish Hospital, New York, 1979.

Awarded the title of Sex Therapist by AASECT (1985), clinical fellow (1997)

Diplocate (1996), by the American Board of Sexuality

Master of Philosophy from Columbia University, New York 1982

SPECIALTIES

Anxiety/Panic, Obsessive Compulsive Disorder (OCD), Attention Deficit Hyperactivity Disorder (ADHD), Child Abuse, Borderline Personality, Depression, Divorce/Custody, Relationship/Marital Counseling, Family issues, Grief, Parenting issues, Personality disorder, Adjustment Issues, Psychological assesment, Psychosomatic Disorders, Sex therapy, Stress Disorder PTSD, Self Esteem, Vocational counseling

TREATMENT APPROACH

Applied Behavior Analysis (ABA), Behaviorism, Cognitive Behavioral Therapy (CBT), Cognitive Processing Therapy, Emotion-Focused Therapy, Family Systems Therapy, Interpersonal Psychotherapy (IPT), Psychoanalysis, Psychodynamic Therapy, Rational Emotive Behavioral Therapy (REBT), Relational Psychotherapy



Leora Packer, MA

Psychologist

Office Locations:

Givat Shmuel

Petach Tikva

Phone:

072-397-1359

Ages:

Adolescents, Adults, Men, Women, Geriatric

Languages: Hebrew, English

ABOUT

I am a psychologist working with clients in central Israel. I have experience treating depression, anxiety, and chronic illness as well experience working with single mothers by choice. I have special interest and experience in treating siblings and care-givers to individuals with chronic illness, disability or mental illness - those often thought of as "unidentified" patients. I use a variety of therapeutic techniques and generally use a tailor-made integrative technique based on my client's individual needs and treatment goals.

In addition to my private clinic, I previously served as a psychologist at the Community Clinic at the Department of Psychology in Bar-Ilan University, where I worked with adults, children, and adolescents for several years. I have worked at the Danieli Clinic for Trauma and Loss, where I utilized narrative therapy related to mourning and Post-Traumatic Stress Disorder (PTSD), and at Tel Hashomer Hospital in the Neurological Rehabilitation Unit.

Presently, I am a psychologist at Tel Hashomer's Oncology Department while maintaining a private practice in Petach Tikva. I work in both English and Hebrew. After completing my BA in psychology at Brandeis University and making aliyah, I earned my MA in clinical-rehabilitation psychology at Bar-Ilan University, where I am currently earning a PhD. I am also pursuing an advanced degree in psychotherapy at the Winnicott Center.

QUALIFICATIONS

Education:

Bar Ilan University

Year of Graduation:

2015

Registration in Pinkas Hapsichologim:

27-132824

SPECIALTIES

Adjustments, Anxiety / Panic, Borderline Personality Disorder, Cancer / Terminal Illness, Depression, Dissociative Disorders, Grief, Infertility, Life Transitions, Personality Disorders, Self-Esteem, Trauma / Post Traumatic Stress Disorder PTSD

TREATMENT APPROACH

Narrative Therapy, Psychodynamic Therapy



Perle Rine, MA

Clinical Psychologist

Office Location:

Rav Tzair 10/6, Tel-Aviv

Phone:

072-397-6546

Ages:

Children, Adults, Men, Women

Languages:

Hebrew, English

ABOUT

For me therapy is a unique experience of exploring and understanding each client's inner world as they strive to overcome obstacles and attain greater fulfillment in their lives. The process takes place in an atmosphere of safety and trust leading to psychological development, enhanced self-confidence and a greater sense of purposed and enjoyment of life.

I draw on the theories of psychodynamic and Jungian therapies which view the individual as a whole and understand current difficulties in the context of past experiences. At the same time my interest in healing trauma has drawn me to learn techniques, such as EMDR, DBT or PE that offer solutions which are more accessible and shorter-term than classical treatments. I am excited to continue to learn new modalities of treatment as they emerge.

QUALIFICATIONS

Education:

Bar-Ilan University

Year of Graduation:

1997

Licensed in Israel:

6829

Registration in Pinkas Hapsichologim:

5302

Mumche category:

Clinical Psychologist

TREATMENT APPROACH

Eye Movement Desensitization and Reprocessing Therapy (EMDR), Jungian Psychotherapy, Play Therapy, Psychodynamic Therapy

SPECIALTIES

Abuse, Child Abuse, Child and/or Adolescent Issues, Dissociative Disorders, Postpartum Depression, Psychological Assessment, Self-Esteem, Sexual Abuse / Rape, Spiritual Concerns, Trauma / Post Traumatic Stress Disorder PTSD

ADDITIONAL CREDENTIALS

EMDR I 1998; EMDR II 2005

Prolonged Exposure (PE) 2004

Sand Tray Therapy 2009-2012

DBT 2013

Certified Clinical Psychology Supervisor (27-32538)



Mika Smith, PhD, LCSW

Clinical Social Worker, Behavioral Specialist

Office Location:

11 Bar Giyoura Street, 3rd Floor
Tel Aviv

Phone:

072-397-1332

Ages:

Adults, Families, Men, Women

Languages: English

ABOUT

Sometimes all a person needs is an ear to listen and a heart to understand.

At **Positive Health Counseling**, I specialize in working with Anglo teens (Generation Z) and young adults (Millennials).

- Improve relationships and coping mechanisms with teachers, parents, and friends
- Ease adjustments to Israel's culture and education system
- Relieve stress and tension over anticipation about army service and national service
- Cope with personal anxiety issues and mental health distress
- Trauma
- Gap year Challenges

QUALIFICATIONS

Education:

Arizona State University

Year of Graduation:

2013

License No. and State:

Registered Social Worker in Israel - 36528
LCSW 12323 Arizona

ADDITIONAL CREDENTIALS

Masters in Social Work (MSW) - Arizona State University 2001

Doctorate of Behavioral Health - Arizona State University 2013

Certified Complex- PTSD- CCTP-II

Certified Clinical Trauma Specialist-Family; Certified Clinical Trauma Specialist- Individual

SPECIALTIES

Adjustments, Anxiety / Panic, Attention Deficit Hyperactivity Disorder (ADHD), Behavioral Issues, Developmental Disorders, Family Issues, Learning Disabilities, Mood Disorders, Psychosomatic Disorders, Self-Esteem, Stress Management, Trauma / Post Traumatic Stress Disorder PTSD

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT), Family Systems Therapy, Solution-Focused Brief Therapy (SFBT), Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Motivational Interviewing (MI), Focused Psychotherapy (Bodyne Model)



Yonatan Strano, MA

Psychologist, Psychodynamic and CBT
Therapist

Office Location:

Modigliani Street 14
Tel-Aviv

Phone:

072-397-1402

Ages:

Adults, Men, Women

Languages: Hebrew, English

ABOUT

I'm a native English speaking Psychologist based in central Tel-Aviv. I have experience treating anxiety disorders, depression, trauma, life crises, adjustment problems, personality disorders, identity issues, and interpersonal difficulties.

I am particularly passionate about helping Olim and the Expat Community with the integrative process into Israeli society, as well as with coping with the personal and social challenges they experience. My approach to therapy is eclectic. I draw on psychodynamic as well as cognitive behavioral therapy (CBT) to tailor treatment to meet the unique needs of the client.

I was born in Johannesburg and immigrated to Israel in 1992, so I'm fluent and feel very comfortable in both English and Hebrew.

QUALIFICATIONS

Education:

Eotvos Lorand University

Year of Graduation:

2015

Registration in Pinkas Hapsichologim:

27-133038

SPECIALTIES

Academic, Adjustments, Anxiety / Panic, Depression, Family Issues, Grief, Life Transitions, Mood Disorders, Obsessive Compulsive Disorder (OCD), Personality Disorders, Phobias, Psychosomatic Disorders, Self-Esteem, Spiritual Concerns, Stress Management

TREATMENT APPROACH

Psychodynamic Therapy

Cognitive Behavioral Therapy (CBT)



Robin B. Zeiger, PhD

Clinical Psychologist, Jungian Analyst,
Sandplay Therapist

Office Locations:

4 Abba Kovner, Tel Aviv

2 Sderot Levi Eshkol, Jerusalem

Phone:

072-397-1411

Ages:

Adults, Men, Women

Languages: English

ABOUT

I am a clinical psychologist and a Jungian analyst who has been in practice since 1985, working with adults and children, as well in training and supervision. The longer I am in practice the more humble I become, recognizing I am an escort to my patients on a very personal journey of individuation.

Carl Jung brought to the world a deep respect for the Soul to grow and heal itself given the right soil. My approach is to partner with my patients to create a safe temenos (sacred place of therapy) for the work of healing and growth to occur. I have worked with a breadth and depth of problems including **depression, anxiety, abuse, ADHD, trauma, life issues, and spirituality**. I also served as a pre-doctoral internship director for JFS Collaborative, a training consortium associated with Jewish Family Services of Richmond.Association.

I am a member of the Israeli Sandplay Therapists Association and the International Society for Sandplay Therapists. I enjoy working with patients using dreams, creativity, and other symbolic means of depth work.

QUALIFICATIONS

Education:

University of Illinois at Chicago

Year of Graduation:

1985

Licensed in Israel:

27-30030

Mumche category:

Clinical Psychologist

TREATMENT APPROACH

Dreamwork, Interpersonal Psychotherapy (IPT), Jungian Psychotherapy, Psychodynamic Therapy, Sandplay, Depth Psychology

SPECIALTIES

Abuse, Academic, Adjustments, Anxiety/Panic, Attention Deficit Hyperactivity Disorder (ADHD), Depression, Executive / Career / Life Coaching, Family Issues, Grief, Holistic, Infertility, Life Transitions, Parenting Issues / Training, Postpartum Depression, Self-Esteem, Spiritual Concerns, Stress Management, Trauma / Post Traumatic Stress Disorder PTSD, Vocational Counseling

ADDITIONAL CREDENTIALS

Jungian psychodynamic/depth psychology,
Israeli and International Sandplay Association
Training Interpersonal, Sandplay, Dream Analysis
Symbolic Work
Jungian Analyst 2018



Bettina Zolotariov, MSW

Clinical Social Worker

Office Location:

Omri 2a
Tel Aviv

Phone:

072-397-1310

Ages:

Adolescents, Adults, Couples, Families, Men, Women, Geriatric

Languages: Hebrew, English, French, German and Spanish

ABOUT

I have been working at Geha hospital in the ADHD and adult outpatient clinics for the last 15 years. My work includes evaluation and therapy on the adult and adolescent population suffering from ADHD, depression and anxiety. In my private practice I treat adults from many cultures and provide individual, couples and family therapy. I speak five different languages fluently including German, French, Spanish, Hebrew and English. I have experience doing therapy in all these languages.

I was raised in a multicultural environment spending my formative years in Switzerland and the United States. For the last twenty three years I have lived in Israel. Given that I was raised in two different cultures, I feel connected to the various complex issues people have to deal with when immigrating to a new country.

I integrate the psychodynamic approach with both behavioral and cognitive modifications. I strongly believe that the unique bond created between the therapist and the client is crucial to achieving emotional healing and growth.

QUALIFICATIONS

Education:

Tel Aviv University

Year of Graduation:

2004

License No. and State:

Registered Social Worker in Israel - 13958

SPECIALTIES

Anxiety / Panic, Attention Deficit Hyperactivity Disorder (ADHD), Depression, Eating Disorders, Family Issues, Life Transitions, Marital Counseling, Mood Disorders, Obsessive Compulsive Disorder (OCD), Parenting Issues / Training, Self-Esteem, Trauma / Post Traumatic Stress Disorder PTSD

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT), Psychodynamic Therapy, Couples therapy, Family therapy



Debbie Amichai, MSC

Career/Vocational Counselor, Couples and Family Therapist

Office Locations:

Louis Paster 3, Jaffa, Tel Aviv-Jaffa

Merkaz Edna, El Halev, 2 Poale Tzedek, Jerusalem

Phone:

072-397-1420

Ages:

Adults, Couples, Families, Men, Women

Languages: Hebrew, English

Specialties: Abuse, Adjustments, Attention Deficit Hyperactivity Disorder (ADHD), Divorce / Custody, Domestic Violence, Executive / Career / Life Coaching, Family Issues, Parenting Issues / Training, Self-Esteem, Sexual Issues



Mairav Amouyal, MA

Licensed Professional Counselor,
Psychotherapist

Office Location:

Levontin 12

Tel Aviv

Phone:

072-397-6516

Ages:

Children, Adults, Couples, Men, Women, Geriatric

Languages: Hebrew, English

Specialties: Anxiety / Panic, Attention Deficit Hyperactivity Disorder (ADHD), Autism Spectrum, Behavioral Issues, Child and/or Adolescent Issues, Depression, Developmental Disorders, Family Issues, Grief, Life Transitions, Stress Management, Trauma / Post Traumatic Stress Disorder PTSD



Chantal Azachi-Stern, MA

Medical Psychologist, Neuropsychologist

Office Location:

Fishman Maimon Street 18
Tel Aviv

Phone:

072-397-1293

Ages:

Adults, Men, Women, Geriatric

Languages: Hebrew, English, Dutch

Specialties: Academic, Adjustments, Alzheimers / Dementia, Anxiety / Panic, Behavioral Issues, Depression, Family Issues, Grief, Life Transitions, Mood Disorders, Self-Esteem, Stress Management



Ronnie Burke, MSW

Clinical Social Worker,
Individual and Couples Therapist

Office Location:

Hahoma Street
Gedera

Phone:

072-397-6536

Ages:

Adults, Couples, Men, Women, Geriatric

Languages:

Hebrew, English

Specialties: Autism Spectrum, Divorce / Custody, Gender Identity Concerns, Grief, Life Transitions, Marital Counseling, Self-Esteem, Sex Therapy, Sexual Issues, Sexual therapy and guidance for special needs



Lauren Isaacs, MSW

Clinical Social Worker

Office Location:

Bograshov 4
Tel Aviv

Phone:

072-397-1267

Ages:

Adolescents, Adults, Families, Men, Women

Languages: English

Specialties: Abuse, Anxiety / Panic, Codependency, Dissociative Disorders, Family Issues, Grief, Self-Esteem, Self-Harm / Suicide, Sex Therapy, Sexual Abuse / Rape, Trauma / Post Traumatic Stress Disorder PTSD



Moshe R. Manheim, MSW

Psychotherapist

Office Location:

Menucha v'Nachala 23/6
Rehovot

Phone:

072-397-6495

Ages:

Children, Adults, Couples, Families

Languages: English

Specialties: Adjustments, Attention Deficit Hyperactivity Disorder (ADHD), Autism Spectrum, Behavioral Issues, Child and/or Adolescent Issues, Conduct Disorder, Developmental Disorders, Family Issues, Grief, Marital Counseling, Parenting Issues / Training, Psychosomatic Disorders



Nitsan Ozer, MFT, M.S.

Couples and Family Therapist

Office Location:

Levontin 12
Tel Aviv

Phone:

072-397-1364

Ages: Adults, Men, Women

Languages: Hebrew, English

Specialties: Anxiety / Panic, Behavioral Issues, Child Abuse, Family Issues, Holistic, Life Transitions, Marital Counseling, Self-Esteem, Self-Harm / Suicide, Sexual Abuse / Rape, Stress Management, Trauma / Post Traumatic Stress Disorder PTSD



Judy Rivkin, MA

Clinical Psychologist

Office Location:

Givatayim

Phone:

072-397-1266

Ages:

Adults

Languages:

Hebrew, English

Specialties: Adjustments, Anxiety / Panic, Bipolar Disorder, Borderline Personality Disorder, Depression, Family Issues, Gender Identity Concerns, Grief, Infertility, Mood Disorders, Personality Disorders, Phobias, Psychosomatic Disorders, Schizophrenia / Psychosis, Self-Esteem, Sexual Issues, Stress Management, Trauma / Post Traumatic Stress Disorder PTSD



Ta'ir Wasserman, MFC

Mental Health Counselor, Sex Therapist

Office Locations:

Hayasmin 3, Petach Tikvah

Bet Hadfus 30, Jerusalem

Phone:

072-397-1251

Ages:

Children, Adolescents, Adults, Couples, Families, Men, Women

Languages: Hebrew, English

Specialties: Depression, Gender Identity Concerns, Marital Counseling, Self-Esteem, Sex Therapy, Sexual Abuse / Rape, Sexual Issues, Spiritual Concerns



Simcha Dov Wolfe, LCSW, MSW

Clinical Social Worker, Sex Therapist

Office Locations:

Peretz 6, Givat Shmuel

Hillel 23, Jerusalem

Phone:

072-397-1376

Ages:

Adults, Couples, Families, Men, Women

Languages:

Hebrew, English

Specialties: Abuse, Addictions, Adjustments, Child Abuse, Domestic Violence, Family Issues, Gender Identity Concerns, Infertility, Sex Therapy, Sexual Abuse / Rape, Sexual Issues, Trauma / Post Traumatic Stress Disorder PTSD

Bakst, Shelly Shoshana, PhD, MSW	Psychotherapist, Psychopathologist	Tel Aviv	072-397-1433
Barlev, Tamar Shalit, MA	Expressive Arts Therapist, Psychotherapist	Tel Aviv	072-397-1315
Baum, Daniel, MSW (see profile pg.98)	Clinical Social Worker	Tel Aviv	072-397-1373
Freeman, Shira, MA	Expressive Arts Therapist, Mental Health Counselor	Tel Aviv	072-397-1281
Friedman, Avraham, MSW	Clinical Social Worker	Bnei Brak	072-397-1288
Gamzo, Liat, PhD	Clinical Psychologist	Tel Aviv	072-397-1431
Garay, Timi, MSW, BSW	Psychotherapist	Ramat Gan	072-397-1258
Gilan, Omri, MSC	Child/Adolescent Psychologist, Clinical Psychologist	Tel Aviv	072-397-1380
Gitlin, Amy, CCAFT	Couples and Family Therapist	Givat Shmuel	072-397-1336
Golan, Maya Yaar, PhD	Clinical Psychologist	Ramat Gan	072-397-1260
Gordon, Wendy, MSW	Clinical Social Worker	Tel Aviv	072-397-1263
Gutman, Natasha Miller, MA	Expressive Arts Therapist	Tel Aviv	072-397-1387
Hacohen, Caroline, PsyD, MA	School Psychologist	Netanya	072-397-1334
Hazanov, Valery, PhD	Clinical Psychologist	Tel Aviv	072-397-1340
Hoffman, Elisheva (Elie), PhD	Clinical Psychologist	Tel Aviv	072-397-1345
Kaplan, Alina, MA	Expressive Arts Therapist	Ramat-Gan	072-397-1305

38 Therapists - Center Region

Kenan, Talia, MSW	Psychotherapist	Tel Aviv	072-397-6559
Libby, Linda, LCSW (see profile pg.63)	Clinical Social Worker	Tel Aviv	072-397-1423
Lieblich-Bracha, Nathalie, MA	Psychotherapist	Ramat Gan, Rishon Letzion	072-397-1292
Littwin, Karen Kovac, MSW	Clinical Social Worker	Tel Aviv	072-397-1300
Markovitz, Noam, MA, PhD	Psychologist	Tel Aviv	072-397-1354
Moran, Ian, PsyD	Psychotherapist	Tel Aviv	072-397-1339
Oren, Idan, MA	Clinical Psychologist	Tel-Aviv	072-397-6487
Richman, Rafael, PhD (see profile pg.68)	Couples and Family Therapist, Psychologist	Tel Aviv	072-397-1389
Shalev, Ofra, MA	Clinical Psychologist	Tel Aviv	072-397-1396
Shidlo, Ruth, PhD, SEP	Clinical Psychologist	Tel Aviv	072-397-1370
Siegel, Alana, PsyD	Psychologist	Tel Aviv	072-397-1271
Simmonds, Chana, LCSW, MSW	Clinical Social Worker, Couples and Family Therapist, Sex Therapist	Rechovot	072-397-1439
Turgeman, Jennifer, MA	Creative Arts Therapist	Tel Aviv	072-397-1435
Vogel, Ilana, MA	Couples and Family Therapist, Psychotherapist	Tel Aviv	072-397-1268
Wolfson, Racheli, Dip Psychotherapy	Sandtray Therapist	Yafo	072-397-1379



Lynn Rothstein, PsyD

Neuropsychologist, Rehabilitation
Psychologist

Office Location:

Pitum Haketoret 21/2
Efrat

Phone:

072-397-1393

Ages:

Children, Adults, Families

Languages: Hebrew, English

ABOUT

Dr. Lynn Rothstein is a bilingual American trained licensed psychologist with specialization in Neuropsychology. She adapts her treatment approach to the needs of each patient, treating both children and adults. She conducts psycho-educational, psycho-diagnostic and neuropsychological evaluations assessing issues of intellectual, emotional and academic functioning including issues of attention, memory, executive functioning, processing speed, language and auditory processing, social communication, sensory integration and emotional regulation. In treatment she addresses issues of depression, anxiety, self-esteem, interpersonal relationships, death/dying and coping with medical illnesses, traumas and disabilities. Her assessments place an emphasis on the emotional and functional impact of each emotional/learning/medical/neurological diagnosis. Her reports include recommendations to enable the client to cope as effectively and independently as possible and function to their highest potential.

She is often called upon for consultations by schools and physicians. She currently directs the Pediatric Neuro-Cognitive Rehabilitation Center at Shamir Hospital (Assaf Harofe). She is also recognized by the Israeli Ministry of Health as the Director of the Neuropsychological Training Program at Shamir Hospital.

QUALIFICATIONS

Education:

Yeshiva University-Ferkauf Graduate School
of Psychology

Year of Graduation:

1991

License No. and State:

Licensed in Israel #27-28811
011839 - NY

Registration in Pinkas Hapsichologim:

8667

Mumche category:

Rehabilitative Psychologist

SPECIALTIES

Academic, Adjustments, Attention Deficit
Hyperactivity Disorder (ADHD), Autism Spectrum,
Cancer/Terminal Illness, Child and/or Adolescent
Issues, Developmental Disorders, Learning
Disabilities, Parenting Issues / Training,
Psychoeducational Testing, Psychological
Assessment, Stress Management

ADDITIONAL CREDENTIALS

APA Member Divisions: Clinical Psychology,
Rehabilitation Psychology, Neuropsychology
INS Member-International Neuropsychology Assn.
IPA - Israel Psychological Association
Certification-Cancer and Sexuality 2016



Ariel Penkower, PsyD

Clinical Psychologist

Office Locations:

Efrat, Gush Etzion

Ein Tzurim 4/2, Jerusalem

Phone:

072-397-1432

Ages:

Adults, Men, Women

Languages:

Hebrew, English

Specialties: Adjustments, Anxiety / Panic, Depression, Gender Identity Concerns, Grief, Life Transitions, Mood Disorders, Obsessive Compulsive Disorder (OCD), Phobias, Self-Esteem, Spiritual Concerns, Stress Management



Shira Wiesen, PhD

Psychologist

Office Locations:

29/1 Pitum Haketoret, Efrat

25 Hakeren Hakayemet L'yisroel, Jerusalem

Phone:

072-397-1313

Ages:

Adults, Families

Languages:

English

Specialties: Anxiety / Panic, Attention Deficit Hyperactivity Disorder (ADHD), Behavioral Issues, Bipolar Disorder, Borderline Personality Disorder, Depression, Family Issues, Mood Disorders, Self-Esteem, Self-Harm / Suicide, Stress Management, Trauma / Post Traumatic Stress Disorder PTSD



Aviva Zahavi-Asa, MSW, LCSW

Clinical Social Worker,
Couples and Family Therapist

Office Locations:

32 Migdal Eder, Efrat

5 Gezer Street, Jerusalem

Phone: 072-397-1383

Ages:

Children, Adolescents, Adults, Couples, Families,
Men, Women, Geriatric

Languages: Hebrew, English

Specialties: Attention Deficit Hyperactivity Disorder (ADHD), Child Abuse, Child and/or Adolescent Issues, Divorce / Custody, Domestic Violence, Family Issues, Learning Disabilities, Marital Counseling, Parenting Issues / Training, Sexual Abuse / Rape, Sexual Issues, Trauma / Post Traumatic Stress Disorder PTSD

Epstein, Joy, MSW (see profile pg.79)	Clinical Social Worker, Couples & Family Therapist, Psychotherapist	Efrat	072-397-1302
Gar, Natalie, PhD, MA (see profile pg.51)	Child/Adolescent Psychologist, Psychologist	Elazar	072-397-1350
Lawrence, Lisa, MA	Couples & Family Therapist	Gush Etzion	072-397-1361
Ugowitz, Yaakov Jonathan, PhD, MA, LMHC	Mental Health Counselor, Psychologist	Efrat	072-397-1329
Zeff, Joel, DMin	Mental Health Counselor, Clinical Pastoral Counselor	Alon Shvut	072-397-1421



Esther Abta, MSW, LADC

Couples and Family Therapist, Licensed Alcohol/Drug Abuse Counselor, Psychotherapist

Office Location:

Jerusalem

Phone:

072-397-1262

Ages:

Adults, Couples, Women

Languages: English

ABOUT

Stresses, disorders, and mental health issues are all normal parts of human life. Why go through life suffering when instead you can get help and start to feel healthier, happier, and lighter by addressing the problem and working with me to solve it. By providing individualized, evidence-based treatment my patients have reported emotional, behavioral, and physical improvements. Mental health recovery is a personal journey of achieving a happy and meaningful life despite the presence of stresses, disorders, or mental illnesses.

QUALIFICATIONS

Education:

Arizona State University

Year of Graduation:

2018

License No. and State:

Registered Social Worker in Israel - 36894;
LADC #1267/Nebraska

ADDITIONAL CREDENTIALS

Certified Clinical Trauma Professional - CCTP

Certified Dialectical Behavior Therapist
CDBT

Certified Alcohol and Drug Counselor LADC

Internationally Certified Alcohol and Drug
Counselor ICADC

Certified Clinical Anxiety Treatment
Professional CCATP

Level 3, Gottman Method Couples Therapist

SPECIALTIES

Adjustments, Anxiety / Panic, Attention Deficit
Hyperactivity Disorder (ADHD), Behavioral
Issues, Borderline Personality Disorder, Cancer
/Terminal Illness, Depression, Drug Abuse,
Executive/Career/ Life Coaching, Family Issues,
Gender Identity Concerns, Grief, Holistic, Life
Transitions, Mood Disorders, Psychosomatic
Disorders, Spiritual Concerns, Stress Management,
Trauma / Post Traumatic Stress Disorder PTSD

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Dialectical Behavior Therapy (DBT)

Holistic Psychotherapy, Mindfulness-Based
Cognitive Therapy (MBCT)

Rational Emotive Behavioral Therapy (REBT)

Solution-Focused Brief Therapy (SFBT)

Somatic Therapeutic Modalities



Keren Berezin, MA

School Psychologist

Office Location:

Jerusalem

Phone:

072-397-6548

Ages: Children, Adults

Languages: Hebrew, English

ABOUT

My goal as a School Psychologist is to help parents and schools to better understand how to help their child. Through my learning and experiences, I have created a program that allows for building and strengthening of the relationship with the child, whether in school or at home. I believe that through שיח רגשי, patience, empathy and consistency, every child and or parent can be encouraged to make positive changes in their everyday life in order to better the reality.

In addition to my private practice, I also work in the public sector as a school psychologist in elementary schools and ganim.

As a School Psychologist, my areas of expertise are:

1. Psycho-educational Assessment - identifying learning disabilities, learning difficulties, and emotional difficulties affecting their ability to learn.
2. Therapy for school aged children suffering from Selective Mutism - Using an integrative approach (Dr. Ruth Perednik) that includes Cognitive Behavioral methods beginning in the most secure setting for that child.
3. Parental guidance - specializing in boundary setting, emotional challenges, the weaning process (diapers), children suffering from fears and anxiety, children with learning difficulties, ADHD, and behavioral issues.

QUALIFICATIONS

Education:

Yeshiva University and Touro College

Year of Graduation:

2005

Registration in Pinkas Hapsichologim:

27-108950

Mumche category:

Educational Psychologist

SPECIALTIES

Academic, Behavioral Issues, Child and/or Adolescent Issues, Parenting Issues / Training, Psychoeducational Testing, Psychological Assessment

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)



Zara Calvente-Chazanoff, MSW

Career/Vocational Counselor,
Clinical Social Worker

Office Location:

Jerusalem

Phone:

072-397-1255

Ages: Adults, Couples, Men, Women

Languages: Hebrew, English, Spanish

ABOUT

Are you dreaming about a more lucrative and satisfying career?

Whether you are new to the Israeli job market or are interested in transitioning to another field, I offer full-service professional employment counseling, including CV optimization, guidance in self-marketing and branding for competitive fields, feedback regarding interview and negotiation skills, plus job search support.

I have helped hundreds of unemployed and underemployed Israelis from all backgrounds to find work and advance their careers. My counseling sessions are tailored to meet your specific needs and to prepare you for optimal goal attainment.

Regardless of why you may be feeling stuck or overwhelmed, together we will discover your untapped strengths, enabling you to overcome the obstacles in your path and SUCCEED!

Central to my unique employment counseling approach is the process of writing high quality, targeted CVs. All of my clients enter the job market with a new awareness of their professional selves!

QUALIFICATIONS

Education:

Wurzweiler School of Social Work, YU

Year of Graduation:

1991

License No. and State:

Registered Social Worker in Israel - 37668

SPECIALTIES

Adjustments, Executive / Career / Life Coaching, Family Issues, Life Transitions, Self-Esteem, Stress Management, Trauma / Post Traumatic Stress Disorder PTSD, Vocational Counseling, Employment & Career Counseling

TREATMENT APPROACH

Person-Centered Therapy (Rogerian Therapy)
Solution-Focused Brief Therapy (SFBT)
Eclectic approach



Elana Carmel, MA

Clinical Psychologist

Office Locations:

Rechov Aliyat Hanoar
Jerusalem

Phone:

072-397-1314

Ages: Children, Adolescents, Adults, Men, Women

Languages: Hebrew, English

ABOUT

Entering Therapy is a Courageous Step.

Most people have tried everything they know to feel better. The decision to enter therapy, requires self awareness and persistence, and often marks a crucial turning point. Each of us has the potential to thrive, but too often obstacles prevent us from living fully. The resulting anguish and suffering deserves to be acknowledged, validated, and understood. This requires the skillful integration of listening, empathy, theoretical knowledge, and, most of all, willingness to fully engage in the process.

I am a psychologist with a decade of experience, well-versed in a variety of approaches (Psychodynamic, CBT, Schema Therapy). This offers each person an approach that is individually tailored to his or her unique goals, needs, and challenges. Inherent in the process is an open dialogue in order to maximize the efficacy of our work together. I believe that the combination of insight and hard work with a compassionate and experienced therapist can be healing and yes, life changing.

I offer private therapy for adults, adolescents and children, as well as parent counseling and psychodiagnostic testing. I offer therapy in clinics both in Jerusalem and Modiin, in English or Hebrew.

QUALIFICATIONS

Education:

College of Tel Aviv-Jaffo

Year of Graduation:

2009

Licensed in Israel:

27-111424

Mumche category:

Clinical Psychologist

SPECIALTIES

Abuse, Anxiety/Panic, Depression, Dissociative Disorders, Family Issues, Life Transitions, Mood Disorders, Obsessive Compulsive Disorder (OCD), Parenting Issues/Training, Personality Disorders, Phobias, Self-Esteem, Trauma/Post Traumatic Stress Disorder PTSD

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)
Play Therapy
Psychodynamic Therapy
Schema Therapy



Eliana Cooper, MA

Expressive Arts Therapist

Office Location:

Poalei Tsedek 2
Jerusalem

Phone:

072-397-1407

Ages:

Children, Adults, Men, Women

Languages: Hebrew, English

ABOUT

I am a Jerusalem based Expressive Arts Therapist with professional experience in both group and individual settings. For some people, expressing themselves through language alone is not an easy task and words often fail to communicate the emotional processes that are core to human experience. In my studio, I strive to create a safe and nurturing space where personal struggles and emotions can be explored and expressed, and transformed in a creative and non-judgmental way. Art therapy emphasizes the process of making art over the final product and here actions such as pounding on clay, building and breaking, and painting with both hands are encouraged.

Art therapy typically feels natural and safe for children and is an effective way for them to work on emotional and behavioral difficulties. Adults find that the artistic process not only aids in self expression but leads them to powerful new insights.

My role is to support, guide and encourage you on your journey, whatever it may be. In our fast paced world, the process of creating art helps to slow things down, allowing much needed time for contemplation and reflection.

I believe that all people are innately creative and my studio is open to people of all ages and backgrounds. No prior experience with art is required.

QUALIFICATIONS

Education:

Lesley University

Year of Graduation:

2015

SPECIALTIES

Addictions, Adjustments, Anxiety / Panic, Child and/or Adolescent Issues, Depression, Life Transitions, Parenting Issues / Training, Postpartum Depression, Self-Esteem, Spiritual Concerns, Stress Management, Trauma / Post Traumatic Stress Disorder PTSD

TREATMENT APPROACH

Art Therapy, Body-Mind Psychotherapy, Emotion-Focused Therapy, Expressive Arts Therapy, Guided Imagery, Jungian Psychotherapy, Person-Centered Therapy (Rogerian Therapy)



Mindy Edelman, MA, ATR

Art Therapist

Office Locations:

Ha'melitz 10, Jerusalem

Ha'tirosh 17, Hashmonaim

Phone:

072-397-1254

Ages:

Adolescents, Adults

Languages: Hebrew, English

ABOUT

Canadian born, 30 years in the field. I believe everyone has the wisdom within. It's important to me to provide a warm and accepting environment that will allow us to work together to assist you in reconnecting to your inner guiding voice.

I have learned through guiding individuals on their own path, as well as from my own life experience that although at times we are challenged by difficulties, these junctions can be a valuable opportunity for growth. Though people may feel reluctant to reach out for help, I believe that taking this step forward is a wise choice that will allow you to explore and discover your innate strengths and acquire better coping skills, enabling you to make more effective decisions from a place of self-awareness.

I have worked for the Ministry of Education for the past 30 years, specializing in teenagers coping with a variety of issues, including, learning disabilities, ADHD, social and family relationships, sexual abuse and other trauma. In addition, I provide parent counselling.

In my private practice, I treat individuals from ages 9-90, specializing in teenagers and adults coping with various life issues, including social, functional, relationships, trauma, grief, fertility, mid-life challenges, oncology patients and chronic illness. I also conduct group therapy for adults as well as personal growth workshops for the general public.

My treatment approach is multidisciplinary. While it is founded on art psychotherapy, my methods include art expression, verbal discussion, writing, EFT, breathing techniques and guided imagery, which I adapt according to the needs of the individual.

QUALIFICATIONS

Education:

Loyola Marymount University

Year of Graduation:

1985

TREATMENT APPROACH

Art Therapy

SPECIALTIES

Adjustments, Attention Deficit Hyperactivity Disorder (ADHD), Behavioral Issues, Cancer/Terminal Illness, Executive/Career/Life Coaching, Family Issues, Grief, Learning Disabilities, Life Transitions, Parenting Issues / Training, Self-Esteem, Trauma / Post Traumatic Stress Disorder PTSD



Wendy Fielding, MSW

Psychotherapist

Office Location:

Rechov Kfar Etzion 21
Jerusalem

Phone:

072-397-1346

Ages:

Children, Adolescents, Adults, Couples, Families,
Men, Women, Geriatric

Languages: English

ABOUT

There are many complexities in families and individuals, and whilst a diagnosis can bring relief, it can also be an obstacle to understanding, especially in relation to children, and to trauma. I believe that the Psycho-analytic model is the best for understanding and when combined with Somatic Experiencing can immediately provide tools to begin healing re-occurring symptoms, such as fears, anxieties and depression.

I have over 40 years of experience in the Health service, working with all ages and all kinds of problems, with individuals, couples and families, [Institute of Family Therapy]. I have consulted to Schools, Nurseries, Children's ward etc. I have supervised many Disciplines and for the British Association of Psychotherapy.

The challenges of life are great and the burden can sometimes be too much for any of us to bear alone.

I live in Arnona, Jerusalem, and work in English, in a peaceful and private setting.

QUALIFICATIONS

Education:

Birmingham University; Cardiff University

Year of Graduation:

1973

ADDITIONAL CREDENTIALS

MACP - Member of the Association of Child Psychotherapy, Tavistock Institute 1987

TQAP 2004 (Tavistock Qualified Adult Psychotherapist)

SE Trauma trained therapist 2012

SPECIALTIES

Abuse, Anxiety / Panic, Behavioral Issues, Depression, Developmental Disorders, Divorce / Custody, Eating Disorders, Grief, Marital Counseling, Parenting Issues/Training, Psychosomatic Disorders, Trauma / Post Traumatic Stress Disorder PTSD

TREATMENT APPROACH

Psychoanalysis, Body Work



Shoshana Levin Fox, Ed.D.

Play Therapist, Psychologist

Office Location:

29/3 Rama Street
Jerusalem

Phone:

072-397-1265

Ages:

Children, Parents

Languages: Hebrew, English, basic Italian and French

ABOUT

As a Psychologist and a Registered Play Therapist, I specialize in play therapy, a non-threatening, non-stigmatizing, child-friendly form of child treatment. Trained in North America, living in Israel since 1992, and with over 35 years of experience, I work in English and Hebrew with young children, from ages 2 to 9.

Play is where children live. Play mirrors what children think and feel. Play is the natural language of the child. That is what makes play therapy such an effective way of helping children who are experiencing emotional, behavioral and/or social difficulties, including anxiety, trauma, selective mutism, abuse, and many more.

I delight in helping children unfold and flourish, as their difficulties fade and their strengths emerge. I offer parents advice and consultation so that you, the most important people in your child's life, can expand your "tool box" of communication strategies and more effectively help your child through the challenges of everyday life. I welcome your questions.

QUALIFICATIONS

Education:

University of British Columbia

Year of Graduation:

1992

Registration in Pinkas Hapsichologim:

04592

ADDITIONAL CREDENTIALS

Registered Play Therapist and Supervisor, Association of Play Therapy (1992) & Play Therapy International (1996)

Registered Supervisor of Child Psychotherapists & Play Therapists, Play Therapy International (1996)

Master of Arts (Education), Simon Fraser University, 1981

SPECIALTIES

Anxiety / Panic, Attention Deficit Hyperactivity Disorder (ADHD), Behavioral Issues, Child Abuse, Conduct Disorder, Depression, Developmental Disorders, Grief, Obsessive Compulsive Disorder (OCD), Parenting Issues/ Training, Phobias, Schizophrenia / Psychosis, Trauma/Post Traumatic Stress Disorder PTSD

TREATMENT APPROACH

Expressive Arts Therapy
Play Therapy



Andrew Freundlich, PhD

Psychologist

Office Location:

Katamon
Jerusalem

Phone:

072-397-1400

Ages:

Adolescents, Adults, Couples, Geriatric

Languages: English

ABOUT

I have been a practicing psychologist in the United States for 40 years treating individuals and couples with a wide range of problems and issues. I have extensive experience treating anxiety disorders, depression, obsessive-compulsive disorder, marital conflicts, sexual and gender identity issues, and doing therapy with the elderly. I generally follow the Cognitive Behavior Therapy approach to treatment but experience has taught me that it is even more important to match the type of treatment to the client's personality and presenting problem than to force people to conform to a particular treatment model. Thus, I frequently explore underlying emotional conflicts, historical and childhood issues, and interpersonal or familial conflicts. When focusing on communication in marital therapy, I pay attention to the surface words but mostly work towards identifying the subtle underlying "between the lines" messages that the sender is often unaware of sending or the listener does not hear. Bringing these hidden messages and feelings out into the open usually results in a rekindling of the mutual understanding, respect, and love that attracted the couple to each other in the first place. However, on those occasions when the identified differences are irreconcilable and divorce is unfortunately necessary, I help the couple achieve as amicable a divorce as possible. When treating individuals or couples, I am goal oriented, interactive, quickly share my observations and impressions, and am prepared to offer specific advice based on my expertise and established psychological principles. I welcome questions regarding the reasoning or rationale for my comments or specific suggestions and am very open to modifying my approach based on the reactions and feedback I receive.

QUALIFICATIONS

Education:

University of Louisville

Year of Graduation:

1977

License No. and State:

1993 New Jersey

Registration in Pinkas Hapsichologim:

27-137918

SPECIALTIES

Adjustments, Alcohol Abuse, Anxiety / Panic, Behavioral Issues, Depression, Obsessive Compulsive Disorder (OCD), Phobias, Self-Esteem, Sexual Issues, Spiritual Concerns, Stress Management

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT), Psychodynamic Therapy, Eclectic



Natalie Gar, MA, PhD

Child/Adolescent Psychologist,
Psychologist

Office Locations:

22 Hauman, Talpiot, Jerusalem
Elazar, Gush Etzion

Phone:

072-397-1350

Ages:

Children, Adolescents, Adults, Couples, Men,
Women

Languages: Hebrew, English

ABOUT

I am a Psychologist who specializes in the assessment and treatment of Anxiety Disorders in children, adolescents, and adults. I use a Cognitive Behavioral Therapy (CBT) model as well as other treatment modalities where indicated.

My research and publications focus on Cognitive Behavioral Therapy and parent-child interactions.

I trained in Canada, Australia, and Israel and currently maintain a private practice in Jerusalem and Gush Etzion. I am married with five children and reside in Elazar, Gush Etzion.

I also work as a school psychologist in Efrat providing consultation services to para-professional staff and parents where I offer psychological assessment, diagnosis, consultation, parent counselling and treatment for children with learning difficulties, ADHD, and behavioral issues.

I consult in both English and Hebrew and provide both long and short-term therapy. I am committed to providing evidence based, high quality, empathic psychological services, tailored to each client's individual needs and goals.

QUALIFICATIONS

Education:

Macquarie University

Year of Graduation:

2008

Registration in Pinkas Hapsichologim:

27-88010

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)
Dialectical Behavior Therapy (DBT)

SPECIALTIES

Anxiety / Panic, Attention Deficit Hyperactivity Disorder (ADHD), Behavioral Issues, Depression, Developmental Disorders, Family Issues, Grief, Learning Disabilities, Life Transitions, Mood Disorders, Obsessive Compulsive Disorder (OCD), Parenting Issues / Training, Phobias, Postpartum Depression, Psychological Assessment, Self-Esteem, Spiritual Concerns, Stress Management, Trauma / Post Traumatic Stress Disorder PTSD



Sara Genstil, PhD, LMFT

Psychologist, Social Worker

Office Location:

Kharuvit St 12
Mevaseret Zion

Phone:

072-397-6509

Ages:

Adults, Couples, Families, Men, Women

Languages:

Hebrew, English

ABOUT

Understanding the roots of your being will enable you to discover yourself in a new way! As a therapist with over 35 years of experience in the field, I would say that a person who makes the first contact and asks to be in therapy is actually ready for a change, ready to improve his or her well-being and better his or her life. I utilize professional tools to facilitate a change of old sets of perceptions about the self and others with new ones. Every person has a subjective world of experiences and therefore needs specific tools to promote the change. Treatment is a challenging journey of changes in perceptions of the internal world and the outer world, the journey in which there is a process toward a healthier and better life.

I treat bereaved families through the Ministry of Defense and terror victims through National Insurance (Bituach Leumi). Throughout the years in the United States and Israel, I worked with people of all backgrounds and cultures including: secular, religious and ultra-orthodox. I have worked extensively with olim hadashim from all Anglo countries helping them make adjustments to life in Israel, overcoming culture shock and helping them psychologically.

About My Treatment Model: I have been practicing psychology using the Intersubjective Systems Theory. Supervised For 20 Years By Dr. Robert Stolorow, the leading authority in the world in the field of self-psychology and founder of Intersubjective Systems Theory.

QUALIFICATIONS

Education:

California Graduate Institute (CGI)

Year of Graduation:

1983

License No. and State:

Registered Social Worker in Israel - 17400
18327/California MFCC

Registration in Pinkas Hapsichologim:

03950

ADDITIONAL CREDENTIALS

Member of IAPSP - International Association of Psychoanalytic Self Psychology

SPECIALTIES

Adjustments, Anxiety/Panic, Behavioral Issues, Child and/or Adolescent Issues, Depression, Eating Disorders, Family Issues, Marital Counseling, Mood Disorders, Parenting Issues / Training, Personality Disorders, Self-Esteem

TREATMENT APPROACH

Body-Mind Psychotherapy, Family Systems Therapy, Holistic Psychotherapy, Psychodynamic Therapy, Self-Psychology; Intersubjective Systems Theory



Anat Gihon, MA

Psychotherapist, Bioenergetic Analyst

Office Locations:

Smadar 7, Mevasseret-Zion

Chaim Levanon 91, Ramat-Aviv, Tel-Aviv

Phone:

072-397-1368

Ages:

Adults, Couples

Languages:

Hebrew, English

ABOUT

In my work I provide my patients with a safe, supportive, and accepting environment to explore various areas of their lives. My method is integrative, and includes conversation as well as being mindful towards mental processes and physical sensations and states. What makes my work unique is that I also integrate working with the body and with emotional expression into the psychotherapeutic process, insofar as it fits the patient's needs. It also impacts their ability to create satisfying connections with their surroundings.

I put a special emphasis on exploring the ways in which the patient had to regulate his/her self throughout life in order to overcome difficulties, and how that self regulation manifests presently in all dimensions— emotional, physical, mental, and behavioral. This process enables the patient to lower their emotional, physical and behavioral blocks on the way to self-fulfillment, rediscover their vitality, strengths and passions, and deepen their self-confidence.

QUALIFICATIONS

Education:

Lesley College, Cambridge Mass, USA

Year of Graduation:

1984

ADDITIONAL CREDENTIALS

Bioenergetic Therapist - since 1990

Member of the International Institute for Bioenergetic Analysis Faculty - since 2014

SPECIALTIES

Abuse, Adjustments, Anxiety / Panic, Depression, Gender Identity Concerns, Grief, Holistic, Infertility, Life Transitions, Psychosomatic Disorders, Self-Esteem, Sexual Abuse / Rape, Stress Management

TREATMENT APPROACH

Bioenergetic Analysis

Body Psychotherapy

Psychoanalysis

Psychodynamic Therapy



Yocheved Greenfield, MSW

Clinical Social Worker

Office Location:

Rechov HaTurim
Jerusalem

Phone:

072-397-1426

Ages:

Adolescents, Adults, Men, Women

Languages:

English

ABOUT

My approach to therapy is compassionate and non-judgmental. I come to my clients believing that we are on a journey together and I feel that comfort and trust between us is the most vital component of the therapeutic process. I have worked extensively with clients who suffer from addiction as well as with those who have experienced sexual, physical and childhood abuse. Even seemingly minor occurrences may be traumatic since trauma is subjective. Struggles with anxiety, phobias, psychosomatic symptoms, depression or low self-esteem require exploration regardless of the cause. Clients often come to me after years of talk therapy that has not alleviated their pain and symptoms. This causes them to feel stuck. If trauma is not properly treated it will continue to affect you, and that's not your fault.

I use various mind-body modalities such as EMDR, Somatic Intervention, Guided Imagery, and EFT. Neuroscience research supports my belief that these somatic modalities are often a very effective line of treatment.

I have seen clients become calmer, less reactive and more confident as a result of these therapeutic modalities. They are able to look at their situation, struggles, and pain in a different light and move forward with their lives through a creative, visceral, and even a spiritual approach.

QUALIFICATIONS

Education:

Yeshiva University - Wurzweiler

Year of Graduation:

2009

License No. and State:

Registered Social Worker in Israel - 26295

TREATMENT APPROACH

Emotional Freedom Technique, Eye Movement Desensitization and Reprocessing Therapy (EMDR), Guided Imagery, Somatic Experiencing (SE), Integral Somatic Psychology

SPECIALTIES

Abuse, Anxiety / Panic, Child Abuse, Depression, Holistic, Phobias, Psychosomatic Disorders, Self-Esteem, Self-Harm / Suicide, Sexual Abuse / Rape, Trauma / Post Traumatic Stress Disorder PTSD

ADDITIONAL CREDENTIALS

EMDR Part 1 & 2 - 2013

Somatic Intervention - 2015

Treating Child And Adolescent Trauma - 2015

Mindfulness for Trauma Treatment - 2017

Integral Somatic Psychology Part 1, 2, & 3 - 2018

EFT- Emotional Freedom Technique Part 1&2 - 2019



Margo Helman, MSW

Clinical Social Worker

Office Location:

Mevo Yoram 7
Jerusalem

Phone:

072-397-1424

Ages:

Adolescents, Adults, Families, Men, Women,
Geriatric

Languages: Hebrew, English

ABOUT

In over 20 years as a therapist, clinical director and supervisor I've learned that a therapy relationship that honours and develops your expertise about yourself and your life is a crucial resource towards more happiness and thriving.

The first step to change is facing what is. We'll get a clear sense of the problem that you want to solve or the situation you want to change. We'll go through a process in which you define what you want and identify the next attainable steps. Small steps are the key to lasting, significant change. We'll use mindfulness tools to help you gain more self-knowledge, acceptance and peace of mind. We'll use your problems and distresses as gateways to meaningful growth and change.

I've gained successful experience with all kinds of problems and needs, including: Anxiety and mood issues, Illness and loss, Difficult relationships, Self image, self acceptance and the desire for empowerment and happiness in the face of life's difficulties. With the elderly and with people coping with illness, I often work with family members and am available for home visits as needed.

QUALIFICATIONS

Education:

New York University

Year of Graduation:

1998

License No. and State:

Registered Social Worker in Israel - 9939
058315 - NY

ADDITIONAL CREDENTIALS

Group Leader April 2016

Bachelors degree in Social Work 1994

Bachelors degree in Psychology 1987

SPECIALTIES

Anger Management, Anxiety / Panic, Cancer / Terminal Illness, Family Issues, Grief, Life Transitions, Mood Disorders, Self-Esteem, Spiritual Concerns, Stress Management, Difficult marriage and other relationships

TREATMENT APPROACH

Body-Mind Psychotherapy
Existential Psychotherapy
Psychodynamic Therapy
Mindfulness
Somatic interventions



Elan Karten, PhD

Clinical Psychologist

Office Location:

Rechov Shaulson 43
Jerusalem

Phone:

072-397-6534

Ages:

Children, Adults, Couples, Families, Men

Languages:

Hebrew, English

ABOUT

I am an American born and trained clinical psychologist who made Aliyah in the summer of 2007. My Jerusalem-based practice offers psychotherapy for children, adults, couples and families within a highly eclectic and personalized framework.

As your therapist, my role is to empower, not solve your problems for you. Here's a quick example: Instead of assigning my clients homework at the end of the session I favor *them* assigning *themselves* homework based on insights *they've* gained. So the kind of therapy I offer is interactive and goal-driven, where the client is active and engaged. It is a therapy based on the understanding that although we all grow through challenge, we often avoid challenge based on past traumas. It is guided by the principle that we can live a rich meaningful and victorious life in the midst of struggle. I humbly offer you my listening ear, compassionate heart and inquisitiveness, as we partner together to create the life you want.

QUALIFICATIONS

Education:

Fordham University

Year of Graduation:

2006

License No. and State:

Licensed in Israel #27-30755
017215 - New York

Registration in Pinkas Hapsichologim:

27-8337

Mumche category:

Clinical Psychologist

SPECIALTIES

Abuse, Addictions, Anger Management, Anxiety /Panic, Behavioral Issues, Child and/or Adolescent Issues, Depression, Family Issues, Gender Identity Concerns, Grief, Life Transitions, Marital Counseling, Obsessive Compulsive Disorder (OCD), Self-Esteem, Stress Management, Trauma / Post Traumatic Stress Disorder PTSD

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT), Body-Mind Psychotherapy, Cognitive Behavioral Therapy (CBT), Eye Movement Desensitization and Reprocessing Therapy (EMDR), Imago Relationship Therapy (IRT), Psychodrama, Psychodynamic Therapy, Solution-Focused Brief Therapy (SFBT)



Kav L'Noar Center

Variety of Therapists, Psychologists, and Social Workers

Office Location:

25 Karen Hayesod
POB 7685
Jerusalem

Phone:

072-397-1321

Ages: Adolescents, Adults, Couples, Families, Men, Women

Languages: Hebrew, English, French

ABOUT

Kav L'Noar is a private non-profit social service agency dedicated to working with adolescents and their families who are experiencing emotional and/or behavioral challenges. While serving the general Israeli community, we specialize in working with Anglo olim.

The services provided are:

- 1. Individual, marital and family counseling**
- 2. Individual field based youth mentoring**
- 3. School based group mentoring**
- 4. Community education lectures and parenting workshops**

Our goals are to empower all family members with the tools and confidence to achieve their potential, and to facilitate positive connections between the child, the parents and the school. We create a unique treatment plan to meet the specific needs of each family using both our therapy and our mentoring programs, and working with community resources that impact the lives of the family members. Individual, family and group therapy is provided by trained bilingual masters' level therapists who are culturally sensitive. Issues addressed include family discord, school dysfunction, ADHD, depression, anxiety, self-destructive behaviours, poor social skills, emotional dysregulation, abuse, trauma, sexuality related issues, Aliyah adjustment and more.

Mentoring is a powerful but gentle resource that helps children develop social skills, build self-confidence, improve self-esteem, learn to express themselves verbally and enhances integration and social adjustment. Mentoring can be especially impactful as an adjunct to family therapy. Our mentors are carefully screened, trained and supervised by our professional staff.

COSTS: Services are subsidized and fees are assigned according to a sliding scale based on income and number of family members. There is a standard 350sh fee for the assessment, and ongoing therapy is between 100sh and 300sh per session. Mentoring is billed on a monthly basis and costs between 300sh and 960sh per month, which includes meeting twice weekly.

SPECIALTIES

Anxiety / Panic, Attention Deficit Hyperactivity Disorder (ADHD), Behavioral Issues, Child Abuse, Depression, Family Issues, Parenting Issues / Training, Self-Esteem, Sexual Abuse / Rape, Stress Management, Trauma / Post Traumatic Stress Disorder PTSD



Yehoshua Landau, MSC

Mental Health Counselor

Office Location:

11 Rechov HaZvi, First floor (near Center One)
Jerusalem

Phone:

072-397-1283

Ages:

Adults, Couples, Families, Men, Women, Geriatric

Languages: Hebrew, English

ABOUT

A tailor-made technique is developed for each one of my clients, using mindfulness, psychodynamic, cognitive-behavioral therapy, Bowenian and Gottman techniques.

A mentor for those in the shidduch dating process, I also provide prenuptial counseling for engaged couples. Married couples resolve intimacy issues, reduce conflict, and improve their communication skills. In divorce arbitration, my legal and rabbinic training and experience inform my work. I'm also trained and experienced in helping people free themselves from substance abuse and other dependencies such as gambling, overspending, overeating, or addictions related to the internet.

Utilizing EMDR (Eye Movement Desensitization and Reprocessing), my clients recover from Post-Traumatic Stress Disorder, overcome anxiety or panic, and heal from childhood trauma or gender identification issues.

You are welcome to contact me for a confidential assessment of how I can help you clarify and finally reach your therapeutic goals.

QUALIFICATIONS

Education:

University of North Texas

Year of Graduation:

2012

ADDITIONAL CREDENTIALS

2011-12-06 - EMDR-IS

2008-05-20 - Gottman Institute Certification in Marital Therapy

2007-01-21 - Certification in Mental Health and Family Studies, Neve Yerushalayim

1999-01-11 - Rabbinic Certification (Yoreh Yoreh)

SPECIALTIES

Abuse, Addictions, Alcohol Abuse, Divorce /Custody, Family Issues, Gender Identity Concerns, Self-Esteem, Spiritual Concerns, Stress Management

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Eye Movement Desensitization and Reprocessing Therapy (EMDR), Psychodynamic Therapy, Family therapy



Shulamit Lando, Dip. Psychotherapy Body/Mind Psychotherapist, Medical and Life Coach

Office Location:

Tirza Str. # 6-2
Jerusalem

Phone:

072-397-1247

Ages:

Adults, Men, Women

Languages:

Hebrew, English, Spanish

ABOUT

Author of "HOPE BEYOND ILLNESS – A Guide to Living WELL with a Chronic Condition". Because I learned to rid myself from MS (allegedly incurable) I know the way to help people find special ways to overcome physical and emotional challenges (depression, anxiety, pain, grief & trauma) that seem impossible to beat. After over 30 years' experience in cutting edge Body-Mind and Medical Coaching approaches, I help people achieve calm, confidence, and the results they desire in life, through a tailor-made approach to wellness; to deal better with the consequences of a chronic diagnosis and with the necessary adjustment to the unexpected change in your life. Tools: EMDR, EFT, NLP, Creative Visualization & more. You will achieve a functional, fulfilling and meaningful life no matter what is happening to you.

QUALIFICATIONS

Education:

Postural Integration Institute

Year of Graduation:

1986

ADDITIONAL CREDENTIALS

Body Oriented Psychotherapy (1986, Mexico)

EMDR Institute (US and Israel, 1995)

CTI (The Coaches Training Institute, 2009)

Medical Coaching certification

(Medical Coaching Institute in Israel)

JCI (Jerusalem Coaching Institute) 2011

Strategic Intervention Coach

(RMT - Robbins/Madanes Training) 2014

SPECIALTIES

Holistic perspective to Chronic / Terminal Illness, Grief, Trauma / PTSD, Self-Esteem, Body Mind approaches to healing.

TREATMENT APPROACH

Body Psychotherapy, Body-Mind Psychotherapy, Emotional Freedom Technique, Eye Movement Desensitization and Reprocessing Therapy (EMDR), Gestalt Therapy, Guided Imagery, Holistic Psychotherapy, Neuro-Linguistic Programming (NLP), Medical Coaching, Strategic Intervention Coaching



Hillel Langenauer, MSW

Clinical Social Worker,
Certified Couples and Family Therapist

Office Location:

Binyamin Metudela 32/3
Jerusalem

Phone:

072-397-1413

Ages:

Children, Adolescents, Adults, Couples, Families

Languages: Hebrew, English

ABOUT

I am a caring therapist who understands the difficulty in seeking out therapeutic help and I endeavor to make your entry into therapy as effortless as possible. Through a combination of empathy and challenges to growth, I help clients to understand their selves and their situation and to alleviate their difficulties. With individual adults, adolescents, and children, I enable not only resolution of symptoms, but also inner calm. With couples and in parenting work, I provide a safe holding space for mutual healing.

In postgraduate training, I specialized in working with 4 populations. 1. Couples - whom I help to build emotional attachment and communication using Emotion Focused Couples Therapy, AEDP and Schema Therapy. 2. Individuals with OCD or with first time depression or anxiety - using Cognitive Behavioral Therapy and Mindfulness. 3. Individuals with difficult life circumstances or relationships; difficulty regulating emotions; a history of trauma; or addictions – using AEDP, Somatic Work, EMDR, Schema Therapy, IFS, and Mindfulness Based CBT's. 4. With children, teens, and their parents – individually or child together with parents - using AEDP, CBT, IFS, EMDR, child-centered play therapy, and attachment-based work with parents and families.

QUALIFICATIONS

Education:

Wurzweiler Graduate School of Social Work

Year of Graduation:

2014

License No. and State:

Registered Social Worker in Israel - 30964

TREATMENT APPROACH

Short Term Psychodynamic Therapy, Internal Family Systems Therapy, Cognitive Behavioral Therapy, Emotion Focused Therapy (EFT), Child Centered Play Therapy, Mindfulness Based Interventions

ADDITIONAL CREDENTIALS

Internal Family Systems Therapist, Center for Self Leadership, 2015

Cognitive Behavioral Therapist, Hadassah Hospital, 2016

AEDP (Accelerated Experiential Dynamic Psychotherapy) Therapist, The AEDP Institute, 2017

Emotionally Focused Couples Therapist, ICEEFT (International Center for Excellence in Emotionally Focused Therapy), 2017



Jeanne S. Lankin, LCSW

Clinical Social Worker

Office Location:

Arnona, Jerusalem

Phone:

072-397-1296

Ages:

Adults, Couples, Families, Men, Women, Geriatric

Languages:

Hebrew, English

ABOUT

I am a licensed clinical social worker with over 30 years experience in working with adults ages 20 to 100. I provide individual, couples, family and group psychotherapy to assist people through the challenges of life. I am also an EMDR-trained therapist (eye movement desensitization, reprocessing) and work with people who have had traumatic histories (i.e., abuse, bullying, acts of terrorism, life-threatening illness, rape, abandonment, betrayal).

I also work with seniors and their families dealing with illness, loss, bereavement, caregiving and familial issues. Additionally, I assist people with phobias through cognitive and behavioral therapy and in-vivo desensitization techniques.

QUALIFICATIONS

Education:

Columbia University School of Social Work

Year of Graduation:

1985

License No. and State:

Registered Social Worker in Israel - 36529
New Jersey 44SC05012800

ADDITIONAL CREDENTIALS

Clinical Supervisor of Staff and Students from
Rutgers University School of Social Work

SPECIALTIES

Alzheimers / Dementia, Anxiety / Panic,
Cancer / Terminal Illness, Depression, Family
Issues, Grief, Life Transitions, Mood Disorders,
Phobias, Self-Esteem, Stress Management,
Trauma / Post Traumatic Stress Disorder PTSD

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)
Emotional Freedom Technique
Eye Movement Desensitization and
Reprocessing Therapy (EMDR)
Insight Oriented Therapy



Micki Lavin-Pell, MSC, MFT, MA

Couples and Family Therapist

Office Location:

Chizkiyahu Hamelech 50
Katamon, Jerusalem

Phone:

072-397-1355

Ages:

Adults, Couples, Families, Men, Women

Languages: Hebrew, English

ABOUT

We all have challenges when it comes to marriage. Some of us have a harder time finding love, others have challenges that arise later on. It's my greatest hope to get people into the best place possible to invite a really great relationship and keep it going.

I work with my clients to clear the palates from previous negative relationships that may be blocking the way. We look at what has previously worked and what hasn't so that you can make informed decisions and feel empowered in your search for a partner.

For people just starting out, I work through potential relationship challenges, to clear away potential relationship cobwebs. Imago therapy and Emotionally Focused Couples therapy often provide an excellent base for teaching great relationship building skills. I also use the Prepare Enrich program to help identify relationship strength and growth areas.

Doing couples work can feel challenging. It's so enriching to be able to work with people to create a relationship that they can feel proud of. Laying a great foundation from the beginning paves the way towards being able to overcome common challenges that can plague any of us.

QUALIFICATIONS

Education:

Alma Family Therapy, Melbourne, AU

Year of Graduation:

2004

ADDITIONAL CREDENTIALS

Masters in Nutrition and Public Health, 1999

Masters in Counselling, La Trobe University, 2002

Certificate in Marriage and Couples Therapy, Relationships Australia 2002

EFT Couples Therapy Certificate 2016

Diploma in Marriage and Family Therapy, Alma Family Therapy, 2007

Somatic Experience Therapy, Advanced level 2, 2018

Certified Member of the Israeli Association of Marriage and Family Therapy since 2008 #2782

SPECIALTIES

Anxiety/ Panic, Depression, Divorce/Custody, Family Issues, Life Transitions, Marital Counseling, Parenting Issues/Training, Postpartum Depression, Self-Esteem

TREATMENT APPROACH

Emotion-Focused Therapy, Gottman Method, Imago Relationship Therapy (IRT), Narrative Therapy, Psychodynamic Therapy, Somatic Experiencing (SE), Systems Theory / Therapy, Attachment Theory



Linda Libby, LCSW

Clinical Social Worker

Office Locations:

24 Hillel
Jerusalem

Ibn Givrol 61
Tel Aviv

Phone:

072-397-1423

Ages:

Adults, Couples, Women

Languages: English

ABOUT

I have been in practice for over 30 years treating clients and their families who are dealing with mental illness, personality disorders, addictions, and relationship difficulties. I treat couples, adults, and teens.

My approach is based on the belief propounded by Milton Erickson, MD that we have the resources to heal ourselves within, and the therapist serves as a catalyst to help the client access this healing power. My approach to therapy is a combination of cognitive behavioral therapy (CBT), dialectical behavioral therapy (DBT), motivational interviewing and the stages of change approach to habit cessation and relapse prevention. The goal of my practice is to help my clients live effective lives and to feel confident in their recovery. Together we focus on improving the client's interpersonal relationships, regulate emotions and increase the client's ability to tolerate and cope with distress that inevitably comes our way. I want my clients to develop tools with which to face life's challenges and to confidently navigate change. The therapy session provides a safe practice space to try out new skills, which can then be used in real life situations which the client encounters. Feel free to contact me to see if we would be a good fit.

QUALIFICATIONS

Education:

Yeshiva University

Year of Graduation:

1983

License No. and State:

Registered Social Worker in Israel - 32587
44SC99393390 - NJ

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Solution-Focused Brief Therapy (SFBT), Motivational Interviewing, Strength Based, Coaching

SPECIALTIES

Anxiety / Panic, Borderline Personality Disorder, Codependency, Depression, Marital Counseling, Mood Disorders, Personality Disorders, Self-Esteem, Stress Management, Trauma / Post Traumatic Stress Disorder PTSD

ADDITIONAL CREDENTIALS

Board Certified Diplomate in Clinical Social Work (BCD) 2019-20

Member of the Academy of Social Workers 1985

Certified Alcohol and Drug Abuse Counselor (Certification not current)



Pearl Lopian, Dip Couns

Mental Health Counselor,
Psychotherapist

Office Location:

The EFT Tapping Institute
7 Malal Street
Jerusalem

Phone:

072-397-1418

Ages:

Adults, Men, Women

Languages: Hebrew, English

ABOUT

Are you experiencing any of the following: Anxiety, Trauma, Stress, Difficult Memories, Abuse, Physical/chronic pain, Weight issues, Unwanted thoughts, Aliya Challenges, Fertility Issues

I can empower you to clear the emotional and physical issues that are blocking you from living the life you want. I use EFT (short for Emotional Freedom Techniques), commonly known as tapping, which is kind of like psychological acupuncture. The results can be quick and life changing and very different to previous therapies you may have tried. My clients know what they want for themselves - they just don't know how to get there - my job is to help unstick whatever is getting in your way. I also work with mothers to clear issues/anxieties in their child. This is a more unusual way of working with tapping therapy.

You can choose to see me face to face or from the comfort of your own home via telephone or internet and I work both on a one-to-one and group basis. I run workshops where people can learn EFT for self help and to use with their child. I also teach EFT therapy to other mental health professionals.

I worked in Manchester UK for nine years in private practice and for Camp Simcha organization which supports families with a child with a life threatening condition. ***"After a few sessions with Pearl to clear my issues I am so so so so so much better. EFT is probably the quickest easiest way to move on in life."***

QUALIFICATIONS

Education:

University of Salford

Year of Graduation:

1999

ADDITIONAL CREDENTIALS

EFT Advanced Practitioner 2007

Counselling Certification 1999

Accredited Certified EFT Trainer 2019

SPECIALTIES

Abuse, Adjustments, Anxiety / Panic, Cancer / Terminal Illness, Depression, Eating Disorders, Grief, Infertility, Self-Esteem, Sexual Abuse/ Rape, Stress Management, Trauma / Post Traumatic Stress Disorder PTSD

TREATMENT APPROACH

EFT - Emotional Freedom Technique

Neuro-Linguistic Programming (NLP)

Person-Centered Therapy (Rogerian Therapy)



Gital Wolf Poupko, MA

Expressive Arts Therapist

Office Location:

16 Eitan Livni St.
Pisgat Zeev, Jerusalem

Phone:

072-397-1284

Ages:

Children, Adolescents, Adults, Geriatric

Languages: Hebrew, English

ABOUT

I am an experienced creative arts therapist, specializing in drama therapy, therapeutic writing and storytelling. I work with children, adolescents and adults of all ages. I see individuals as well as groups. To me, every client is unique. I must earn his/her trust, and I am attuned to his/her particular pace, needs, strengths and vulnerabilities. Thus, we may incorporate various techniques, such as Gestalt, guided imagery, mindfulness and authentic movement within the sessions. I believe the therapeutic process can activate the imagination, creativity, playfulness and healing potential inherent in every human being. My main areas of expertise include: loss and bereavement, anxiety, stress management, life transitions, depression, interpersonal skills, self esteem and wellness. I have worked extensively with youth and adults experiencing learning disabilities and special needs. I am also trained in sex therapy, focusing on female sexuality throughout the life cycle.

I am an observant Jew, an avid student of Jewish texts, and particularly sensitive to the needs and preferences of Orthodox and ultra-Orthodox clients. Born in the US and having made Aliyah to Israel as an adolescent, I am fluent in both English and Hebrew, and have a special place in my heart for immigrants (Olim) of all ages and backgrounds. I am moved anew witnessing each client's progress, and feel privileged to play any part in a human being's growth, renewal or healing.

QUALIFICATIONS

Education:

Lesley University

Year of Graduation:

2000

License No. and State:

23538/ Israel (Ministry of Health)

ADDITIONAL CREDENTIALS

Supervisor (# 644) - ICET (2011)

SPECIALTIES

Anxiety / Panic, Attention Deficit Hyperactivity Disorder (ADHD), Child Abuse, Depression, Divorce / Custody, Grief, Learning Disabilities, Life Transitions, Self-Esteem, Sexual Issues, Stress Management

TREATMENT APPROACH

Dance / Movement Therapy (DMT), Drama Therapy, Expressive Arts Therapy, Gestalt Therapy, Play Therapy, See Far CBT, Bibliotherapy, Sex Therapy, Mindfulness



Tanya Prochko, MEd, MFT

Mental Health Counselor, Psychotherapist

Office Location:

King David Street
Jerusalem

Phone:

072-397-1256

Ages:

Adults, Couples, Men, Women

Languages: English

ABOUT

In my clinic, I create a safe place for my clients to feel safe to be themselves - whatever that may look like - without judgement. Within that space, I help them navigate the areas of their lives where they feel stuck. We identify habits and behaviors that no longer serve them well and create new pathways to achieving their goals. This is done within a framework of compassion, support, integrative treatment approaches, and psycho-education (it can be very powerful and empowering to understand what's happening in the body and the mind when you feel least in control). Through a gentle and compassionate therapeutic process, my clients are guided to introspection, deeper understanding of the patterns in behavioral, physiological, and emotional responses, and ultimately making the changes that lead to a healthier and happier state of being. At the end of treatment, clients often feel greater self-awareness and self-acceptance, less reactivity, healthier relationships, and better equipped to live authentic and connected lives. Each person is unique, and therapy is not a "one size fits all" process. It's a personalized gift that you're giving yourself the moment that you begin the therapeutic process. I custom tailor the therapeutic approach to the needs of each client. I invite you to contact me for a free phone consultation, where you will have an opportunity to learn more about how I work and to get a better idea of what to expect from therapy.

QUALIFICATIONS

Education:

Fordham University, New York

Year of Graduation:

2005

TREATMENT APPROACH

Attachment-Based Family Therapy (ABFT), Cognitive Behavioral Therapy (CBT), Eye Movement Desensitization and Reprocessing Therapy (EMDR), Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Somatic Interventions

SPECIALTIES

Abuse, Adjustments, Anxiety / Panic, Depression, Family Issues, Holistic, Life Transitions, Marital Counseling, Mood Disorders, Postpartum Depression, Self-Esteem, Sexual Abuse / Rape, Spiritual Concerns, Stress Management, Trauma/ Post Traumatic Stress Disorder PTSD

ADDITIONAL CREDENTIALS

Somatic Interventions (SI) Level 1 - 2020
EMDR trained Levels 1 & 2 - Israel EMDR Institute, 2016
Guided Imagery, 2017



Justin Resnick, MA, PhD

Psychologist

Office Locations:

El Halev (Talpiot), Poalei Tsedek 2, Jerusalem
Path Center (Givat Shaul), Shatner 7, Jerusalem

Phone:

072-397-1335

Ages:

Children, Adolescents, Adults, Couples, Families,
Men, Women

Languages: Hebrew, English

ABOUT

Justin is a gifted couples therapist, who regularly teaches a Strengths-Based Couple Therapy approach which he developed. He is known for his brief couples intervention (1-3 sessions) for those couples who are unsure if they are ready to commit to couples therapy, as well as for couples in acute conflict. This brief intervention is consistently described by clients as being deeply affirming and moving, educational and powerfully reconnecting – even for couples who have experienced long periods of alienation.

Justin has worked extensively with men and boys who struggle to express their emotions, struggle to manage anger, lack motivation and suffer from depression or low self-confidence. Dr. Resnick also coaches parents on parenting issues, including children who are challenging, sensitive and defiant, as well as those with emotional regulation and sensory issues. Among the various approaches he uses to guide parents, Justin has studied the Ayeka Parent Guidance Method for five years, a breakthrough approach for helping children and teens who have failed to respond to therapy or refuse to participate in therapy, and children with volatile and out-of-control behavior, stealing, aggression and school refusal. Dr. Resnick is also familiar with the school system and learning issues, and is comfortable interfacing with school staff.

QUALIFICATIONS

Education:

Loyola University Chicago

Year of Graduation:

2001

License No. and State:

071006526/Illinois (Licensed Clinical Psychologist)

Registration in Pinkas Hapsichologim:

27-86090

ADDITIONAL CREDENTIALS

Certificate in Marital and Family Therapy, Chicago Center for Family Health, June 5, 2005

SPECIALTIES

Autism Spectrum, Conduct Disorder, Family Issues, Learning Disabilities, Parenting Issues / Training, Sexual Abuse / Rape, Trauma / Post Traumatic Stress Disorder PTSD

TREATMENT APPROACH

Emotion-Focused Therapy, Interpersonal Psychotherapy (IPT), Psychodynamic Therapy
Strengths-Based Couples Therapy,
Ayeka Parenting



Rafael Richman, PhD

Couples and Family Therapist,
Psychologist

Office Locations:

Hamelitz 11, Jerusalem

Prof Schorr 19, Tel Aviv

Phone:

072-397-1389

Ages:

Children, Adults, Couples, Families, Men

Languages: Hebrew, English

ABOUT

Sometimes you need to **take the step, reach out**, and get professional help. Many of the people who come to see me are frustrated, depressed, and feel very isolated. Despite their best efforts they just can't seem to pull out of this state. In parallel, in their relationships they keep ending up in the same unhealthy, toxic patterns.

Does any of this resonate? With my 25-plus years of experience, I can accompany and guide you to heal yourself. I offer services for individuals, couples, families, and parents.

Through working with hundreds of clients I have found that “just” talking about what is bothering you is not enough. To **feel better** and to **move on** we need to get to the core of what is really going on. One of the best ways to achieve this is to focus on the here and now and to use your emotions as a “compass”. In our sessions we explore what you are experiencing in the moment as a gateway to accessing your deeper needs. In couples sessions I work with the Emotionally Focused Therapy [EFT] model. With a focus on emotion, “dances”/patterns, and attachment, I can help you build a stronger connection with your partner, and to feel heard, understood, and validated.

If any of the above speaks to you, you are invited to contact me for a 10-minute phone consultation.

QUALIFICATIONS

Education:

Simon Fraser University

Year of Graduation:

1997

License No. and State:

1331 / British Columbia, Canada

Registration in Pinkas Hapsichologim:

7989

SPECIALTIES

Abuse, Anger Management, Anxiety / Panic, Attention Deficit Hyperactivity Disorder (ADHD), Depression, Divorce / Custody, Grief, Marital Counseling, Parenting Issues / Training, Self-Harm / Suicide, Sleep / Insomnia, Trauma / Post Traumatic Stress Disorder PTSD

TREATMENT APPROACH

Attachment-Based Family Therapy (ABFT), Body Psychotherapy, Body-Mind Psychotherapy, Emotion-Focused Therapy, Family Systems Therapy, Gestalt Therapy, Holistic Psychotherapy, Person-Centered Therapy (Rogerian Therapy)



Talya Roth, MA

Clinical Psychologist

Office Location:

Ein Tzurim 4
Jerusalem

Phone:

072-397-1279

Ages:

Adults, Men, Women

Languages: Hebrew, English

ABOUT

I believe in goal-oriented therapy. As a Psychologist, I try to help people overcome the difficult things which life sometimes hands us (whether it be trauma such as child sexual abuse or rape, physical or mental illness, loss, domestic violence, fertility treatments, special needs children, stress, etc.).

I believe that people have the ability to heal; my job is to assist them in their process. A major part of therapy is to help people understand what they're going through; knowledge is power. Therapy also includes tools for coping such as relaxation exercises, assertiveness training, and so on. My focus is on helping people find their inner strengths so that they become healthier individuals. I also work with clients on the skills needed to develop healthy relationships.

My objective is to help empower my clients to reach a place of positive self-esteem, health, happiness, and meaning.

I am currently working in private practice in Arnona, Jerusalem.

QUALIFICATIONS

Education:

Bar Ilan University

Year of Graduation:

2001

Licensed in Israel:

7442

Registration in Pinkas Hapsichologim:

6647

Mumche category:

Clinical Psychologist

SPECIALTIES

Abuse, Anxiety / Panic, Bipolar Disorder, Cancer / Terminal Illness, Depression, Domestic Violence, Family Issues, Gender Identity Concerns, Infertility, Self-Esteem, Sexual Issues, Trauma / Post Traumatic Stress Disorder PTSD

TREATMENT APPROACH

Art Therapy, Body-Mind Psychotherapy, Cognitive Behavioral Therapy (CBT), Guided Imagery, Positive Psychology, Feminist Psychology, Rehabilitation Psychology, Mindfulness



Batya Rotter, PhD

Clinical Psychologist

Office Location:

Arnona/Baka
Jerusalem

Phone:

072-397-1278

Ages:

Adults, Families, Men, Women

Languages: English

ABOUT

I work with children, adolescents and adults who face difficult life transitions, depression, anxiety and trauma related symptoms. My developmental training and clinical experiences have taught me to recognize and engage the need for individuation, autonomy, mastery, confidence and respect that we seek during the challenging phases of our lives.

I believe that therapy is both a place to explore feelings, relationships, and past events, as well as a supportive space to practice new thoughts, ideas, and behaviors. Sometimes I can help you reach your destination by gaining skills and insight to independently solve previously insurmountable challenges. Other times I can help you accept, mourn, heal and grow from problems that cannot be “solved.”

My approach to therapy is integrative, which means I conceptualize cases and work with each client to tailor a program that integrates different treatment modalities (psychodynamic, CBT, DBT, and mindfulness practices). For those of you who are new to therapy, I always try to demystify the process so that you can be in the drivers seat. I welcome open communication about how therapy is progressing and encourage you to co-create treatment goals.

In addition to my private practice, I work in the public sector (Kupaat Cholim Clalit) as a child and family therapist. I live in Jerusalem with my husband and two children.

QUALIFICATIONS

Education:

PhD from Fordham University

Year of Graduation:

2015

Licensed in Israel:

27-120966

ADDITIONAL CREDENTIALS

Fordham University, MA, 2011
Harvard University-- EdM, 2006
Columbia University- BA, 2005

SPECIALTIES

Adjustments, Anxiety / Panic, Bipolar Disorder, Depression, Developmental Disorders, Family Issues, Gender Identity Concerns, Life Transitions, Mood Disorders, Personality Disorders, Postpartum Depression, Self-Esteem, Stress Management, Trauma / Post Traumatic Stress Disorder PTSD

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Psychodynamic Therapy, Mindfulness



Raphael Schondorf, MSc

Psychotherapist

Office Locations:

Rechov Midbar Sinai, Jerusalem

Rechov Avnei Nezer, Modiin Illit

Phone:

072-397-1243

Ages:

Children, Adolescents, Families, Men

Languages: Hebrew, English

ABOUT

Therapy should empower you with the tools to become your own therapist and lead a life that is more true to yourself. Offering personally tailored therapy to individuals, parents and children in a genuine, caring and supportive atmosphere, I work together with you to overcome past and present issues and find effective tools to move forward. Drawing upon cutting edge, evidence based treatment methods, including Internal Family Systems (IFS) and EMDR, together, we adapt therapy to suit your unique personality and needs.

Please feel free to contact me for a no cost, no commitment consultation to see whether I am the right fit for you. All contact with me is strictly confidential.

QUALIFICATIONS

Education:

University of North Texas

Year of Graduation:

2014

ADDITIONAL CREDENTIALS

Internal Family Systems (IFS) Level 2 - The Center for Self Leadership (2019) EMDR Child and Adolescent - The European EMDR Association (2017)

Eye Movement Desensitization and Reprocessing (EMDR) Level 1 & 2 - The Israel EMDR Institute (2016)

Counseling and Family Therapy - Family Institute at Neve Yerushalayim (2016)

Internal Family Systems (IFS) - The Center for Self Leadership (2015)

Mental Health and Family Studies - Family Institute at Neve Yerushalayim (2015)

SPECIALTIES

Abuse, Addictions, Adjustments, Anxiety / Panic, Family Issues, Life Transitions, Parenting Issues / Training, Psychosomatic Disorders, Self-Esteem, Spiritual Concerns, Stress Management, Trauma / Post Traumatic Stress Disorder PTSD

TREATMENT APPROACH

Eye Movement Desensitization and Reprocessing Therapy (EMDR)

Family Systems Therapy

Internal Family Systems (IFS)

Psychodynamic Therapy

Mindfulness Based Stress Reduction (MBSR)



Yonit Schorr, PhD

Clinical Psychologist

Office Location:

Emek Refaim
Jerusalem

Phone:

072-397-1395

Ages:

Adults

Languages:

English

ABOUT

I am a US-trained clinical psychologist, licensed in both the US and Israel (מומחה). As a psychologist, I “wear two hats” as both a clinician and a researcher, and as such, subscribe to a scientist-practitioner model which means that the therapy I provide is informed by research and is evidence-based so that you receive care that is shown to be effective. I will work to integrate well-researched strategies into an individualized treatment approach that is tailored to your style, needs, and goals and delivered with a non-judgmental and compassionate approach. We will work together to help you develop skills and strategies that will continue to serve you even after you finish therapy and help you progress toward living a life consistent with your values and the things that matter most to you. I work with people coping with a range of life challenges, including: anxiety, depression, trauma, adjustment disorders and others. In addition, I specialize in military-related distress and trauma and am especially interested and passionate about supporting soldiers and veterans to integrate their military experiences in a healthy way that helps them move forward with their lives.

QUALIFICATIONS

Education:

University of Massachusetts

Year of Graduation:

2005

License No. and State:

Licensed in Israel #27-37795
9128 - Massachusetts

Registration in Pinkas Hapsichologim:

27-146007

Mumche category:

Clinical Psychologist

SPECIALTIES

Adjustments, Anxiety / Panic, Depression, Grief, Life Transitions, Phobias, Stress Management, Trauma / Post Traumatic Stress Disorder PTSD

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)
Cognitive Behavioral Therapy (CBT)
Cognitive Processing Therapy



Nancy Schwartz, LMSW

Clinical Social Worker

Office Location:

11 Eilat Street
Jerusalem

Phone:

072-397-1261

Ages:

Adolescents, Adults, Couples, Men, Women,
Geriatric

Languages: English

ABOUT

I've been in practice for over 12 years, and during this time, I've experienced my clients make profound changes in their lives. I'm a licensed therapist that offers guidance by helping individuals navigate and heal from PTSD, trauma, loss, depression, anxiety, and life transitions. I aim to establish a safe, trusting relationship with my clients in a warm and caring environment. My method is an integrative approach which combines many therapeutic modalities to assist my client on a healthier path. I tend to combine a psychodynamic perspective with a trauma sensitive approach. In therapy I work along with my client to create plans and goals that will best serve your needs. Within my practice, it's important for me to be client-centered and believe that you are the expert of your experience. I will work together with you to bring down those defenses, and assist to build effective coping strategies to help you to find your healthiest and most empowered version of self.

To schedule a consultation, feel free to contact me via phone or email. Don't hesitate to be in touch.

QUALIFICATIONS

Education:

New York University

Year of Graduation:

2007

License No. and State:

078054 New York

Registered Social Worker in Israel - 29216

SPECIALTIES

Addictions, Anxiety / Panic, Depression, Eating Disorders, Family Issues, Grief, Mood Disorders, Obsessive Compulsive Disorder (OCD), Self-Esteem, Self-Harm / Suicide, Trauma / Post Traumatic Stress Disorder PTSD, Lone Soldiers suffering from PTSD

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT), Art Therapy, Cognitive Behavioral Therapy (CBT), Expressive Arts Therapy, Interpersonal Psychotherapy (IPT), Mindfulness-Based Cognitive Therapy (MBCT), Person-Centered Therapy (Rogerian Therapy), Relational Psychotherapy, Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)



Rachel Shoot, PsyD

Psychologist

Office Location:

Katamon
Jerusalem

Phone:

072-397-1410

Ages:

Children, Adolescents, Adults, Men, Women,
Geriatric

Languages: English

ABOUT

I am a psychologist specializing in the treatment of trauma. While there are multiple paths to healing and many theories that influence how psychologists help people, I draw upon models that explore unhealthy thought and behavior patterns, examine your role through the lens of broader contexts of family, work and community, as well as modalities that look at how you integrate various perceptions of your sense of self. I practice based on the belief that the desire to create goal-oriented movement, and restore balance in your life, is innate, and that health and wellness lies within healthy, strong and loving relationships, and a sense of belonging and feeling of human connectedness. Through a non-judgmental, trusting, and empathic environment in which I bring warmth and authenticity, we focus on helping you gain a deeper understanding of yourself and your relationships, with the primary goal always being to alleviate your distress. Therapy requires time, effort, and a financial commitment. But, it also requires courage, willingness to be vulnerable, and a desire for growth and change. I applaud you in advance for considering the journey, for allowing yourself the opportunity to live a more meaningful, grounded and secure life, one with greater clarity, awareness, peace, and connectedness both within yourself and in your relationships.

QUALIFICATIONS

Education:

Adler School of Professional Psychology

Year of Graduation:

2009

Registration in Pinkas Hapsichologim:

27-108169

ADDITIONAL CREDENTIALS

MS in Child Development from the Erikson Institute in Chicago, IL. 2005

SPECIALTIES

Anxiety / Panic, Child and/or Adolescent Issues, Depression, Grief, Life Transitions, Mood Disorders, Parenting Issues / Training, Postpartum Depression, Spiritual Concerns, Trauma / Post Traumatic Stress Disorder PTSD

TREATMENT APPROACH

Psychodynamic Therapy



Avraham Weitz, MSC

Couples & Family Therapist

Office Locations:

Keren HaYesod 25, Jerusalem

Har Homa, Jerusalem

Phone:

072-397-1269

Ages:

Adults, Couples, Families, Men, Women

Languages: Hebrew, English

ABOUT

Your ability to rediscover a close, intimate connection and create anew a secure, fulfilling and loving relationship begins here. In our focused, goal oriented work together, you will be equipped with the most up-to-date, proven skills and knowledge, enabling you to take your relationship to the next level through learning a new way of communicating. Couples come out empowered and experience progress relatively quickly because we go beyond talking about the relationship to actually doing it in the here and now. As you each begin to feel more seen, heard and understood, you will be motivated by your ability to transform those places of difference and distance into intimacy and healing. It is a decision to choose to connect, challenging us to summon up courage. From my experience of working with couples faced with challenges and crises, I know that it is achievable. I invite you to contact me and together take that first step.

Additional Services: *Choosing to Connect – Workshop for Couples* who want to take their relationship to the next level.

How can we stay close in the midst of our careers, the "daily grind" and the challenges of parenting? How can we reclaim romance and transform it into real intimacy? In a safe and secure setting, this one evening, interactive workshop will give you the tools, wisdom and inspiration to take your relationship to the next level.

QUALIFICATIONS

Education:

University of North Texas

Year of Graduation:

2012

TREATMENT APPROACH

Attachment-Based Family Therapy (ABFT), Emotion-Focused Therapy, Gottman Method, Imago Relationship Therapy (IRT), Somatic Experiencing (SE), Eclectic, Integrative

SPECIALTIES

Marital Counseling, Dating & Premarriage counseling, Divorce / Custody, Family Issue,

ADDITIONAL CREDENTIALS

Certificate Emotionally Focused Couples Therapy Externship (EFT), 2019

Certificate Somatic Experiencing (SE) Level 1 & 2, 2018

Certificate Gottman Couples Therapy - Level 1, 2017

Certificate in Imago Relationship Therapy, 2017

Certificate in Mental Health & Family Studies, 2015



Dalia Yellin, MSC

Psychotherapist

Office Locations:

Tsoar 3, Nachlaot, Jerusalem

Abba Hillel Silver 3, Ramot A, Jerusalem

Phone:

072-397-1308

Ages:

Adults, Families, Women, Other:LGBT

Languages: Hebrew, English

ABOUT

Dalia Yellin MSc. is a certified psychotherapist and Early Intervention professional. Her practice is based in psychodynamic psychotherapy, family systems, and EMDR, integrated with expressive modalities-utilizing art materials, sand tray and play. She works with adults, children and families. Dalia specializes in trauma, adoption, mood disorders, and LGBTQ (sexual and gender identity). She has served as the Director of Rehabilitation at Keren Or School for the Blind since 2013 and has been working with children with special needs and their families since 2001.

Dalia holds an additional private practice in Vision Rehabilitation and facilitated a support group for parents of visually impaired babies at the Eliya Center from 2008-2013.

QUALIFICATIONS

Education:

University of North Texas

Year of Graduation:

2015

TREATMENT APPROACH

Art Therapy, Existential Psychotherapy, Expressive Arts Therapy, Eye Movement Desensitization and Reprocessing Therapy (EMDR), Family Systems Therapy, Guided Imagery, Holistic Psychotherapy, Internal Family Systems (IFS), Jungian Psychotherapy, Person-Centered Therapy (Rogerian Therapy), Play Therapy, Psychodynamic Therapy, Relational Psychotherapy, Schema Therapy, Somatic Experiencing (SE), Systems Theory / Therapy

SPECIALTIES

Abuse, Anxiety / Panic, Attention Deficit Hyperactivity Disorder (ADHD), Bipolar Disorder, Codependency, Developmental Disorders, Family Issues, Gender Identity Concerns, Life Transitions, Mood Disorders, Sexual Issues, Trauma / Post Traumatic Stress Disorder PTSD, Sexual and Gender Identity. Adoption

ADDITIONAL CREDENTIALS

EMDR Level 1 & 2 - 2019



Lea Abell, MSW

Clinical Social Worker

Office Location:

Mishol Uzrad 18
Jerusalem

Phone:

072-397-1312

Ages:

Adults, Couples, Families, Women

Languages:

Hebrew, English

Specialties: Adjustments, Anxiety / Panic, Depression, Divorce / Custody, Domestic Violence, Family Issues, Infertility, Life Transitions, Parenting Issues / Training, Self-Esteem, Sex Therapy, Sexual Abuse / Rape, Sexual Issues, Stress Management



Debbie Amichai, MSC

Career/Vocational Counselor,
Couples and Family Therapist

Office Locations:

Merkaz Edna, 2 Poale Tzedek - El Halev, Talpiot
Louis Paster 3, Jaffa, Tel Aviv-Jaffa

Phone: 072-397-1420

Ages:

Adults, Couples, Families, Men, Women, Other

Languages: Hebrew, English

Specialties: Abuse, Adjustments, Attention Deficit Hyperactivity Disorder (ADHD), Divorce / Custody, Domestic Violence, Executive / Career / Life Coaching, Family Issues, Parenting Issues / Training, Self-Esteem, Sexual Issues



Chaya Sara Brand, MSW

Clinical Social Worker

Office Location:

1/6 Amatsia
Jerusalem, 993801

Phone:

072-397-1390

Ages:

Adults, Couples, Men, Women

Languages:

English

Specialties: Anxiety / Panic, Codependency, Depression, Family Issues, Grief, Holistic, Infertility, Life Transitions, Self-Esteem, Spiritual Concerns, Stress Management, Trauma / Post Traumatic Stress Disorder PTSD



Sharni Brodesky, MSC

Psychotherapist

Office Locations:

2/19 Sheshet Hayamim, Ramat Eshkol, Jerusalem
Tzondek 30, Ramot, Jerusalem

Phone:

072-397-1436

Ages:

Adolescents, Adults, Women

Languages:

English

Specialties: Adjustments, Anxiety / Panic, Behavioral Issues, Codependency, Developmental Disorders, Family Issues, Life Transitions, Obsessive Compulsive Disorder (OCD), Parenting Issues / Training, Self-Esteem, Sexual Issues, Spiritual Concerns, Stress Management



Daniel Denney, LPC, MEd

Couples and Family Therapist, Licensed Professional Counselor

Office Location:

Haarazim Street 4
Jerusalem

Phone:

072-397-1412

Ages:

Adolescents, Adults, Couples, Families, Men, Geriatric

Languages: English

Specialties: Adjustments, Anger Management, Anxiety / Panic, Behavioral Issues, Bipolar Disorder, Borderline Personality Disorder, Child and/or Adolescent Issues, Codependency, Depression, Divorce / Custody, Family Issues, Grief, Life Transitions, Marital Counseling, Mood Disorders, Obsessive Compulsive Disorder (OCD), Personality Disorders, Phobias, Schizophrenia / Psychosis, Self-Esteem, Spiritual Concerns, Stress Management



Joy Epstein, MSW

Clinical Social Worker, Couples and Family Therapist, Psychotherapist

Office Locations:

Shmuel Hanagid 1, Room 302, Jerusalem
Netzach Yerushalayim, 20A, Efrat

Phone:

072-397-1302

Ages:

Adolescent, Adults, Couples, Families, Men, Women

Languages: Hebrew, English

Specialties: Adjustments, Anxiety / Panic, Attention Deficit Hyperactivity Disorder (ADHD), Cancer / Terminal Illness, Depression, Family Issues, Gender Identity Concerns, Grief, Infertility, Life Transitions, Mood Disorders, Parenting Issues / Training, Postpartum Depression, Self-Esteem, Sexual Issues, Spiritual Concerns, Trauma / Post Traumatic Stress Disorder PTSD



Binyomin Jacobson, CBT Therapist

Mental Health Counselor, Psychotherapist

Office Locations:

Beitar Illit A
Ramat Beit Shemesh

Phone:

072-397-1375

Ages:

Children, Adults, Couples

Languages: Hebrew, English, Yiddish

Specialties: Abuse, Addictions, Anger Management, Anxiety / Panic, Attention Deficit Hyperactivity Disorder (ADHD), Behavioral Issues, Depression, Marital Counseling, Obsessive Compulsive Disorder (OCD), Parenting Issues / Training, Phobias, Trauma / Post Traumatic Stress Disorder PTSD



Dasi Lefkowitz, LMSW

Psychotherapist

Office Location:

Machal 2
Jerusalem

Phone:

072-397-1291

Ages:

Adults, Couples, Families, Women

Languages:

Hebrew, English

Specialties: Abuse, Anxiety / Panic, Child Abuse, Depression, Family Issues, Life Transitions, Marital Counseling, Personality Disorders, Postpartum Depression, Sex Therapy, Sexual Abuse / Rape, Trauma / Post Traumatic Stress Disorder PTSD



Liba Lurie, MA

Psychologist

Office Location:

El Halev
2 Poalei Tzedek, Jerusalem

Phone:

072-397-1299

Ages:

Adults, Couples, Women

Languages:

Hebrew, English

Specialties: Anxiety / Panic, Codependency, Depression, Family Issues, Grief, Mood Disorders, Parenting Issues / Training, Personality Disorders, Postpartum Depression, Self-Esteem, Stress Management



Joshua Mark, MSW, PhD

Clinical Social Worker

Office Location:

Sderot Shai Agnon 18
First Floor
Jerusalem

Phone:

072-397-1326

Ages:

Children, Adolescents, Adults, Couples, Families,
Men, Women, Geriatric

Languages: Hebrew, English

Specialties: Addictions, Anger Management, Anxiety / Panic, Autism Spectrum, Bipolar Disorder, Borderline Personality, Cancer & Terminal Illness, Codependency, Depression, Dissociative Disorders, Domestic Violence, Grief, OCD, Personality Disorders, Postpartum Depression, Psychosomatic Disorders, Schizophrenia / Psychosis, Self-Harm & Suicide, Sexual Violence, Insomnia, Stress Management, Trauma & PTSD



Ahuva Moses, LCSW-R

Social Worker

Office Locations:

Givat Shaul, Jerusalem

Rechavia, Jerusalem

Phone:

072-397-6566

Ages:

Adults, Women

Languages:

English

Specialties: Abuse, Adjustments, Anxiety / Panic, Child and/or Adolescent Issues, Depression, Family Issues, Mood Disorders, Self-Esteem, Stress Management, Trauma / Post Traumatic Stress Disorder PTSD



Ami Silver, MSW

Clinical Social Worker, Psychotherapist

Office Location:

Ibn Shaprut 16B

Jerusalem

Phone:

072-397-1274

Ages:

Adults, Couples, Families, Men, Women,
Young Adults

Languages:

Hebrew, English

Specialties: Anxiety / Panic, Codependency, Depression, Family Issues, Grief, Holistic, Life Transitions, Marital Counseling, Parenting Issues / Training, Sexual Issues, Spiritual Concerns, Trauma / Post Traumatic Stress Disorder PTSD, Intergenerational Trauma



Naomi Sternberg, MS, LCMFT

Couples and Family Therapist

Office Locations:

Rechov Sheshet Hayamim 2/19
Ramat Eshkol, Jerusalem

Nachal Shimshon 13/8
Ramat Beit Shemesh

Phone:

072-397-1317

Ages: Adults, Couples, Families, Men, Women

Languages: English

Specialties: Adjustments, Behavioral Issues, Codependency, Family Issues, Grief, Life Transitions, Marital Counseling, Parenting Issues / Training, Self-Esteem, Spiritual Concerns, Stress Management, pre marital counseling



Ta'ir Wasserman, MFC

Mental Health Counselor, Sex Therapist

Office Locations:

Hayasmin 3, Petach Tikvah
Bet Hadfus 30, Jerusalem

Phone:

072-397-1251

Ages:

Children, Adolescents, Adults, Couples, Families,
Men, Women

Languages: Hebrew, English

Specialties: Depression, Gender Identity Concerns, Marital Counseling, Self-Esteem, Sex Therapy, Sexual Abuse / Rape, Sexual Issues, Spiritual Concerns



Daniel Winston, MFT

Couples and Family Therapist

Office Location:

Kosovsky
Kiryat Moshe
Jerusalem

Phone:

072-397-6503

Ages:

Adults, Couples, Men

Languages:

Hebrew, English

Specialties: Behavioral Issues, Codependency, Divorce / Custody, Marital Counseling, Sex Therapy, Sexual Issues



Aviva Zahavi-Asa, MSW, LCSW

Clinical Social Worker,
Couples and Family Therapist

Office Locations:

5 Gezer Street, Jerusalem
32 Migdal Eder, Efrat

Phone: 072-397-1383

Ages:

Children, Adolescents, Adults, Couples, Families,
Men, Women, Geriatric

Languages: Hebrew, English

Specialties: Attention Deficit Hyperactivity Disorder (ADHD), Child Abuse, Child and/or Adolescent Issues, Divorce / Custody, Domestic Violence, Family Issues, Learning Disabilities, Marital Counseling, Parenting Issues / Training, Sexual Abuse / Rape, Sexual Issues, Trauma / Post Traumatic Stress Disorder PTSD

Adelstein, Ayallah, MSW	Clinical Social Worker	Jerusalem	072-397-1301
Almougy, Sharon, MA	Life Coach, Mental Health Counselor, Existential Psychotherapist	Jerusalem	072-397-1401
Bauer, Neal, PsyD	Psychologist	Jerusalem	072-397-6529
Cassell, Chanita, MSW	Clinical Social Worker	Jerusalem	072-397-1416
Cohen, Courtney, MSW	Clinical Social Worker	Jerusalem	072-397-1244
Danto, Jeni, MSW (see profile pg.15)	Psychotherapist	Jerusalem	072-397-1403
Eisen, Ethan, PhD	Clinical Psychologist	Jerusalem	072-397-1392
Feld, Charlotte, MA, PhD	Clinical Psychologist	Jerusalem	072-397-1325
Flax, Esther, CASAP	Licensed Alcohol/Drug Abuse Counselor	Beitar Illit, Jerusalem	072-397-1316
Friedman, Ian, MA	Clinical Psychologist	Jerusalem	072-397-1294
Fruchter, Bilha, MSW	Clinical Social Worker, Psychotherapist	Jerusalem	072-397-1343
Fruchter, Shulamit, MSW	Social Worker	Jerusalem	072-397-6505
Fund, Daniel, MSC, L.L.B. (see profile pg.88)	Psychotherapist	Jerusalem	072-397-1405
Hacohen, Caroline, PsyD, MA	School Psychologist	Jerusalem	072-397-1334
Hait, Tzipora, MSW	Clinical Social Worker	Jerusalem, Tsur Hadassa	072-397-1344
Halevi, Sara, MA	Cognitive Behavioral Therapist	Jerusalem	072-397-1337
Hazanov, Valery, PhD	Clinical Psychologist	Jerusalem	072-397-1340
Horwitz, Avi, PsyD	Clinical Psychologist	Jerusalem	072-397-6550

86 Therapists - Jerusalem & Surrounding

Kainan, Lisa, PhD	Psychoeducational Consultant	Jerusalem	072-397-6493
Kalmanowitz, Shifra, MA	School Psychologist, Psychotherapist	Jerusalem	072-397-1397
Kaminetsky, Rachel, Dip. Psychotherapy	Therapeutic Counsellor	Jerusalem	072-397-6519
Klein, Motti, MA, PsyD (see profile pg.12)	Child/Adolescent Psychologist	Jerusalem	072-397-1425
Lawrence, Lisa, MA	Couples and Family Therapist	Jerusalem	072-397-1361
Lederer, Chava, MSC	Individual, Marital, and Family Therapist	Jerusalem	072-397-1358
Lessin, Dovid, MA	Couples and Family Therapist, Mental Health Counselor	Jerusalem	072-397-1306
Levin, Judith, PsyD	Clinical Psychologist	Jerusalem	072-397-1257
Lewis, Susan, MSW, PhD	Couples and Family Therapist, Social Worker	Jerusalem	072-397-1295
Meltzer, Mordechai, CASAP	Certified Alcohol and Drug Abuse Counselor, Mental Health Counselor	Jerusalem	072-397-1280
Nelson, Zalman, MSW	Clinical Social Worker	Jerusalem	072-397-6514
Oppenheimer, Susan, MSW	Clinical Social Worker	Jerusalem	072-397-6496
Penkower, Ariel, PsyD (see profile pg.40)	Clinical Psychologist	Jerusalem	072-397-1432
Popovitz, Yannah, MA	Expressive Arts Therapist	Jerusalem	072-397-1241
Port, David, MA	Psychologist	Jerusalem	072-397-1388
Prenzlau, Sheryl, MSW	Clinical Social Worker	Jerusalem	072-397-1363
Rose, Michael, MA	Mental Health Counselor, Psychotherapist	Jerusalem	072-397-6507

Ruderman, Yehuda, MA	Expressive Arts Therapist	Jerusalem	072-397-1440
Schlager, Shamsy, PsyD (see profile pg.90)	Clinical Psychologist	Jerusalem	072-397-1369
Shapiro, Rochelle, LMFT	Couples and Family Therapist	Jerusalem	072-397-1414
Silverberg, Ruth, MA	Mental Health Counselor	Jerusalem	072-397-6526
Simon, Anna, MSW	Clinical Social Worker	Jerusalem	072-397-6565
Ugowitz, Yaakov Jonathan, LMHC, MA, PhD	Psychologist, Mental Health Counselor	Jerusalem	072-397-1329
Wajnryt, Elisabeth, PsyD (see profile pg.16)	Psychologist	Jerusalem	072-397-1429
Wald, Avraham, MFC, CASAP (see profile pg.13)	Certified Alcohol and Drug Abuse Counselor, Mental Health Counselor	Kiryat Yearim, Jerusalem	072-397-1415
Wallach, Joseph, PhD (see profile pg.89)	Clinical Psychologist	Jerusalem	072-397-1270
Weinstein, Atara, MSW	Psychotherapist	Jerusalem	072-397-1374
Weinstein, Lynne, MSW	Clinical Social Worker	Jerusalem	072-397-6532
Weisz, Abby, MA, MSW	Sex Therapist	Jerusalem	072-397-1353
Wiesen, Shira, PhD (see profile pg.40)	Psychologist	Jerusalem	072-397-1313
Wiesenthal-Shimron, Frayda, MEd, MMFT	Couples and Family Therapist, Psychotherapist	Jerusalem	072-397-1377
Wisebrod, Ahuva, MSW	Clinical Social Worker	Jerusalem	072-397-1417
Wolfe, Simcha Dov, LCSW, MSW (see profile pg.36)	Clinical Social Worker, Sex Therapist	Jerusalem	072-397-1376
Zeiger, Robin B., PhD (see profile pg.30)	Clinical Psychologist, Jungian Analyst, Sandplay Therapist	Jerusalem	072-397-1411



Daniel Fund, MSC, L.L.B.

Psychotherapist

Office Locations:

Modiin (Mevo Horon)
60 Hertzl Blvd.
Jerusalem

Phone:

072-397-1405

Ages:

Adults, Couples, Men

Languages: Hebrew, English

ABOUT

Need to speak with someone about 'men's issues'?

Daniel Fund specializes in: – Addiction – Abuse – Depression & Anxiety – Marital conflict

I've seen many men and couples who carried these heavy burdens for years while suffering enormous pain. Through our collaborative work, many of them gained deep insights and were able to make real and lasting positive change. You can too. The treatment takes place in an empathic, safe and confidential atmosphere.

Call now for an initial free phone consultation and take your first step to a life filled with satisfaction and meaning!

Daniel Fund received a M.Sc. from UNT university; completed post-graduate internships at the "Family Institute" in Jerusalem in individual and couples therapy. Daniel has extensive experience working individually with men as well as with couples. Daniel maintains a private practice and also holds the position of a staff therapist at the Family Institute in Jerusalem. Previously a divorce lawyer, guiding many clients through divorce proceedings; graduate of two bachelor's degrees, in law and in education.

QUALIFICATIONS

Education:

University of North Texas

Year of Graduation:

2014

ADDITIONAL CREDENTIALS

Licensed Attorney

Specialized training in Couples Therapy

Gottman method of Couples Therapy - Level 1

Emotionally Focused Couples Therapy training - Level 1

Post Graduate Training as Family Systems Psychotherapist

SPECIALTIES

Abuse, Addictions, Adjustments, Anxiety / Panic, Depression, Divorce/Custody, Executive / Career / Life Coaching, Family Issues, Marital Counseling, Sexual Abuse / Rape

TREATMENT APPROACH

Emotion-Focused Therapy

Family Systems Therapy



Joseph Wallach, PhD

Clinical Psychologist

Office Locations:

43 Yigal Yadin

Ground level

between Remax and the law office of אמי יחיני
Modiin

18 HaPalmach, Apartment 6

Jerusalem

Phone: 072-397-1270

Ages: Adults, Men, Women, Geriatric

Languages: Hebrew, English

ABOUT

I am a licensed clinical psychologist. I earned my doctorate from the Illinois Institute of Technology, Institute of Psychology. I provide individual treatment with children, adolescents, young adults, adults, and the elderly. I am committed to helping people improve themselves and focus to provide goal-oriented therapy, with the ultimate result being patients who experience continued forward momentum after they leave therapy. I am committed to providing services that are high quality, empathic, and evidence-based. My approach is focused on the individual, collaborative in nature, and is grounded in Cognitive Behavioral Therapy (CBT), client-centered psychotherapy, and EMDR. I integrate other techniques into treatment as needed, particularly relaxation, mindfulness, and biofeedback.

QUALIFICATIONS

Education:

Illinois Institute of Technology

Year of Graduation:

2008

Licensed in Israel:

27-35631

Registration in Pinkas Hapsichologim:

27-138252

Mumche category:

Clinical Psychologist

SPECIALTIES

Adjustments, Anxiety / Panic, Cancer / Terminal Illness, Depression, Life Transitions, Mood Disorders, Phobias, Psychosomatic Disorders, Spiritual Concerns, Stress Management, Trauma / Post Traumatic Stress Disorder PTSD,

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT), Eye Movement Desensitization and Reprocessing Therapy (EMDR), Person-Centered Therapy (Rogerian Therapy), Solution-Focused Brief Therapy (SFBT), Collaborative, Supportive, Insight Focused, Biofeedback, Relaxation, Psychoeducational



Hazel Kassel Brief, MSW, PCC

ADHD Coach

Office Locations:

27 Nachal Tsofar, Modiin

Online - throughout Israel

Phone:

072-397-1287

Ages:

Adults, Couples, Families, Women, Geriatric

Languages: Hebrew, English

Specialties: Anger Management, Anxiety / Panic, Attention Deficit Hyperactivity Disorder (ADHD), Behavioral Issues, Depression, Executive / Career / Life Coaching, Family Issues, Holistic, Learning Disabilities, Life Transitions, Parenting Issues / Training, Psychosomatic Disorders, Self-Esteem, Sleep / Insomnia, Stress Management



Shamsy Schlager, PsyD

Clinical Psychologist

Office Locations:

48 Nachal Zohar, Modiin

5 Gezer, Jerusalem

Phone:

072-397-1369

Ages:

Adolescents, Adults, Couples, Men, Women

Languages:

Hebrew, English

Specialties: Adjustments, Anxiety / Panic, Behavioral Issues, Borderline Personality Disorder, Depression, Family Issues, Mood Disorders, Obsessive Compulsive Disorder (OCD), Parenting Issues / Training, Phobias, Self-Harm / Suicide, Trauma / Post Traumatic Stress Disorder PTSD



Karen Schochet, PsyD

Clinical Psychologist,
Child/Adolescent Psychologist

Office Location:

Emek Hahula 93/9
Modiin

Phone:

072-397-6531

Ages:

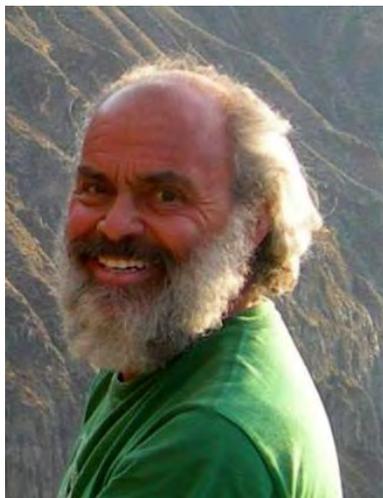
Children, Adults

Languages:

Hebrew, English

Specialties: Adjustments, Anxiety / Panic, Borderline Personality Disorder, Child and/or Adolescent Issues, Depression, Family Issues, Gender Identity Concerns, Grief, Life Transitions, Parenting Issues / Training, Personality Disorders, Sexual Abuse / Rape

Almougy, Sharon, MA	Life Coach, Mental Health Counselor, Existential Psychotherapist	Modiin	072-397-1401
Cohen, Courtney, MSW	Clinical Social Worker	Modiin	072-397-1244
Edelman, Mindy, MA, ATR (see profile pg.47)	Expressive Arts Therapist	Hashmonaim	072-397-1254
Feld, Charlotte, MA, PhD	Clinical Psychologist	Modiin	072-397-1325
Gamss, Esther, MA, MSW	Clinical Social Worker, Couples & Family Therapist	Hashmonaim	072-397-1384
Heuberger, Chaya, LMSW	Couples and Family Therapist, Social Worker	Modiin	072-397-1297
Jacobs, Batya, BSW , BSW	Licensed Professional Counselor	Matityahu	072-397-6562
Rauch, Deby Mandelbaum, PhD	Clinical Psychologist	Modiin	072-397-1242
Roth, Michael, PsyD	School Psychologist	Modiin	072-397-1352
Schondorf, Raphael, MSC (see profile pg.71)	Psychotherapist	Modiin Illit	072-397-1243
Sterman, Danielle, MSW	Clinical Social Worker	Modiin	072-397-1259
Wisbrod, Ahuva, MSW	Clinical Social Worker	Modiin	072-397-1417



Robert Newman, MSW, LCSW, MBA

Couples and Family Therapist

Office Locations:

Korchak 1, Tzfat

Gush Chalav 17, Pardes Chana

Zichron Yaakov

Phone:

072-397-6584

Ages:

Adults, Couples, Families, Men, Women

Languages: English

ABOUT

I use approaches customized for each client. My diverse background allows me to see each person as a unique individual without labels and traditional diagnosis. I design customized learning and therapy programs for each person's needs. I work extensively with the masculine and feminine energies within us and between us, providing practical tools to first honor then release old patterns that no longer serve us. My philosophy is summarized in what I call the Soul Directed Life, an approach that reveals, inspires and supports personal, professional, relational and spiritual growth allowing the authentic self to give its highest gift to the world.

My work with couples helps transform a relationship into a Thriving-level relationship, including specific communication and sexual practices that puts each partner in service to the other at the highest levels of mutual support, understanding and love.

QUALIFICATIONS

Education:

University of Michigan

Year of Graduation:

1970

License No. and State:

980012/Colorado (not active)

ADDITIONAL CREDENTIALS

MBA 1991

CME in Phobia and Anxiety Treatment

SPECIALTIES

Adjustments, Anxiety / Panic, Depression, Divorce / Custody, Executive / Career / Life Coaching, Family Issues, Gender Identity Concerns, Marital Counseling, Parenting Issues / Training, Phobias, Postpartum Depression, Sexual Issues, Spiritual Concerns

TREATMENT APPROACH

Behaviorism, Family Systems Therapy, Eclectic, Kabbalistic, Spiritual, Meditation, Breathwork, Conscious Coupledness, Soul Directed Life, Thriving Couples



Leora Schefres, PhD

Clinical Psychologist

Office Location:

Emuna 11
Haifa

Phone:

072-397-1282

Ages:

Children, Adolescents, Adults, Men, Women,
Geriatric

Languages: Hebrew, English

ABOUT

Leora Schefres, Ph.D. is a Licensed Clinical psychologist, both in the U.S. and Israel. She is fluent in both Hebrew and English and has been in practice for over a decade. Her approach is collaborative, flexible, well thought out, and empowering. She has an abundance of experience treating and assessing a variety of populations with varied symptoms. She has worked in both inpatient and outpatient psychiatric and general hospital settings, conducted research as well as lectured on a variety of psychological topics.

QUALIFICATIONS

Education:

Alliant International University

Year of Graduation:

2005

License No. and State:

psy21789 - California

Licensed in Israel:

27-32608

Registration in Pinkas Hapsichologim:

27-113063

Mumche category:

Clinical Psychologist

SPECIALTIES

Anxiety / Panic, Attention Deficit Hyperactivity Disorder (ADHD), Behavioral Issues, Cancer /Terminal Illness, Depression, Grief, Life Transitions, Phobias, Self-Esteem, Sleep/Insomnia, Spiritual Concerns, Stress Management

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT),
Integrative

ADDITIONAL CREDENTIALS

Licensed in Hypnosis, Israel 36460, 2018



Simone Tabib, PhD

Expressive Arts Therapist

Office Location:

43 Hadar Street
Caesarea

Phone:

072-397-6538

Ages:

Children, Adults

Languages:

Hebrew, English

ABOUT

I am a native New Yorker, who has been living in Israel for over 34 years. My clinical practice includes extensive work with children, teens, and adults who suffer from various sources of emotional and psychological distress, post-trauma, personal, family and mid-life crisis, as well as guiding those who are spiritual seekers on the deep path of growth, healing, letting go, and transformation. As a professional therapist, I am highly trained and experienced in the clinical application of both individual and group psychodrama & expressive arts therapies. I integrate art-based methods in a soulful holistic psycho-spiritual and body/mind approach to psychotherapy and well-being. I have worked with a wide range of distressed populations in various public and private settings that include; seeing patients and graduate students in my private clinic, as well as working through Social Welfare, Community & School-Based Projects, and Higher Education systems here in Israel.

QUALIFICATIONS

Education:

Lesley University

Year of Graduation:

2017

SPECIALTIES

Academic, Adjustments, Child and/or Adolescent Issues, Codependency, Family Issues, Grief, Holistic, Life Transitions, Psychosomatic Disorders, Self-Esteem, Spiritual Concerns, Trauma / Post Traumatic Stress Disorder PTSD

TREATMENT APPROACH

Body-Mind Psychotherapy
Drama Therapy
Expressive Arts Therapy
Psychodrama

Pnina Blitz, MSW

Clinical Social Worker



Office Location:

2 Lilach Street
Kiryat Bialik

Phone:

072-397-1428

Ages:

Children, Adolescents, Adults, Couples, Families,
Men, Women, Geriatric

Languages:

Hebrew, English

Specialties: Adjustments, Anxiety/Panic, Behavioral Issues, Conduct Disorder, Depression, Divorce / Custody, Family Issues, Grief, Life Transitions, Parenting Issues / Training, Psychological Assessment, Psychosomatic Disorders, Self-Esteem, Sexual Issues, Stress Management, Trauma/Post Traumatic Stress Disorder PTSD

Jonathan Levin, LMSW

Psychotherapist



Office Locations:

Klil, Western Galilee
Online - Throughout Israel

Phone:

072-397-1360

Ages:

Adults, Men, Women, Geriatric

Languages:

English

Specialties: Anxiety/Panic, Attention Deficit Hyperactivity Disorder (ADHD), Autism Spectrum, Bipolar Disorder, Child and/or Adolescent Issues, Depression, Developmental Disorders, Mood Disorders, Parenting Issues/Training, Personality Disorders, Self-Esteem, Stress Management



Linda Pourrabbani, LMSW

Social Worker

Office Location:

Sderot Moriya 1
Haifa

Phone:

072-397-1309

Ages:

Children, Adolescence, Adults

Languages: English

Specialties: Addictions, Adjustments, Anxiety / Panic, Behavioral Issues, Child and/or Adolescent Issues, Codependency, Depression, Drug Abuse, Family Issues, Self-Esteem, Sexual Abuse / Rape, Trauma / Post Traumatic Stress Disorder PTSD

Belitsky, Susan, MEd, MSW, CAGS	Clinical Social Worker, Expressive Arts Therapist	Haifa and surrounding areas	072-397-1327
Braun, Ely (Eliahu), MSC, C. Med, RP	Psychotherapist	Afula, online throughout Israel	072-397-1430
Edelman, Piera, MSW	Clinical Social Worker	Mitzpe Netofa, Lower Galilee	072-397-1240
Hirschman, Reuven (Robert), PhD	Psychotherapist	Tzfat	072-397-1275
Klempner, Binyamin, MSW	Social Worker	Tiberias	072-397-6501
Nelson, Zalman, MSW	Clinical Social Worker	Tzfat	072-397-6514



Alyson Aviv, PhD, ABPdN

Clinical Psychologist, Neuropsychologist

Office Location:

Rambam 49
Raanana

Phone:

072-397-1303

Ages:

Children, Adults, Couples, Families, Men, Women

Languages: Hebrew, English

ABOUT

I am a bilingual licensed clinical psychologist and the only US board certified, pediatric neuropsychologist in Israel and the first non-US resident elected to the American Board of Pediatric Neuropsychology.

I have extensive experience in accurate diagnosis of ADHD, learning difficulties, dyslexia, autism spectrum, developmental, behavioral and emotional disorders, adjustment/aliyah difficulties, and marital/family issues. I strongly believe that in order to provide a personalized treatment plan, accurate assessment is a crucial first step. Using a thorough holistic assessment approach, and the latest up-to-date international tests, I determine the sources of difficulties, and then provide resources for overcoming them. I am the only Israeli provider of COGMED, an evidence based international cognitive therapy program to treat working memory difficulties, a common weakness in individuals diagnosed with ADHD. I have much experience providing documentation for international testing accommodations for standardized exams (e.g. SAT).

I have published papers, given workshops, lectures, and presentations internationally and locally, and consult regularly with educational institutions. I look forward to working with you, clarifying the source of difficulties, identifying strengths, and helping to determine a path forward for future happiness and success.

QUALIFICATIONS

Education:

University of Connecticut

Year of Graduation:

1996

Licensed in Israel:

27-3595

Mumche category:

Clinical Psychologist

ADDITIONAL CREDENTIALS

Board Certified in Pediatric Neuropsychology (ABPdN)

SPECIALTIES

Academic, Anxiety / Panic, Attention Deficit Hyperactivity Disorder (ADHD), Autism Spectrum, Behavioral Issues, Depression, Developmental Disorders, Family Issues, Learning Disabilities, Parenting Issues / Training, Psychoeducational Testing, Psychological Assessment, Stress Management, Vocational Counseling

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT), Family Systems Therapy, Interpersonal Psychotherapy (IPT), Solution-Focused Brief Therapy (SFBT), Solution Focused, Eclectic



Daniel Baum, MSW

Clinical Social Worker

Office Locations:

52 Carmel St., Zur-Yigal

3 Jabotinski, Raanana

10 Kehilat Venezia, Tel-Aviv

Phone:

072-397-1373

Ages:

Adults, Families, Men, Women

Languages: Hebrew, English

ABOUT

My specialty is treating people, both men and women that have addictions to; alcohol, drugs, gambling, sex, compulsive shopping, internet addiction and addiction to work, "workaholics". As a psychotherapist, I have successfully treated hundreds of motivated addicts that have been addicted to many substances or destructive behaviors. Together, we will treat your addiction and give you and your family a second chance.

Additionally, I also treat people who are suffering from other emotional or psychological problems that are interfering with their personal, family or work lives. I have successfully treated clients who are experiencing: anxiety, depression, personality and adjustment disorders, borderline personality disorder, obsessive compulsive disorder.

I utilize a very effective treatment process called **Bioenergetic Analysis**. Bioenergetic Analysis is a psychotherapeutic treatment process that uses the mind and the body to heal itself.

At my clinic, "Growing Change", I believe that with my encouragement, your motivation and a focused treatment plan, the promise of bringing positive changes into your life can be achieved.

QUALIFICATIONS

Education:

University of Pittsburgh

Year of Graduation:

1985

Licensed in Israel:

Registered Social Worker in Israel - 29218

SPECIALTIES

Abuse, Addictions, Alcohol Abuse, Anxiety / Panic, Borderline Personality Disorder, Codependency, Depression, Drug Abuse, Eating Disorders, Obsessive Compulsive Disorder (OCD), Personality Disorders, Self-Esteem

TREATMENT APPROACH

Bioenergetic Analysis, Psychoanalysis, Psychodynamic Therapy, Systems Theory / Therapy



Sara Jacobovici, MCAT

Creative Arts Psychotherapist

Office Location:

Ra'anana
Hod HaSharon

Phone:

072-397-1330

Ages:

Adults, Couples, Families, Men, Women, Geriatric

Languages:

English, Romanian

ABOUT

Sara Jacobovici Owner Creative Arts Therapies Services*

I ENABLE my clients to realize that who we are is based on three branches of our being: we are SENSORY BEINGS, CONSCIOUS BEINGS and CREATIVE BEINGS. And our innate language with which we communicate who we are is the non-verbal and verbal language of metaphor. I CALL METAPHOR OUR LANGUAGE OF CREATIVE THINKING.

I am a SOLUTIONS PROVIDER. I enable you to arrive at your own solutions through the use of your first language, creativity.

SERVICES I AM CURRENTLY OFFERING INCLUDE: Short-term focused therapy for individuals, couples or families. I am a trauma specialist, do grief counselling, and all issues related to Aliyah.

* I am proud to announce that my business, Creative Arts Therapies Services has been registered with the Ministry of Defense. Please email me if you are interested in finding out more. sara@creativeintegrator.com

QUALIFICATIONS

Education:

Hahnemann University

Year of Graduation:

1985

TREATMENT APPROACH

Expressive Arts Therapy, Person-Centered Therapy (Rogerian Therapy), Developmental, Non-verbal, Sensory Based, Humanistic

SPECIALTIES

Abuse, Addictions, Adjustments, Anxiety / Panic, Autism Spectrum, Bipolar Disorder, Borderline Personality Disorder, Depression, Developmental Disorders, Dissociative Disorders, Eating Disorders, Family Issues, Gender Identity Concerns, Grief, Life Transitions, Mood Disorders, Obsessive Compulsive Disorder (OCD), Personality Disorders, Trauma / Post Traumatic Stress Disorder PTSD



Orli Jacobs, MA

Mental Health Counselor,
Expressive Arts Therapist

Office Location:

Givat Chen
Ra'anana

Phone:

072-397-1357

Ages:

Children, Adolescents

Languages: Hebrew, English

ABOUT

I'm a bilingual Expressive Arts Therapist, Mental Health Counselor, and Dyadic Therapist in private clinical practice in Ra'anana. I work with children in a medium that allows me to reach their inner worlds through music, movement, art, drama, storytelling, and play. Together we work through emotional barriers in order to reach each child's unique potential. In addition, I work as a therapist in the Ra'anana educational system counseling children with a variety of learning disabilities, anxiety disorders, and a full range of emotional issues.

My approach as a therapist is collaborative, providing a voice for the child, as well as empowering the parents to advocate vis-a-vis the Israeli school system for the needs of their child. It is my aim to provide the children in my clinic with a safe therapeutic environment in which to strengthen and grow, bridging our work in the safety of the clinic with the practical realities of the outside world.

QUALIFICATIONS

Education:

Lesley University

Year of Graduation:

2012

SPECIALTIES

Adjustments, Anxiety / Panic, Attention Deficit Hyperactivity Disorder (ADHD), Autism Spectrum, Behavioral Issues, Developmental Disorders, Learning Disabilities, Life Transitions, Parenting Issues / Training, Psychosomatic Disorders, Self-Esteem

TREATMENT APPROACH

Expressive Arts Therapy Dyadic Therapy
Psychodynamic Approach Intersubjective
Approach Parental Guidance/PsychoEducation



Aviva Luden, MSW

Clinical Social Worker

Office Location:

Hahagana 6
Raanana

Phone:

072-397-1351

Ages:

Adolescents, Adults, Men, Women

Languages: Hebrew, English

ABOUT

Life is not easy. We have responsibilities, goals, and challenges. Each of these generate within us thoughts, feelings and sensation, many of which are positive and some that are painful.

We expend much energy trying to keep painful thoughts, feelings, and sensations out of our awareness. But this energy can be the source of adverse symptoms. Paradoxically, by being exquisitely present to thoughts, feelings and sensations, we heal past traumas, change deep-rooted patterns, disarm defenses and build resilience. This is where I step in to work with clients.

As an olah, I understand the challenges of transition. I had these challenges in mind as I received my professional life coach certification through the prestigious Coaches Training Institute. I then worked with people who were navigating the challenges of their own transitions. A year later I continued with studies in trauma work, training with Gina Ross, one of the senior educators in the Somatic Experiencing (SE) world and founder of the International Trauma-Healing Institute in Israel. Following certification as an SE Practitioner, I served the Institute as Director of Emotional First Aid Training. SE's mind/body approach to healing trauma enabled me to successfully help people suffering from anxiety, phobias, chronic pain, and depression. While continuing to build my practice, I earned a Master's degree in Social Work. My counseling practice is driven by weaving together these three modalities.

My approach to healing is gentle yet powerful, and allows my clients to embrace and work with their pain and suffering. As we build new awareness, we break detrimental patterns of thought and behavior, and ultimately move toward a life of productivity, meaning, aliveness...and ease.

QUALIFICATIONS

Education:

Yeshiva University, 2015

License No. and State:

Registered Social Worker in Israel - 32792

ADDITIONAL CREDENTIALS

Somatic Experiencing Practitioner - 2014

Life Coach - 2010

SPECIALTIES

Anxiety / Panic, Depression, Grief, Life Transitions, Phobias, Trauma / Post Traumatic Stress Disorder PTSD, Postpartum Depression, Sexual Abuse / Rape, Stress Management

TREATMENT APPROACH

Psychodynamic, Somatic Experiencing (SE)



Batya L. Ludman, PsyD, F.T.

Clinical Psychologist

Office Location:

Mivtza Kadesh 13/9
Ra'anana

Phone:

072-397-1246

Ages:

Children, Adolescents, Adults, Couples, Families,
Geriatric

Languages:

English

ABOUT

As a licensed clinical psychologist in private practice in Ra'anana with 36 years of therapy and counseling experience, I've served the English speaking Israeli community for 20+ years. I've held faculty appointments in the Mount Sinai School of Medicine, CUNY and Dalhousie University and served on both the provincial psychological association and licensing board. I'm currently on Hatzalah's Psychotrauma and Crisis Response Unit. I am published extensively in both the professional and lay literature, have written the psychology column for the Jerusalem Post since 2000, and authored the book, *Life's Journey: Exploring Relationships, Resolving Conflicts*. I work with children, adolescents, adults, couples, and families, providing assessment, consultation, and psychotherapy (including short term solution focused and cognitive behavior therapy [CBT], EMDR and SE), I specialize in bereavement/grief and loss, trauma, stress, anxiety, depression, adjustment issues, communication/relationship/sexual issues, as well as parenting issues and behavior problems, among others. Details at: www.drbatyaludman.com, including my treatment approach, services provided and recent publications.

QUALIFICATIONS

Education:

Ferkauf Graduate School of Yeshiva University

Year of Graduation:

1984

Licensed in Israel:

6360

Mumche category:

Clinical Psychologist

ADDITIONAL CREDENTIALS

Certificate of Completion, Advanced Somatic Experiencing Professional Training 2012

Certification as Fellow in Thanatology: Death, Dying and Bereavement(FT), ADEC 2005

Certification as Specialist in Clinical Psychology, Council of Psychologists, Ministry of Health, 2000

SPECIALTIES

Anxiety / Panic, Behavioral Issues, Cancer / Terminal Illness, Depression, Family Issues, Grief, Infertility, Life Transitions, Marital Therapy, Parenting Issues / Training, Sexual Issues, Stress Management, Trauma / PTSD

TREATMENT APPROACH

CBT, EMDR, Gottman Method, Guided Imagery, Imago Therapy, Play Therapy, R.E.B.T., Solution Focused Brief Therapy, Somatic Experiencing (SE), Sex Therapy



Galit Naor Raz, PhD, LICSW

Clinical Social Worker

Office Location:

Habroshim 19A
Ramot Hashavim (near Ra'anana and Hod Hasharon)

Phone:

072-397-1349

Ages:

Children, Adolescents, Adults

Languages:

Hebrew, English

ABOUT

I am a bilingual therapist, working both in Hebrew and in English. My passion lies in helping people cope with life's challenges, as well as helping them cultivate rewarding lives. I work with adolescents, adults, and older adults.

My unique approach to therapy combines my background as a brain researcher specializing in perception, cognition, and memory with my clinical training in social work. I earned my MS and PhD in Psychology from Brown University and Master's in Social Work (MSW) from Rhode Island College. My clinical experience and training includes working in a variety of settings, such as family service agencies, crisis intervention centers, and hospitals in the US. I treat a wide variety of disorders, including depression, anxiety, trauma, grief, eating disorders, obsessive-compulsive disorder, and others. I have extensive experience in treating eating disorders.

Aside from seeing clients in my private practice, I currently work as a staff counselor at Tel Aviv University's counseling center, providing therapy to international students, as well as training clinical psychology interns. My practice is grounded in the belief that we are all capable of creating change in our lives and that it is often the challenges that remind us of our inner strengths.

QUALIFICATIONS

Education:

Brown University, Rhode Island College

Year of Graduation:

2001; 2013

License No. and State:

Registered Social Worker in Israel - 32735
CSW01653 Rhode Island, US

SPECIALTIES

Academic, Adjustments, Anxiety / Panic, Depression, Eating Disorders, Grief, Life Transitions, Self-Esteem, Stress Management

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)
Cognitive Behavioral Therapy (CBT)
Psychodynamic Therapy
Mindfulness



Jackie D. Schiff, PsyD

Psychologist

Office Location:

Shvil Hazahav 4
Raanana

Phone:

072-397-1371

Ages:

Children, Adolescents, Adults, Men, Women

Languages:

English

ABOUT

I am an American trained Psychologist with over 25 years of experience and am licensed in the USA and UK as a Clinical Psychologist. I received a post-graduate certificate with Dr. Gerald Epstein in Mind-Body-Soul Integrative therapy and am now based in Raanana. Having lived in 3 countries I understand what it is like to adjust to change and enjoy working with Olim. I offer a Holistic multifaceted approach using a broad and deep range of modalities from timeless ancient wisdom, with their roots in the Torah, to the latest in modern psychology and the neuroplasticity of the brain. I specialize in anxiety, depression, life transitions, feeling stuck, blocked creativity, inner child work, women's issues, physical illness, and finding meaning, connection and direction in life.

Often the mind can make us sick, the good news is, the mind can also help us heal. It goes both ways. In sessions, you will learn powerful new skills to feel more centered and grow your intuition so you can access your own natural internal resources to stand strong, reignite creativity and face the demands of your day with purpose and confidence.

To learn more, visit my website www.DrJackieSchiff.com.

QUALIFICATIONS

Education:

Yeshiva University, Ferkauf Graduate School of Psychology

Year of Graduation:

1992

Registration in Pinkas Hapsichologim:

27-147570

ADDITIONAL CREDENTIALS

Graduate of the American Institute of Mental Imagery, NY 2014

SPECIALTIES

Adjustments, Anxiety / Panic, Depression, Family Issues, Holistic, Infertility, Life Transitions, Parenting Issues / Training, Phobias, Self-Esteem, Sleep / Insomnia, Spiritual Concerns, Stress Management

TREATMENT APPROACH

Dreamwork, Psychodynamic Therapy, Parent guidance, Waking Dream Therapy, Positive Psychology



Ceri Tuchband, MSC

Cognitive Behavioural Therapist

Office Location:

5 Hanofar Street
Raanana

Phone:

072-397-1366

Ages:

Adults, Men, Women

Languages: English

ABOUT

Originally from England, I made Aliyah in 2011 with my husband to begin a new chapter of my life. I am a certified CBT therapist with a private practice in Raanana and Tel Aviv.

There are times when everyone feels stressed, anxious and unable to cope. Generally these difficult times pass. Sometimes these feelings do not go away and it gets harder and harder to cope. Talking about these problems can help. Using CBT, I help people learn new ways of understanding and coping with difficult situations in all areas of their life. Making positive changes can lead to a happier, healthier, more meaningful life.

I understand the challenges that moving to a new country can bring, in particular without the support system that our home country so often provides. By combining my own personal experiences with my professional background I am able to provide a highly successful and comprehensive therapeutic service.

If you think I can help, please do not hesitate to contact me.

QUALIFICATIONS

Education:

MSc - King's College London & Post Graduate
Diplomat in CBT - Middlesex University

Year of Graduation:

2011

ADDITIONAL CREDENTIALS

Certificate in Cognitive Behavioral Therapy (CBT)
2011

SPECIALTIES

Adjustments, Anxiety / Panic, Depression, Executive / Career / Life Coaching, Family Issues, Life Transitions, Mood Disorders, Obsessive Compulsive Disorder (OCD), Phobias, Self-Esteem, Sleep / Insomnia, Stress Management

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Compassion-Focused Therapy (CFT), Guided Imagery, Mindfulness-Based Cognitive Therapy (MBCT), Solution-Focused Brief Therapy (SFBT), Behavioural Activation, Motivational Interviewing



Liza Kramer, msc

Couples and Family Therapist, Psychotherapist

Office Location:

Yehuda Halevi 83
Raanana

Phone:

072-397-6579

Ages:

Adults, Families

Languages:

English

Specialties: Adjustments, Anxiety / Panic, Family Issues, Life Transitions, Parenting Issues / Training, Self-Esteem

Benzvi, Leetal, MA	Expressive Arts Therapist	Even Yehuda	072-397-6518
Freeman, Shira, MA	Expressive Arts Therapist, Mental Health Counselor	Raanana	072-397-1281
Friedman, Avraham, MSW	Clinical Social Worker	Raanana	072-397-1288
Niewood, Dina, LCSW	Clinical Social Worker, Individual & Couples Therapist	Raanana	072-397-1319
Prejserowicz, Leah, MA	Psychotherapist	Raanana, Herzliya	072-397-1248
Rubinstein, Haim, PsyD	Child/Adolescent Psychologist, Clinical Psychologist	Raanana	072-397-1381
Shor, Sara, MSW	Clinical Social Worker	Kfar Saba	072-397-6569
Smith, Nicole, BSW	Mental Health Counselor	Raanana	072-397-1324
Turgeman, Jennifer, MA	Creative Arts Therapist	Herzliya Pituach, Herzliya	072-397-1435



Cindy Collick, Dip Couns

Mental Health Counselor

Office Location:

81a Hatayassim
Flat 19
Ashkelon

Phone:

072-397-1422

Ages:

Children, Adolescents, Adults, Men, Women,
Geriatric

Languages: Hebrew, English

ABOUT

At times talking about things that are private or distressing can feel like a difficult thing to do. **In your therapy with me**, you will be offered a safe environment in which to talk through your problems in a way that will enable you to make decisions and changes in your life that will help transform the way you feel.

You will have a strictly confidential service. The only exception may be if there is a likelihood of self harm or of your harming others. Cases are taken to supervision, but without any identifying details.

How can Counselling help you?

Counselling can help if you are feeling depressed, anxious or stressed. If you feel generally low or are facing a specific crisis such as a loss or bereavement, illness, relationship issues, career crisis, parenting or fertility issues. **I specialise in Post and Ante Natal Depression.**

What is Play Therapy?

Children and some adults may find it more difficult to put into words what the problem is that they wish to address. Play therapy offers an alternative solution. It is a non verbal way of dealing with and working through issues that are causing problems. This is an alternative therapeutic method for those who cannot, or are unable to talk about their problems, but still wish to deal with them.

What Benefits can be Expected?

Counselling offers the opportunity to identify, confront and resolve specific issues in a confidential and therapeutic manner.

QUALIFICATIONS

Education:

Harrow College

Year of Graduation:

2006

SPECIALTIES

Abuse, Adjustments, Anxiety/Panic, Behavioral Issues, Bipolar Disorder, Child Abuse, Depression, Domestic Violence, Grief, Infertility, Postpartum Depression, Self-Esteem

TREATMENT APPROACH

Art Therapy, Person-Centered Therapy (Rogerian Therapy), Play Therapy



Miriam A. Wolfe, MA

Licensed Professional Counselor,
Psychoanalyst, Psychologist

Office Location:

Mish'ol Snunit 67
Be'er Sheva

Phone:

072-397-1386

Ages:

Children, Adolescents, Adults, Couples, Men,
Women, Geriatric

Languages: English

ABOUT

I offer individual psychotherapy, brief and long-term, to help adults and children understand themselves better and deal with life's challenges and make the most of their potential in the areas of interpersonal relationships at home, school and work.

I work with a wide range of issues from adjusting to a positive life change to the effects of childhood trauma.

My approach integrates psychodynamic/psychoanalytic and supportive therapies. I believe the most important factors leading to positive change in therapy are the patient's motivation as well as a positive, collaborative, and professional working relationship in which the person can feel accepted, supported and understood.

QUALIFICATIONS

Education:

Illinois School of Professional Psychology

Year of Graduation:

2007

License No. and State:

180.007476/Illinois

Registration in Pinkas Hapsichologim:

27-147570

ADDITIONAL CREDENTIALS

2003-2004 Fellow in Psychoanalysis - Chicago Center for Psychoanalysis

2009 - Fellow in Psychoanalysis - Chicago Institute for Psychoanalysis

2012 - Certificate in Psychoanalytic Psychotherapy - Chicago Center for Psychoanalysis

2012 - Mediator

2012 - Fellow - Collaborative Law Institute of Illinois - Child advocate and Divorce coach

2012 - Trained in Parenting Coordination for high conflict families

SPECIALTIES

Adjustments, Anxiety / Panic, Depression,
Divorce / Custody, Family Issues, Grief,
Life Transitions, Marital Counseling, Mood
Disorders, Parenting Issues / Training, Self-
Esteem, Trauma / Post Traumatic Stress
Disorder PTSD

TREATMENT APPROACH

Play Therapy, Psychodynamic Therapy,
Relational Psychotherapy, Psychoanalysis



Cynthia Raskin, MA

Expressive Arts Therapist, Psychotherapist

Office Locations:

Haharuv 317, P.O. 171, Talmey Yafe
M.P. Hof Ashkelon

Phone:

072-397-1348

Ages:

Children, Adolescents, Adults, Women

Languages:

Hebrew, English

Specialties: Anxiety / Panic, Child and/or Adolescent Issues, Life Transitions, Self-Esteem, Sexual Abuse / Rape, Trauma / Post Traumatic Stress Disorder PTSD

Anfang, Bobby, LMSW, MEd	Social Worker	Be'er Sheva	072-397-1408
Burke, Ronnie, MSW	Clinical Social Worker, Couples and Family Therapist, Individual and Couples Therapist	Gedera	072-397-6536
Gang, Rachel, LMSW	Clinical Social Worker	Be'er Sheva	072-397-1419
Shachar, Karen, MFT, MSW	Clinical Social Worker	Moshav Berekyha	072-397-1367

Haven't found what you're looking for?

Visit www.gethelpisrael.com or contact GHI at support@gethelpisrael.com.

If you're a mental health professional interested in becoming a member, you may apply to join GHI - The Israel Association of Mental Health Professionals - through our website:

<https://gethelpisrael.com/join-get-help-israel/>



Rachel Ozick, MSW

Clinical Social Worker

Office Locations:

Hatachana 42, Binyamina

Jabotinsky 40, Zichron Yaakov

Phone:

072-397-1347

Ages:

Adults, Families

Languages:

Hebrew, English

Specialties: Adjustments, Anxiety / Panic, Attention Deficit Hyperactivity Disorder (ADHD), Child and/or Adolescent Issues, Depression, Eating Disorders, Family Issues, Life Transitions, Marital Counseling, Parenting Issues / Training, Phobias, Self-Esteem

Barlev, Tamar Shalit, MA	Expressive Arts Therapist, Psychotherapist	Pardes Hana	072-397-1315
Epstein, Asher, PsyD	Clinical Psychologist	Zichron Yaakov	072-397-1286
Gitlin, Amy, CCAFT	Couples and Family Therapist	Netanya	072-397-1336
Newman, Robert, MSW, LCSW, MBA (see profile pg.92)	Couples and Family Therapist	Pardes Hana, Zichron Yaakov	072-397-6584
Sacks, Avraham, MA	Psychotherapist	Pardes Hana	072-397-1342
Smith, Nicole, BSW	Mental Health Counselor	Pardes Hana	072-397-1324



Dana Salomy, MD

Psychiatrist

Office Location:

Prof. Schorr 19
Tel Aviv

Phone:

072-397-1341

Ages:

Adults, Men, Women

Languages: Hebrew, English

ABOUT

I made aliyah to Israel in 2010. I am a licensed adult psychiatrist in Israel and the United States.

I was trained at Yale University School of Medicine and continued working there for five years as an Assistant Clinical Professor and as a clinician for outpatient psychiatry. When I first meet a patient I do an initial evaluation for 90 minutes to determine the diagnosis and at the end of this meeting discuss my impression and also prescribe medication if needed. Afterwards I provide 50 minute follow up sessions for medication follow up and or therapy.

I spent four years working in the ADHD unit at Geha Hospital where I did clinical research and initial evaluations for adults who have ADHD as well as other comorbidities including mood and anxiety disorders. Today I work part time at the outpatient Chava Clinic of Tel Hashomer Hospital where I treat women with all mental health disorders related to pregnancy and postpartum states. I also work privately mostly serving the Anglo population of Tel Aviv.

I treat all disorders including adult ADHD, intrapartum and postpartum issues, depression, bipolar disorder, anxiety, OCD, and PTSD. I strive for the best both with medication management and therapy. I believe that the relationship with a psychiatrist is both intimate and professional and is enhanced by interpersonal trust.

QUALIFICATIONS

Education:

Technion Israel Institute of Technology

Year of Graduation:

2000

License No. and State:

Licensed in Israel #1-114291
US License 041620

SPECIALTIES

Anxiety / Panic, Bipolar Disorder, Depression, Mood Disorders, Obsessive Compulsive Disorder (OCD), Postpartum Depression, Schizophrenia / Psychosis, Trauma / Post Traumatic Stress Disorder PTSD

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)
Psychodynamic Therapy
Psychopharmacology



Zev Jacob Alexander, MD, MMSc.

Psychiatrist, Psychotherapist,
Psychoanalyst

Office Locations:

1 Ibn Ezra Street, 2nd floor, Jerusalem
Park Avenue, Suite # 86224, New York

Phone:

072-397-6513

Ages:

Adults, Couples, Men, Women

Languages: Hebrew, English

ABOUT

We are all complicated and our lives and stories make us who we are today. I believe that being in therapy is a chance to look at ourselves and adjust how we approach opportunities and explore what is getting in the way of our success and gratification. I am a psychiatrist who prefers to work with patients more frequently and more deeply than just prescribing medications. When people ask me what I specialize in I try and explain that my specialty as a psychiatrist and psychoanalyst is my approach. The technique is to work together and explore what brings you to treatment and then as our relationship develops, it is possible the goals will change, the so called diagnosis may shift, and we may move in a new direction. It is a dynamic process and we both must remain open and curious. The approach of looking deeper can help with more than just having less symptoms, it enables real personality, behavior, and life changes.

QUALIFICATIONS

Education:

Warren Alpert Medical School of Brown University

Year of Graduation:

2003

License No. and State:

Israel/1-36749

New York/248692

Michigan/430113704

Ohio/35.132236

Arizona/54937

TREATMENT APPROACH

Psychoanalysis

Psychodynamic Therapy

SPECIALTIES

Anxiety / Panic, Bipolar Disorder, Depression, Marital Counseling, Mood Disorders, Obsessive Compulsive Disorder (OCD), Postpartum Depression, Schizophrenia / Psychosis, Sex Therapy, Sexual Issues, Sleep / Insomnia, Trauma / Post Traumatic Stress Disorder PTSD

ADDITIONAL CREDENTIALS

New York Psychoanalytic Institute, 2009 - 2016

New York University and Bellevue Hospital General Adult Psychiatry Residency, 2005 - 2009

Brown University Graduate School Masters in Medical Science, 2005

Fulbright Scholarship to Israel, 2003 - 2005



Shmuel Harris, MD

Psychiatrist

Office Location:

Machon Dvir
16 Derech Beit Lechem
Jerusalem

Phone:

072-397-1320

Ages:

Adolescents, Adults, Men, Women, Geriatric

Languages: Hebrew, English

ABOUT

Originally from Australia, I am the former head of psychiatric services at Hadassah Mt. Scopus and currently, am the director of Machon Dvir while also managing a private practice in Baka/German Colony in Jerusalem. I see both English and Hebrew speaking clients from the age of 18 and above and who come from a range of religious (and non-religious) backgrounds. I perform comprehensive Psychiatric evaluations, diagnoses and treatment plans that include medical management and importantly, working in an integrated fashion with other mental health professionals.

QUALIFICATIONS

Education:

University of Melbourne

Year of Graduation:

2003

Licensed in Israel:

88575

ADDITIONAL CREDENTIALS

Specialist Licence in Adult Psychiatry #1833

SPECIALTIES

Anxiety / Panic, Attention Deficit Hyperactivity Disorder (ADHD), Bipolar Disorder, Borderline Personality Disorder, Depression, Dissociative Disorders, Mood Disorders, Obsessive Compulsive Disorder (OCD), Personality Disorders, Postpartum Depression, Self-Harm / Suicide, Trauma / Post Traumatic Stress Disorder PTSD

TREATMENT APPROACH

Psychiatric Assessment/Evaluation & Diagnosis
Medication Management

Case management within an integrated team approach



Zippora F. Razin, MD

Psychiatrist

Office Locations:

Rechov Yigael Yadin, Modiin

Nachal Dolev, Ramat Beit Shemesh

Phone:

072-397-1434

Ages:

Adults, Couples, Men, Women

Languages: Hebrew, English

ABOUT

I am an American trained and Board Certified Psychiatrist practicing for the last 3 years as a *psiquiatrit mumchit* - licensed Psychiatrist in Israel. I work with both adults and adolescents (from age 15) treating a broad range of psychopathology including but not limited to depression, anxiety, ADD as well as psychotic disorders. I utilizes both therapy and medication in the treatment of my patients. I have a special expertise in medication management during pregnancy and throughout the female life cycle. I believe in a team approach to patient care and therefore enjoy collaboration with other treatment providers. I am listed as a *yoetzet* with kupat cholim Leumit allowing Leumit Zahav patients to see me and be reimbursed for a limited number of sessions.

QUALIFICATIONS

Education:

New York College of Osteopathic Medicine

Year of Graduation:

2002

Licensed in Israel:

1-2220

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Dialectical Behavior Therapy (DBT)

Comprehensive Psychiatric Evaluation

Medication Management

Close collaboration with all therapists and physicians treating a patient

SPECIALTIES

Abuse, Adjustments, Anxiety / Panic, Attention Deficit Hyperactivity Disorder (ADHD), Bipolar Disorder, Borderline Personality Disorder, Cancer / Terminal Illness, Depression, Dissociative Disorders, Eating Disorders, Executive / Career / Life Coaching, Family Issues, Grief, Infertility, Life Transitions, Marital Counseling, Mood Disorders, Obsessive Compulsive Disorder (OCD), Personality Disorders, Phobias, Postpartum Depression, Psychosomatic Disorders, Schizophrenia / Psychosis, Self-Esteem, Self-Harm / Suicide, Sleep / Insomnia, Stress Management, Trauma / Post Traumatic Stress Disorder PTSD

ADDITIONAL CREDENTIALS

2009-Certified by American Board of Psychiatry and Neurology



David Bienenfeld, MD

Psychiatrist

Office Location:

6/5 HaRav Yaakov Yosef
Ramat Beit Shemesh A

Phone:

072-397-1404

Ages:

Adults, Men, Women, Geriatric

Languages:

English, Yiddish

Specialties: Alzheimers / Dementia, Anxiety / Panic, Attention Deficit Hyperactivity Disorder (ADHD), Bipolar Disorder, Depression, Mood Disorders, Obsessive Compulsive Disorder (OCD), Postpartum Depression, Psychosomatic Disorders, Schizophrenia / Psychosis, Sleep / Insomnia, Trauma / Post Traumatic Stress Disorder PTSD

Beit Shemesh

Razin, Zippora F., MD (see profile pg.114)	Psychiatrist	Ramat Beit Shemesh	072-397-1434
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Center Region

Harel, Hadar Marom, MD	Psychiatrist, Psychotherapist	Tel Aviv	072-397-1252
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Jerusalem & Surrounding

Davis, Hillel, MD	Psychiatrist	Jerusalem	072-397-1290
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Najman, Naomi S., MD	Child/Adolescent Psychiatrist, Psychiatrist	Jerusalem	072-397-1331
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Oppenheim, Yehuda, MD	Psychiatrist	Jerusalem	072-397-1362
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Modiin Region

Adelsky, Sol, MD	Child/Adolescent Psychiatrist, Psychiatrist	Modiin	072-397-6581
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Sopher, Aryeh, MD	Psychiatrist	Modiin	072-397-1273
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Leah Gniwesch, PhD

Life Coach, Psychologist

Office Location:

Rechov Caspi 12
Jerusalem

Phone:

072-397-1328

Ages:

Adults, Couples, Men, Women, Geriatric

Languages: Hebrew, English

ABOUT

Are you ready to get "unstuck" and live into your full potential?

As your life coach I can help you gain control of your health and improve your quality of life.

Through coaching you will:

Connect with your unique strengths and abilities • Learn to take care of yourself physically, emotionally, spiritually, and intellectually • Gain the tools to regulate your emotions • Create more balance in your life • Discover and apply your self - healing potential • Improve your personal and professional relationships • Set healthier boundaries • Stop surviving and begin THRIVING

Your personalized, short- term, cost - effective coaching program will be tailored specifically for your needs based on my 17 years of experience. We will work in an emotionally safe environment where you will be supported and ultimately learn to support YOURSELF. I bring my qualities of warmth, acceptance, focus, keen insight, experience, optimism, humor, dedication, and expertise to our collaboration. You have all of the answers inside you - my job is to partner with you to help you uncover them so that you can realize your limitless potential! Call me today for a FREE, no-obligation phone consultation to find out how coaching can help you.

I look forward to meeting you!

QUALIFICATIONS

Education:

MA, PhD in Clinical Psychology -
Ferkauf Graduate School of Psychology

Year of Graduation:

1998

Licensed in Israel:

27-83724

ADDITIONAL CREDENTIALS

EMDR Level 2 certification 2016

June 2002-Life Coach Certification, DYNAMIC Wellness Strategies

SPECIALTIES

Anxiety / Panic, Attention Deficit Hyperactivity Disorder (ADHD), Codependency, Depression, Executive / Career / Life Coaching, Holistic, Life Transitions, Mood Disorders, Postpartum Depression, Self-Esteem, Stress Management

TREATMENT APPROACH

Eye Movement Desensitization & Reprocessing Therapy, Neuro-Linguistic Programming (NLP), Life Coaching, Positive Psychology, Relaxation techniques, Stress management



Mariam Berzon

Life Coach

Office Locations:

Almog 1
Reut (Modiin)

Phone:

072-397-1365

Ages:

Adolescents, Women

Languages:

Hebrew, English, Russian

ABOUT

*Are you living a life that you love?

*Do you want to discover your purpose and/or achieve a specific health goal?

*Do you want to take better care of yourself physically, emotionally, intellectually or spiritually?

*Do you want to experience being more present and less stressed?

I empower people to live healthy, fulfilling lives with purpose, passion and presence by integrating nutrition, exercise and mindset.

Using a unique approach of coaching and confidence building through movement I offer tennis, hiking and/or yoga. I take clients on hikes or nature walks and incorporate yoga stretches to help align mind body and soul.

In addition to sports and movement, I also offer more traditional coaching with guided meditations, visualizations, breathing and mindfulness techniques. Incorporating these into sessions provides powerful tools for reducing stress and anxiety and allows clients to find more joy, balance and self-love in their life.

I also offer coaching workshops, team building and professional group coaching.

I bring excitement, authenticity and love of others to my work.

Each of us has the power to transform our lives. I would love to guide you on this journey and help you discover the power you have within you to create the life you dream of.

QUALIFICATIONS

Education:

Jerusalem Coaching Institute

Year of Graduation:

2018

ADDITIONAL CREDENTIALS

MA from Washington University and Hebrew University - 2004

SPECIALTIES

Anxiety/Panic, Executive/Career/Life Coaching, Holistic, Life Transitions, Spiritual Concerns

TREATMENT APPROACH

Mentalization-Based Therapy (MBT)

Mindfulness-Based Cognitive Therapy (MBCT)



Lydia Hayman

Life Coach

Office Location:

26/3, Bar Ilan Street
Raanana

Phone:

072-397-6583

Ages:

Adults, Couples, Women

Languages: Hebrew, English

ABOUT

You are NOT broken - you do not need to be fixed!

What you may need, however, is some emotional support, reconnection to your inner strength and your own personal power.

Do you have a difficult family relationship that you would like to resolve?

A long-buried issue that keeps bubbling up?

Is your committed relationship crying out for ways to work out your misunderstandings, reduce conflict, communicate better and re-bond?

Perhaps, you really want to work on the one relationship that affects every single aspect of your life - the relationship you have with yourself?

I am a certified Life and Empowerment Coach * Relationship Coach * Circle Facilitator * Heart IQ Practitioner specializing in Emotional Healing, Self-Empowerment and Improving Relationships.

I'll help you find renewed clarity, new perspectives, tools and mastery over your personal issues.

If you're longing for a safe space to share from your heart - be heard, felt, seen in your truth and guided with compassion and integrity - please reach out.

We were not built to be islands and handle everything alone – I'd love to connect with you.

QUALIFICATIONS

Education:

Coach Israel

Year of Graduation:

2010

ADDITIONAL CREDENTIALS

Heart IQ Certified - 2012

BEd - Maria Grey College of Education,
University of London - 1979

SPECIALTIES

Abuse, Adjustments, Family Issues, Grief, Holistic, Life Transitions, Marital Counseling, Self-Esteem, Spiritual Concerns, Stress Management

TREATMENT APPROACH

Compassion-Focused Therapy (CFT), Emotion-Focused Therapy, Emotional Freedom Technique, Gestalt Therapy, Guided Imagery, Imago Relationship Therapy (IRT), Mindfulness-Based Cognitive Therapy (MBCT), Neuro-Linguistic Programming (NLP), Somatic Experiencing (SE)



Nurit Amichai

Life Coach, Health Coach

Office Location:

Chasida 12
Apt #14
Zichron Yaakov

Phone:

072-397-6489

Ages:

Adults, Couples, Men, Women

Languages: English

ABOUT

Canadian born with more than 50 years in the health, wellness and personal growth industries, I bring a wealth of knowledge and understanding to those who are desiring to make significant changes in their lives.

As a Holistic life coach, I specialize in helping people recognize behaviors and habits that are self-defeating. I provide tools to establish habits and behaviors that enhance their lives. Using a variety of modalities, such as CBT, mind-body training, fitness and nutrition, I work with my clients toward establishing good habits and thought patterns. Whether the core issues are long-held beliefs that continue to surface, causing a person to sabotage their own efforts, or lifestyle habits that do more harm than good, I offer my service to create the foundation for a happier and healthier life.

I have traveled with clients who need support as they embark on business ventures and travel internationally to coach and support clients in Europe. Truly, I'm fully committed to coaching for success in all areas of life.

It is my joy and pleasure to serve my clientele with the very best of decades of training and expertise.

QUALIFICATIONS

Education:

Health Coach Institute

Year of Graduation:

2017

ADDITIONAL CREDENTIALS

Certified Health Coach, 2017
Certified Vegetarian Mastery, 2015
Completing Certification for CBT - present

SPECIALTIES

Behavioral Issues, Eating Disorders, Executive/
Career / Life Coaching, Life Transitions, Self-
Esteem, Stress Management

TREATMENT APPROACH

Behaviorism
Cognitive Behavioral Therapy (CBT)
Emotional Freedom Technique
Guided Imagery
Logotherapy



Judy Markose, MSW, EdD

Life Coach

Office Location:

Armon Hanetziv, Jerusalem

Phone:

072-397-1289

Ages:

Adults, Couples, Men, Women

Languages:

Hebrew, English

Specialties: Executive / Career / Life Coaching, Family Issues, Holistic, Life Transitions, Marital Counseling, Self-Esteem, Stress Management

Center Region

Bikel, Efraim	Life Coach	Tel Aviv	072-397-1398
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Gush Etzion Region

Schriger, Tamar	Life Coach, Holistic Nutrition Coach	Efrat	072-397-6508
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Jerusalem & Surrounding

Bikel, Efraim	Life Coach	Jerusalem	072-397-1398
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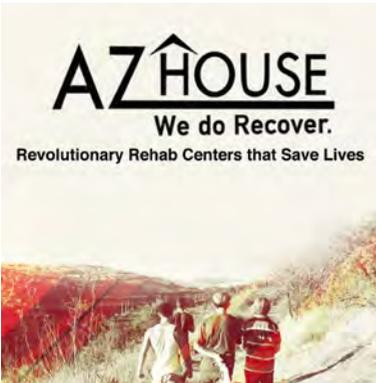
Hazan, Johanna	Life Coach	Jerusalem	072-397-1391
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Portnoy, Joel	Life Coach	Jerusalem	072-397-1322
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Portnoy, Ruthie	Life Coach, EFT Practitioner	Jerusalem	072-397-1304
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North Region

Meisel, Tamar, PMC	Life Coach, Medical Coach	Karmiel	072-397-6498
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AZ House

Inpatient Treatment Facility

Location:

Pizgat Ze'ev, Jerusalem

Phone:

072-397-1409 Contact: Erick Levitz

Population Served: Men

Languages: English

Finances: The program is free, donations to cover our costs so that we are able to help those in need are welcome and appreciated.

ABOUT

There are many treatment centres who help people to overcome alcoholism and drug addiction – there is no monopoly in this industry as the majority of success is dependent on the residents' commitment and willingness to change.

AZ House is a Residential Therapeutic Community, offering residents the chance to learn how to live in a community, develop self-discipline and become respectful contributors to society, alongside freedom from active addiction.

The fully funded program, which is 12 Steps based, offers residents the opportunity to disconnect and focus solely on their recovery. To begin with, their contact with the outside world is extremely limited and all outside activities are monitored by staff; this strict but encouraging system helps residents to develop a strong foundation. We hope this opportunity to focus so intensely on their recovery, which they are unlikely to have again in this way, will serve them for the rest of their lives. The second stage of the programme supports residents to develop self-sufficiency and to seek employment. Once settled into a job, whilst also reliably maintaining their responsibilities and commitments to the house, residents begin the process of re-establishing themselves into society and become ready to plan the next steps of their new way of life. However, there is no rush to leave house and residents are encouraged to stay as long as they require.

Currently, there are not many treatment centres who cater for the Jewish community, especially regarding orthodox requirements. AZ House offers observant Jews the opportunity to focus on their recovery, whilst maintaining their religious practice. However, by no means does the treatment centre prosthetise Judaism, we do not believe in forcing people into religion if they do want it. Many residents may not be observant and we are sensitive to this: secular, religious, non-Jewish – all are welcome.

SPECIALTIES

Addictions, Substance Abuse

TREATMENT APPROACH

Social Support, Spiritual, Group Therapy

Beit Daniella



In memory of Daniella Pardes

Rehabilitative Day Center for Youth

Beit Daniella

Rehabilitative Day Center for Youth

Location:

Havat Harei Yehuda, Tzur Hadassah

Phone:

072-397-1406 Contact: Leana Gabor

Population Served: Adolescents

Languages: Hebrew, English

Finances: Paid program. Scholarships will be awarded according to need.

ABOUT

Beit Daniella is a rehabilitative day center for youth, ages 12 through 18, who are struggling with mental health issues and in need of a transition day center (6 months to a year) to help them integrate back into their lives and communities.

The center operates daily from 8:30 am to 4:00 pm at Havat Harei Yehuda near Tzur Hadassah. Situated in the pastoral Judean Hills, the center emphasizes empowerment, incorporating animal assisted therapy and nature as a central healing element. There is an individualized study program to reduce gaps in education and develop learning skills and gain confidence as a student. For youth suffering with eating disorders, there is group therapy under the guidance of Dr. Rachel Bachner as well as DBT groups under the guidance of Dr. Noga David, one for youth and one for parents.

Beit Daniella's mission is to provide youth with skills for emotional regulation and inner balance and at the same time, facilitate and guide gradual integration into the community. The end goal is for the participant to learn to manage his/her illness while living a full life within his/her family and community.

Participants referred to Beit Daniella are obligated in parallel to be seeing a psychologist and psychiatrist (and nutritionist-in the case of an eating disorder) with the understanding that this care will continue beyond the period of rehabilitation at Beit Daniella.

We are turning to you to refer eligible post-hospitalized youth or others who are known to you who can be rehabilitated through Beit Daniella, to prevent hospitalization. Participants must be cooperative and motivated for rehabilitation.

Looking forward to partnering with you.

SPECIALTIES

Eating Disorders, Mental Illness

TREATMENT APPROACH

Art Therapy, Dialectical Behavioral Therapy (DBT), Expressive Arts, Animal assisted therapy



Crossroads

Outpatient Facility for Adolescents

Location:

2 HaHavatzelet Street, Jerusalem

Phone:

072-397-6580 Contact: Robbie Sassoon, MSW

Population Served: Adolescents

Languages: Hebrew, English

Finances: Therapy is free.

ABOUT

Crossroads Mission:

Crossroads provides essential life-saving prevention and intervention programs for over 1,000 Anglo teens and young adults in Israel each year to reach their potential and thrive.

Crossroads Core Programs:

Street Outreach: Active outreach on the central streets of downtown Jerusalem every weekend providing crisis intervention when necessary and informing teens and young adults about the services and resources available to assist them at the Drop-in Center.

Drop-in Center: A safe space for teens and young adults to hang out with friends, interact with Social Workers, participate in various enrichment activities, or just relax.

Expressive Arts: Various enrichment programs in art, 'School of Rock' music program, Crossroads Theater Shed, creative writing, yoga, meditation, photography.

Therapeutic Counseling and Casework: Subsidized therapeutic counseling available between 11:00 a.m. - 6:00 p.m. on Sunday-Thursday.

Crisis Teen Crisis Hotline: Available 24/ 7. Call or Text 050-Hotline (050-468-5463)

Educational assistance: A G.E.D. preparatory course available on Monday and Wednesday nights from 6:00 p.m. to 8:00 p.m. to assist with completing a high school equivalency degree.

Create Your Own Future (CYF) Employment Center: Assistance with resume building, conducting a job search, applying to various jobs, trouble-shooting job-related issues and opportunities to learn essential job skills through apprenticeships and workshops with local business owners and entrepreneurs.

Gap-year services: Support for gap-year students and schools in meeting the full spectrum of their mental health needs, from crisis intervention to individual therapy. Additionally, Crossroads staff is available for training, workshops & consultations for gap-year program administration, educators, madrichim and staff.

Enrichment and prevention programs outside of Jerusalem: Beit Shemesh; Hashmonaim

SPECIALTIES

Addictions, Substance Abuse, Eating Disorders, Mental Illness, Dual Diagnosis Suicidality, Gap-year students

TREATMENT APPROACH

Art Therapy, Cognitive Behavioral Therapy (CBT), Emotionally Focused, Expressive Arts, Psychodynamic, Social Support



Koli - The Jerusalem Center for Recovery from Eating Disorders

Outpatient Treatment Facility

Location:

12 Hagedud Haivri Street, Jerusalem

Phone:

072-397-1245 Contact: Dr Rachel Bachner-Melman

Population Served: All

Languages: Hebrew, English

ABOUT

Koli, led by Professor Rachel Bachner-Melman, aims to help clients of all ages with eating disorders to improve their quality of life by healing their connection with food, body, self and others.

This includes building physical, nutritional, behavioral, cognitive and emotional skills that nourish the mind-body connection.

At Koli, we believe that a full recovery from an eating disorder is possible, and that recovery extends beyond food, weight and physical health to emotional, social, and spiritual aspects of life.

Therapy at Koli

Koli provides evidence-based, multidisciplinary therapy for people of all ages with eating disorders, and body image and food issues. Therapists are empathic, professional and knowledgeable about eating disorders and related issues like post-trauma, anxiety, depression, and relational & emotional problems.

Koli's Groups

Groups include 8-10 weekly 90-minute sessions that focus on topics relevant to recovery from eating disorders, such as body image, emotional regulation, nutrition and recovery skills.

Meal support

Koli's meal support staff offer support before, during and after meals. Meals can be eaten together at Koli, the clients home, a restaurant, another place, or via the internet.

Involvement of family and carers

Koli offers Family Based Therapy, an effective intervention for adolescents with anorexia nervosa, that train parents to help teens with eating disorders.

Consultations for clients, carers and professionals

Koli offers consultation services, including assessment, treatment recommendations, and psychoeducation. Support and advice are also provided for family members, partners and friends of people with eating disorders.

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT), Integrative, Mindfulness, Psychodynamic, Spiritual, Group Therapy



MACHON DVIR מכון דביר
THE DVIR INSTITUTE FOR BEHAVIORAL HEALTH

Machon Dvir - The Dvir Institute

Outpatient DBT Treatment Facility

Location:

16 Derech Beit Lechem
Jerusalem

Phone:

072-397-1438 Contact: Dr. Shmuel Harris

Population Served: Men & Women

Languages: Hebrew, English

Finances: Private Insurance. We are familiar with the terms of standard Medical Insurance policies and may be able to advise you on the best way to cover the costs of psychological treatment in Israel.

ABOUT

The Machon Dvir Institute is a Dialectical Behavior Therapy (DBT) based service in Israel that provides treatment for all aspects of emotional dysregulation, impulsive, addictive and self-harming behaviors, and dysregulated eating. Such diagnoses include (but are not limited to) borderline and dependent personality disorders, complex PTSD, severe depression, anxiety and OCD. It caters for young English-speaking adults in the Jerusalem area.

Machon Dvir is led by the former joint head of Psychiatry at Hadassah University Hospital – Mt. Scopus, Dr. Shmuel Harris MD, and DBT expert Dr. Tzachi Fried PhD, together with Senior Clinician, Heather Moshel LCSW. Members of staff already work closely with many English-speaking institutions including Yeshivot, Seminaries, Kollelim and schools throughout Jerusalem.

The goal of Machon Dvir is to ensure that clients with complex emotional and behavioral issues get the support that they require, ensuring that they thrive during their time in Israel. Individual and group therapy along with medical management is provided by an integrated, multidisciplinary team comprising a psychiatrist, a psychologist and a social worker. All group therapy is gender separate.

Treatment begins with a comprehensive psychiatric and psychological intake, including an in-depth history, risk assessment, the use of questionnaires and scales to establish baseline functioning and monitor progress, and following team consultation, the development of a specific treatment plan and goals for each client.

The treating team will make recommendations regarding individual and group DBT therapy, deciding which of the following treatment programs (if any) is most suited to the client's needs.

SPECIALTIES

Emotional Dysregulation, Self-harming Behaviors, Addictions, Substance Abuse, Eating Disorders

TREATMENT APPROACH

Dialectical Behavioral Therapy (DBT), Group Therapy



Metiv - The Israel Psychotrauma Center

Inpatient Treatment Facility

Location:

Hasadna 4, Talpit, Jerusalem

Phone:

072-397-6542 Contact: Shoshana

Population Served: Children, Men, Women

Languages: Hebrew, English

ABOUT

Trauma clinic:

Metiv's gives voice to, cares for and empowers those affected by psychological trauma. Our center provides clinical and other interventions that heal those exposed to traumatic life experiences. Through integrated treatment and recovery programs, we help survivors process their traumatic experiences, to strengthen their coping mechanisms, to resume daily functioning, and to improve their general quality of life.

Metiv uses evidence-based research to inform our treatments. Some contact Metiv immediately after a traumatic event, while others contact us many years later. Yet most of our patients are in a severe ongoing crisis that has impaired their daily functioning and their coping abilities. Our treatment is designed to give patients the tools they need to cope so that they can complete their course of therapy as quickly as possible and lead productive lives. METIV uses evidence-based research developed by our research unit to make a difference with the patients we serve.

Metiv Children:

Metiv's Children's Emotion Regulation Clinic (CERC) enhances resilience and emotion regulation for traumatized and at risk children and parents.

Exposure to trauma at a young age can drastically disrupt a child's capacity in three domains of self-regulation that are crucial for healthy functioning: sensory regulation, emotion regulation, and executive functioning.

CERC promotes a unique approach based on Metiv's research showing that development of emotion regulation plays a key role in prevention of psychopathology resulting from traumatic events and stress. A crucial factor in the development of young children is their parents' sense of competence and ability to self-regulate during and after emergency. Stability and resilience in parents and caregivers helps in preventing psychopathology in children exposed to trauma. In addition to individual therapy, CERC includes structured group programming for mothers of toddlers and young children ages 2-4, and children aged 7-12.

SPECIALTIES

Trauma and Grief

TREATMENT APPROACH

Dialectical Behavioral Therapy (DBT), Mindfulness, Psychodynamic, Group Therapy

The Selective Mutism Treatment Center

Outpatient Treatment Facility

Location:

Rehov Halamed Hey 7, Jerusalem

Phone:

072-397-6528 Contact: Atara / Ruth Perednik

Population Served: Children, Adolescents

Languages: Hebrew, English



ABOUT

The Selective Mutism Treatment Center specializes in treating children and teens who suffer from the anxiety disorder selective mutism. It is run by expert psychologist Ruth Perednik, who has specialized in treating selective mutism over the past 25 years. She has written books and papers on the subject, and lectures around the world, to parents, therapists, and teachers. In the center, we use the therapy method developed by Ruth Perednik, which aims to help the child develop improved social communication where it counts - in his school or kindergarten, with friends, family, in the supermarket - and where ever else it is hard for him/her to talk.

Our preferred treatment is integrative, in which parents, teachers, and therapists are potential therapeutic agents of change. Each receives guidance, and has his own treatment tasks to implement, and when all three groups work together, a powerful momentum for change is set in motion. The center is made up of trained therapists who have become specialized in treating selective mutism using Ruth Perednik's method. We have therapists in Bet Shemesh, Jerusalem, Rehovot, Raanana, Ashdod, and many other areas across Israel. The initial consultation takes place either in our Jerusalem office or on the online meeting platform zoom, usually with the head of the center, Ruth Perednik. In this meeting, the child/adolescent's background is considered, together with his/her current functioning, strengths and challenges, and the parents plan together with Ruth the treatment track most tailored to his/her needs. Our gold standard treatment method - which is used in centers throughout the world, is usually highly effective and empowering. After the initial consultation, the therapist has several home sessions – s/he enables the child to open up to her in the comfort zone of her home. Once she is talking to the therapist at home, the therapy is moved to the school, where the relaxed relationship with the therapist is transposed, and gradually generalized to include friends and teachers, helping the child feel comfortable and talk to them. We run therapist and teacher training workshops, as well as parent training and group therapy summer mini-camps. We have had so many heart-warming success stories – contact us today and let us help your child lead a freer, happier life!

SPECIALTIES

Selective Mutism and Social Anxiety

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT), Collaborative



Abarbanel Mental Health Center

Bat Yam
03-5552626
www.abarbanel.health.gov.il

The center provides comprehensive care: medical, psychological, and rehabilitation interventions aid in coping with and managing complex mental illness. Accommodates patients requiring inpatient treatment. The hospital does not have age restrictions.

Sheba Medical Center
Tel HaShomer

ISRAEL'S CITY OF HEALTH



Antonie and Alexander Moksel Psychiatric Center, Sheba Medical Centre Tel HaShomer

Ramat Gan
03-530-3773
www.eng.sheba.co.il/Rehabilitation_Psychiatric

The Sheba Medical Center at Tel Hashomer offers a comprehensive range of mental health services at the highest quality. It includes inpatient and outpatient departments, specialty clinics and occupational therapy services.

Barzilai
University Medical Center
the **Sheila & Eric Samson**
Surgical Hospital
People First



Barzilai Medical Center

Ashkelon
08-6745700, 08-6745600
www.bmc.gov.il

The Department of Psychiatry accepts Adults only who suffer from mental disorders. Treatment is according to a bio-psycho-social model. A substantial part of treatments is of patients with acute stress reactions following Qassam rockets attacks in the area. Also offers electro-convulsive therapy.

המרכז הרפואי
בני ציון
BNAI ZION
Medical Center



Bnai Zion Medical Center

Haifa
04-8359359
www.b-zion.org.il

Offers Outpatient care focusing on diagnosis and treatment of ADHD, treatment of Holocaust survivors, victims of sexual abuse, bariatric and obesity, and a transgender clinic. Based on a Bio-Psych-Social integrative approach.



Geha Mental Health Center

Petah Tikva
03-9258258

<https://hospitals.clalit.co.il/geha/he/Pages/default.aspx>

Geha multidisciplinary mental health center works with Clalit health insurance. Their facilities include inpatient and outpatient care for adults as well as children. Treatment of patients with mental disorders is based on an initial diagnosis with the further structure of therapy, rehabilitation, and adaptation.



**Hadassah
Medical Center**

Hadassah Medical Center

Jerusalem
02-677-7183/4

<http://bit.ly/Hadassah-Psychiatry>

The psychiatric department provides treatment for adults and children with inpatient and outpatient facilities. The medical staff specializes in treating various mental conditions and disorders including Treatment Resistant Depression, PTSD, Eating Disorders and mental problems with physical comorbidities.



**Hillel Yaffe
Medical Center**

Hillel Yaffe Medical Center

Hadera
04-774-9677

www.tinyurl.com/hillelyaffe

The Psychogeriatric Service treats people aged 65 and older, who are experiencing difficulty, crises and various situations in their lives such as loss, disease, different types of depression and anxiety, as well as inter-generational conflicts with their partners.

Matzpen



Matzpen Mental Health Center

Tel Aviv
03-944-4104, 03-771-2828
www.matzpen.co.il

Private clinic for neurology, psychotherapy and psychiatry which specializes in the diagnosis and treatment of mental and neurological disorders and diseases, the treatment of addictions, as well as helping with the psychological problems and psychosomatic phenomena.



Mayanei Hayeshua Medical Center

Bnei Brak
03-577-1111
www.tinyurl.com/mayanei

The Mental Health Wing at Mayanei Hayeshua Medical Center is meeting the urgent need for Israel's mentally ill adults and children to benefit from enlightened psychiatric treatment and therapeutic services in a holistic environment that successfully removes the stigma of mental illness.



Mazra Mental Health Center

Acre
04-9559595
www.mazorhealth.co.il

The hospital provides emergency care, a day care unit, and open and locked wards for adults. Treatments include crisis intervention and rehabilitation, and a Psychogeriatric department.



Medical Center Sarah Herzog

Jerusalem
02-5316811
www.herzoghospital.org/mental-health/psychiatry-department

Herzog Hospital's Psychiatric Division cares for patients of all ages suffering from psychiatric disorders, including schizophrenia, bi-polar disorder, and chronic depression. There are separate units for men and women, allowing the expansion of its services to provide psychiatric care to patients from the Ultra Orthodox Community as well.



Rambam Health Care Campus - Psychiatry & Mental Health Division

Haifa
04-777-2222
www.tinyurl.com/rambammh

The Psychiatry and Mental Health Division has an inpatient ward, day treatment unit, ambulatory outpatient services, child and adolescent psychiatry service, and consultation-liaison services. The treatment model is eclectic, and includes state-of-the-art biological treatments with a focus on short-term and evidence-based interventions.



Shalvata Mental Health Center

Hod Hasharon
09-747-8532
www.tinyurl.com/shalvatamhc

Therapy for patients with mental disorders based on the principle of combining different methods. Offers inpatient and ambulatory care services with facilities for youth and geriatric patients. Also has a designated Depression Unit.

State of Israel – Ministry of Health

THE JERUSALEM MENTAL HEALTH CENTER

Affiliated with The Hebrew University –
Hadassah School of Medicine, Jerusalem



The Jerusalem Mental Health Center

Jerusalem
02-655-1551
www.psjer.org.il

Provides treatment for a variety of mental disorders at all ages, including acute psychotic breaks, and prolonged psychosis. The treatment system includes conventional biological treatments (various types of drugs, multi-sensory stimulation and electrical shock), couples and family therapy, individual and group psychotherapy, art therapy and occupational therapy. Offers Inpatient and Outpatient services.



Tirat Carmel Mental Health Center

Tirat Carmel
04-8559222, 04-8559204/5
www.tinyurl.com/tiratcarmel

Provides treatment for a spectrum of mental disorders for adolescents, adults and the elderly, and aims to improve the mental health and functioning of the patients, while providing assistance and support for their families.



Ziv Medical Center

Tzfat
04-6828064, 077-6828064
www.tinyurl.com/zivmc

The Department provides in-patient and out-patient care. Treatments include biological treatments, electroconvulsive therapy (ECT), psychotherapy, family therapy, group therapy, art therapy, rehabilitation and occupational therapy. Within the Medical Center, psychiatric emergencies are also treated 24 hours a day.



Amcha

16 clinics around the country
02-6250634 | www.amcha.org/english

Population: Holocaust survivors, their families, and the general public

Amcha is a worldwide leader in developing psychosocial support for Holocaust traumatization. Professional counseling is offered to individuals, couples, families, and groups to help cope with anxiety, depression, loss and bereavement. Amcha assists with the critical needs of homebound survivors and offers psychosocial clubs to support combating depression and social isolation.



Amudim Israel

Jerusalem
02-3740175

www.amudim.org.il

Population: Individuals in crisis

Amudim functions as a confidential resource center that provides meaningful assistance, enduring support, and direct referrals for individuals and families impacted by sexual abuse, neglect, addiction, and other crisis-related matters. Programs also include Summer Camp Safety, gap year student support, and initiatives for at risk teen boys.



Bayit Cham
The Centers for Mental Wellness

Bayit Cham

12 clinics around the country
1599-510-550

www.bayit-cham.org.il/en/page/mental-health-tr

Population: Adults and Children

Bayit Cham operates 12 mental health clinics throughout Israel, providing therapy to adults and children facing psychological and emotional challenges as well as treatment for abuse for women and children, rehabilitation packages, vocational support and a telephone helpline.



THE EVELYNE BARNETT
בשׁוּבִילַיִךְ
BISHVILAYCH
WOMEN'S MEDICAL CENTER

Bishvilaych

Jerusalem
02-502-1096

www.bishvilaych.org

Population: Women

Bishvilaych provides underserved Jewish women in Israel through physical and mental health maintenance rather than simply disease-based care.



Chazkeinu

Telephone based support, worldwide.
+1-314-346-7414
www.chazkeinu.org

Population: Women with mental illness

Chazkeinu is a peer led mental health support group for Jewish women of all backgrounds that either have a mental illness themselves or have a family member with an illness.

Chazkeinu offers a variety of programs, projects, and networks that cater to the mental health needs of each individual including two weekly telephonic support groups to accommodate those both in and out of the U.S.



El HaLev

Building Safer Communities

El HaLev

Jerusalem
02-6781764 | www.eng.elhalev.org
Population: Women seeking self defense and protection

El HaLev operates a Jerusalem center that hosts ongoing classes and workshops in Empowerment Self Defense, an evidence-based approach to self-protection to prevent sexual, emotional and physical violence. Trainings are provided in boarding homes, schools, hostels, shelters for women who are victims of domestic violence.



ELI

Tel Aviv
1-800-223-966
www.eli-usa.org/about-eli
Population: Victims of Child Abuse

The Israel Association of Child Protection is recognized by the government of Israel and other human service organizations as the only organization in Israel that deals specifically and exclusively with various aspects of child abuse. Most importantly, they provide hotlines, education, therapy, legal counseling, shelter, and support services to families.



Emunah

Family Counseling & Therapy Centers
11 Branches Throughout Israel
03-617-9216 | www.tinyurl.com/emunahc
Population: Individuals, Couples and Families

Emunah operates 11 family counseling and therapy centers throughout Israel as well as centers for mediation and legal counseling in partnership with איליס, the Israeli Association for Mediation and Conflict Resolution. The centers provide professional counseling services to individuals, couples and families, equipping them with the tools to successfully cope with the various challenges they are facing.



Enosh

More than 60 branches throughout Israel
02-6724723 | www.enosh.org.il/en

Population: Men, Women and Children with mental illness and their families

Enosh – The Israeli Mental Health Association was established in 1978 to support people with psychiatric disabilities and their family members. The organization has spearheaded innovative rehabilitation services in the fields of housing and living skills, employment facilitation, social skill training, recreation and family counseling.



Ezer Mizion-Mental Health Services

Bnei Brak
03-614-4570

www.tinyurl.com/ezermizion

Population: children, young adults, adults

Ezer Mizion offers a variety of psychological services and rehabilitative programs for people suffering from psychological disorders, emotional issues and mental illnesses. Support include referrals to a network of psychiatrists and psychologists throughout Israel, vocational guidance, family counseling and a 24 hour crisis hotline.



Hakshiva

Ramat Beit Shemesh (RBS)
02-992-5152

www.hakshiva.org

Population: Teens and their families

Hakshiva runs mentoring and educational services, a teen drop-in center and a therapeutic clinic in Ramat Beit Shemesh. Therapists are professionally-trained members of the religious community. Individual therapy, family therapy and parenting guidance are provided at subsidized rates for English and Hebrew speakers.



Headspace

Bat Yam
074-7556155

www.headspace.org.il/en

Population: Youth and young adults (ages 12-25)

Headspace is a proven youth mental health model, established to create youth-friendly centres catering to the mental and emotional health needs of young people aged 12-25 by providing high quality, integrated, short-term evidence-based services. A joint project of the city, Enosh organization, and Bituah Leumi, we are a free public service.



Israel Elwyn

Throughout Israel

02-641-5448

www.israelelwyn.org.il/en/profile

Population: People with Disabilities

Israel Elwyn believes people with disabilities deserve equal rights. Their mission is to support and help children and adults with disabilities throughout Israel. The goal is to provide individuals with tools enabling them to make decisions about their own lives and gain independence for living and working in the community.



Kav L'Noar

Jerusalem

02-622-3039 | www.kavlnoar.org

Population: Youth ages 10-18 and their families, and young adults over 18.

Kav L'Noar helps struggling youth and their families build the relationships and skills they need to secure a more positive future by offering individual mentoring, school group mentoring, counseling, case management, referrals and community education specializing in working with Anglo olim.



Keren Gefen

Jerusalem, Beit Shemesh

054-460-1689

www.kerengefen.org

Population: Women facing challenges with fertility

Keren Gefen enhances the fertility experience for those who are having difficulty conceiving by providing wellness and psychological services to supplement their medical treatment. Open to all women at no cost, programs include yoga, therapy, hevruta learning, Haredi Community Program and Nishmat Yoatzot Halacha Fertility Counselors Program.



Kesharim Center

Modiin

058-7004846

www.ksharim-center.org/kesharim-center/

Population: Men and women

The Kesharim Center treats men and women over the age of eighteen who suffer from addiction or pre-addiction to gambling, sex, pornography, food, codependent relationships, computers or the internet.



Kol Koreh

Beit Shemesh
02-6781764

www.kolkoreh.org

Population: Children with learning disabilities

Kol Koreh empowers children with dyslexia, speech and language disorders as well as other learning disabilities with the tools to succeed in the classroom and beyond. Kol Koreh supports parents, professionals, and children with assessments, educational workshops, parental support and acts as liaison between students and the school.



Merkaz Panim

Jerusalem
050-430-0147

www.merkazpanim-fertility.org.il/en

Population: Women facing challenges with fertility

Merkaz Panim provides emotional support to anyone faced with any kind of fertility challenge and to anyone who has lost a pregnancy at any stage or had a stillborn. Everyone is entitled to receive care and support to both body and soul when going through these challenges. Support is provided in the form of talk therapy as well as body work to better cope with these often painful experiences.



Merkaz Yahel

All over Israel
050-9741894 | www.merkazyahel.org.il/en

Population: Couples dealing with challenges in their marriage

Merkaz Yahel was established in order to address intimacy and sexuality openly with a Torah perspective. They offer lectures, courses, personal counseling and seminars.



Metiv

Talpiot, Jerusalem
02-6449666

www.traumaweb.org

Population: Trauma Victims

Metiv provides clinical interventions and a variety of therapeutic programming that heal and empower those exposed to traumatic life experiences. The Israel Psychotrauma Center experts have been treating traumatized individuals, teaching coping and resilience strategies, training professionals, and reaching out to marginalized communities.



Milam

Carmiel, Haifa, Netanya, Tel Aviv,
Jerusalem
03-536-8101 | www.milam.org.il
Population: Families

Milam family counseling centers offer support, counseling, information and guidance to families coping with the mental illness of one of their family members. Milam's services are provided free of charge and without the need for a social security or rehabilitation basket.



NEABPD

Jerusalem, Renaana, Haifa
052-379-1720 | www.neabpd.co.il/en
Population: Families of those suffering from severe emotional dysregulation and/or BPD

National Educational Alliance for Borderline Personality Disorder offers family of those suffering from severe emotional dysregulation and/or Borderline Personality Disorder, a free twelve-session course (Family Connections) that provides information about the disorder and teaches the necessary skills to help families cope.



Nitza -

The Israel Center for Mental Health
All Areas of Israel
02-5002824 | <http://en.nitza.org>
Population: Women with postpartum depression and their families

At Nitza every woman receives a unique treatment plan tailored to her specific situation, including managing the symptoms, challenges and the pain of prenatal and postpartum reactions. There are programs for children and husbands as well as Nitza trained volunteers and professionals coming to the homes of the Nitza clients.



One Family Together

Throughout Israel
02-5399000
www.onefamilytogether.org
Population: Victims of terror attacks

OneFamily empowers victims of terror to rebuild their lives, rehabilitate and reintegrate through emotional, legal, and financial assistance programs geared toward each of the following: Orphans, Bereaved Parents, Parents of Injured Children, Widows and Widowers, Young Adults, and Youth Injured and Bereaved.



Puah Institute

Jerusalem

02-651-5050 | www.puahfertility.org

Population: Couples facing challenges with fertility

Puah Institute provides one-on-one counseling by compassionate professionals who understand the medical, halachic, and emotional aspects of each unique infertility journey. Free of charge, Puah advisors embody a unique synthesis of rabbinical knowledge and specialized training to support individuals who are struggling with fertility, women's and men's health, genetics or intimacy.



Shalva

Jerusalem

02-6519555 | www.shalva.org

Population: Individuals with disabilities from infancy to adulthood

Shalva, the Israel Association for the Care and Inclusion of Persons with Disabilities is dedicated to providing transformative care for individuals with disabilities, empowering their families and promoting social inclusion.



SHEKEL ש"ק"
Inclusion for People
with Disabilities

SHEKEL Therapeutic Treatment Center

Headquartered in Jerusalem,
with 9 centers across the country
02-6720157 | www.shekel.org.il/en

Population: Individuals of all ages with special needs

SHEKEL provides solutions for people from all sectors of Israeli society with disabilities such as learning disabilities, intellectual disabilities, PDD, Asperger's Syndrome, physical and sensory disabilities, and people requiring nursing care in the areas of independent living, vocational rehabilitation, cultural and leisure activity, therapeutic services, counseling and accessibility.



Shekulo Tov

Lod

050-209-0900
www.s-tov.org

Population: Adults with psychiatric disabilities

Shekulo Tov supports people with psychiatric disabilities to reach their functional goals, be included in society and live independently by providing state-of-the-art vocational, leisure and recreation programs and psychiatric services so they can realize their potential. Not a charity, Shekulo Tov runs on social entrepreneurship.



Machon Shiluv

Jerusalem
02-6251390
www.shiluv.org.il/en
Population: Families

Machon Shiluv for couples and family therapy provides expert care for emotional crises from a variety of sources, such as severe financial pressure, trauma, complications resulting from illness, children who have special needs, and difficult marital issues.

They offer specialized services such as treatment of trauma, incest and mediation.



Shutaf

Jerusalem
054-729-0114
www.campshutaf.org
Population: Children and teens

Shutaf's innovative inclusion model serves participants with diverse developmental, physical, and learning disabilities including Autism spectrum disorders, Down syndrome, Cerebral palsy, ADD/ADHD, behavioral/emotional disorders, alongside participants without disabilities. Shutaf's educational model can be replicated for your synagogue or community center's day camp program.



Sulam

15 Branches Throughout Israel
02-633-8431
www.sulamisrael.org
Population: Children Ages 6 months - 17 years

Sulam provides educational and therapeutic services to students on the Autism Spectrum, as well as a range of intellectual and learning disabilities, motor dysfunctions, emotional and developmental delays. The goal is to enable students to achieve maximum functioning potential and successful integration into society. It includes day care, day schools, and a variety of therapies and services



The Autism Center

Jerusalem
www.autismcenter.huji.ac.il
Population: Individuals with autism spectrum disorder (ASD) and their families

The Autism Center brings together cutting-edge research, clinical services, state of the art training and education for professionals and parents in the community.



אוניברסיטת בר-אילן
Bar-Ilan University

The Community Clinic

Department of Psychology at Bar Ilan University

Ramat Gan

03-531-8540 | www.tinyurl.com/biuclicnic

Population: Adults, Children and Families

The Community Clinic, under the department of psychology at Bar Ilan University provides outpatient diagnostic and therapeutic services at a reduced fee with short waiting periods to mentally distressed community members, adults, children and families. It serves as a training site in clinical and rehabilitation psychology for students and interns.



מרכז יעוץ לאשה
The Counseling Center for Women

The Counseling Center for Women

Jerusalem, Ramat Gan

02-6785210

www.ccw.org.il/en/

Population: Women

The Counseling Center for Women bases its work on the feminist perspective which sees psychological and emotional problems as a product of her unique personality combined with the social and political context, and emphasizes a woman's capability to recognize her desires, preferences and true needs and to enlist her inner resources to achieve them.



The Eden Center

Jerusalem

058-555-8821

www.theedencenter.com

Population: Women

The Eden Center focuses on enabling all women to have a personally meaningful and welcoming experience in the mikveh, providing support and resources for crisis and lifecycle moments and transforming the mikveh into a vehicle to promote women's emotional and physical health, intimacy and well-being.



יד רחל מרכזים חינוכיים טיפוליים (ע"ר)
Yad Rachel Educational & Therapeutic Centers

Yad Rachel

Jerusalem, Merkaz (center), and Northern Israel

02-5944566 | www.yadr.org.il/en

Population: Children and Parents

Yad Rachel develops and implements educational and therapeutic programs that assist children at risk and their families to reduce their level of risk, prevent the unnecessary removal of children from their home and family, and give more appropriate responses to the needs of at-risk children and their families.

Anonymous Meetings

Alcoholics Anonymous (AA) Meetings www.aa-israel.org/meetings

Throughout Israel

The groups are offered in various languages and locations throughout Israel.

Co-Dependents Anonymous (CoDA) www.coda-israel.org.il/meetings

Throughout Israel

A warm and friendly fellowship, part of the world fellowship. Find information about meetings throughout Israel by visiting the website.

Narcotics Anonymous (NA) Meetings www.naisrael.org.il/en/meetings

Throughout Israel

The groups are offered in various languages and locations throughout Israel.

Overeaters Anonymous (OA) Groups www.oa-israel.org/meetings

Throughout Israel

Groups meet throughout Israel. Some are in English (specified on the list). The column titled אנשים/נושא states whether the group is in English and whether it is for men or women.

Recoveries Anonymous www.r-a.org

Jerusalem, Beitar Illit, Efrat and Tsfat

Recoveries Anonymous, the solution-focused 12 step program is now in Israel! R.A. is open to everyone, no matter what their problems or behaviors may be. R.A. is especially useful for those who, despite their best efforts, have not found the full recovery they sought elsewhere.

Sexaholics Anonymous www.sa-israel.org/en

Ramat Beit Shemesh, Beitar, Jerusalem

Groups in English

Cancer Support Groups

Beit Natan's Support Groups For Cancer Patients And Their Families www.beitnatan.com/support-groups

Jerusalem

Beit Natan's Support Groups enable cancer patients and their families to move from a state of emotional torpor and fear to one of determination and hope.

Each Support Group series consists of 10 sessions led by a social worker or professional therapist. Groups are small, and provide support to individuals at different stages of the disease, from diagnosis through treatment. Participants often maintain their relationships, staying in touch and helping each other long after the formal program ends.

**Although groups are currently in Hebrew, Beit Natan is looking to start groups in English and welcomes your inquiries and referrals.*

Israel Cancer Association Support Groups 03-572-1678 | www.bit.ly/ICAGroups

Throughout Israel

Israel Cancer Association (ICA) has various support groups for Adults, Families, Teens, Couples, Children, Parents.

Women's Support Group For Those Going Through The Various Stages of Cancer Diagnosis and Treatment 054-460-2324 | malkjac2013@gmail.com

Sharon Region

Whilst breast cancer is still the most common cancer in Israel afflicting women, there are many women undergoing treatment for other types of cancers. After diagnosis, navigating the Israeli health system can be overwhelming and challenging – especially for English speakers.

Our small Cancer Support Group was formed in 2014 specifically for English speakers. We hold periodic meetings hosted by various Group members in the Sharon area. We also keep in touch and exchange information via WhatsApp.

Other Support Groups

Gateway Women Israel - For Childless not by Choice Women

www.meetup.com/Gateway-Women-Israel/

Tel Aviv

GATEWAY WOMEN ISRAEL is a private group for Israeli women who are childless NOT by choice.

It is part of www.Gateway-Women.com - the global friendship and support network for childless women.

It is not suitable for you if you are childfree by choice, TTC (trying to conceive) or still hopeful of having an adoptive or biological family in the future. Childless stepmothers welcome.

NEABPD Family Connections Program or Peer-to-Peer Counselling

052-3791720

meshulam.gotlieb@gmail.com

Jerusalem, the Mercaz (Raanana), and Haifa

Family Connections is a research-based twelve-week course for family members with a relative who has either Borderline Personality Disorder (BPD) or severe emotional dysregulation.

The course contains knowledge about the disorder and its treatment and teaches Dialectical Behavior Therapy skills, so that family members can both help themselves and implement strategies to cope with and help their loved ones.

In Israel it is given in both Hebrew and English. Currently, the groups take place in Jerusalem, the Mercaz (Raanana), and Haifa.

Peer-to-Peer Counselling and a warmline, which dispenses information about the disorder, possible treatment options, and support, are also provided by the Israeli NEABPD.

Psychosocial Support Groups For Holocaust Survivors

02-625-0634

www.amcha.org/english/branches

Throughout Israel

Led by experienced social workers, AMCHA's psychosocial clubs operate all over Israel and serve as a most significant source of support, combating depression and social isolation. The elderly survivors benefit from a wide array of programs which enrich their lives, develop their creative abilities, and help them cope with inherent challenges of old age and traumatic Holocaust memories. Special programs connect survivors with young people, enabling the first generation to share their legacy with the generations that followed. The clubs are often referred to by our members as their "second home" or simply "family".

Support Group For Families Whose Loved Ones Have Passed Away Due to Suicide, Homicide Or Traffic Accidents

Contact: Sigal 054-449-3113

Tel Aviv, Be'er Sheva, Ashkelon

Bishvil Hahayim is an Israeli non-profit organization, established in 2000 by family members whose loved ones died by suicide and a group of health care professionals, who specialize in the area of suicide and its prevention. It has two aims: to support the families and to prevent suicides on the national level.

After winning the bid of the Ministry of Welfare since Dec 2017 Bishvil Hahayim supports families of those killed by suicide, homicide and traffic accidents.

It runs 4 support centers in Tel Aviv, Be'er Sheva, and Ashkelon. It offers support groups, first aid volunteers, individual and couples and family therapies for families of suicide loss.

GIVING A VOICE TO THOSE WHO ARE VOICELESS

Amudim Israel functions as a confidential resource center providing case management, direct support, and referrals to individuals & families impacted by abuse, neglect, and addiction.

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Amudim USA operates
under the guidance of:

Rav Elya Brudny, Shlit'a

Amudim Israel operates
under the guidance of:

Rav Yosef Elefant, Shlit'a

Under the clinical supervision of:

Dr. David Pelcovitz, Ph.D



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Ages 14 - 22

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-  @crossroadsjerusalem
-  crossroadsjerusalem.org
-  HaHavatzelet Street, #2
-  02-624-6265
-  +972-50-468-5463 (Hotline)



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Kav L'Noar

📍 25 Karen Hayesod,

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☎ 02-622-3039

✉ info@kavlnoar.org

🌐 www.kavlnoar.org

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Email: office@drshiller.com

Website: www.drshiller.com

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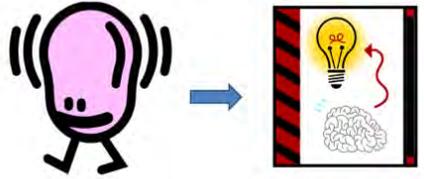
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Email: recovanonisrael@gmail.com

Web: <https://www.r-a.org>

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NAVIGATING THE MENTAL HEALTH SYSTEM IN ISRAEL

Therapy Through Kupat Cholim

(According to The Shira Pransky Project on their website: <https://shirapranskyproject.org/therapy-through-the-kupat-cholim/> and The Ministry of Health on their website: https://www.health.gov.il/English/Topics/Mental_Health/)

As of July 2015, the responsibility for providing mental health services to the public was transferred from the Ministry of Health to the Kupot Cholim. For the average Kupah member (in non-acute and non-critical situations) this means figuring out how to receive therapy, possibly preceded by a psychological assessment or diagnosis. For all mental health services you should start with your primary care doctor for a referral. Once you find out where you need to go, check with the Kupah secretary or information service to see if you will need a Hitchayvut (a payment voucher from the Kupah, usually necessary for services, including tests and hospitalization, from other institutions).

Outpatient Clinics

There are therapists available in outpatient clinics of general and psychiatric hospitals, or community clinics run by, (or by agreement with), the Kupat Cholim. These options are the cheapest (ranging from free to around 32 shekels, once per quarter), and you may be able to find one close to home. The amount of treatments in mental health is unlimited. Each person receives psychotherapy according to the professional judgment of his therapists, depending on his/her condition.

On the other hand, it may take a lot of time to get started, and your flexibility in choosing the right therapist for you may be limited.

Independent Therapist

Many people prefer to work with an independent therapist. This option is more expensive (around 55 shekels for the first visit and 132 for each subsequent session), and still does not mean unlimited choices. The Kupah has a listing of independent therapists from which to choose. The listing will include location and may also include the languages in which the therapist will work. You can contact these therapists directly until you find the right one and make an appointment. At the Kupah, you will have to pay the co-payment and get a Hitchayvut to bring to the therapists' office.

Kupat Cholim Leumit

(According to Leumit on their website: <https://www.leumit.co.il/eng/Life/FamilyHealth/articlegalleryitem,2633/>)

Initial evaluation

All customers seeking mental health services will undergo an initial evaluation (also known as an intake). The evaluation is done by a social worker, psychiatrist or clinical psychologist, and is aimed at collecting information about the client. Such information includes data regarding medical history, developmental history, psychiatric condition/difficulty, personality, ability to function, stressors and more, in order to decide on the best fitting therapy for the client. After the initial evaluation, the client will be referred to a therapist for treatment.

Mental health treatment options available to Leumit patients

- Multidisciplinary mental health clinics that offer psychotherapy treatments without a high co-pay
- Psychiatrists working out of Leumit medical centers
- Psychiatric and psychotherapeutic services offered at public clinics in agreement with Leumit
- Psychotherapeutic services offered by independent therapists (payment as specified below)

Contact a customer service representative, either at your Leumit medical center, or at the customer service center by dialing *507 from any cell phone. A representative will be able to supply information regarding the services and providers available in your area. If a payment voucher is needed (Tofes 17), one can be obtained at your medical center or via your primary care physician. If a co-payment is required, you will be charged in accordance with the payment requirements listed below:

Therapy	Payment
Psychiatrist through Leumit\Psychiatric hospital	₪24 per quarter
Outpatient clinic in general hospital	₪132 per quarter
Psychotherapy services offered by an independent therapist*	1st treatment - ₪55 Additional treatments - ₪13 Group therapy - ₪60 *the deductible will be charged when obtaining the payment voucher
Psychotherapy at Leumit mental health clinics	Free of charge

For more information about treatment and payment please contact customer service at 1700-507507.

Kupat Cholim Maccabi

(As stated by Maccabi on their website http://bit.ly/maccabi_1)

Maccabi’s mental health services are provided at Maccabi’s professional clinics, public clinics or by independent Maccabi affiliates.

Treatment at Maccabi mental health clinics:

In the clinics, the following services are provided:

- Diagnostic services
- Psychiatric evaluation
- Counseling and psychotherapy
- Personal, family and group therapy
- Psychosocial treatment by a social worker
- 14 nutrition counseling sessions – upon referral from a clinic staff member
- Occupational therapy - diagnosis, evaluation and treatment
- Expressive arts therapy - in pediatric clinics only

Fees:

Treatments requiring psychiatric or dietician services involve a quarterly ₪29 deductible. Other treatments are at no cost.

Treatment at Maccabi Affiliate Clinics:

Affiliate mental health clinics that have an agreement with Maccabi provide diagnosis and treatment. Authorization will be renewed at the discretion of the clinic’s professional staff according to the following details:

Diagnostic: 2 sessions (diagnostic meeting + treatment session)

Short-term treatment: up to 8 sessions. Limited to 8 months.

Long term treatment: Up to 30 sessions. Limited to 24 months.

How much does it cost?

In regular hospitals and in the clinics in the agreement - a quarterly fee of ₪34 will be charged. In psychiatric hospitals – with authorization by Maccabi decision, there is no fee.

Private therapists

Maccabi works with independent psychologists and social workers that provide psychotherapy in their own clinics.

Fees:

First session: ₪59

Additional sessions: ₪142

Group treatment session: ₪65

Appointments are made directly with the therapist.

For information on Maccabi services, call *3555.

Kupat Cholim Clalit

(as stated by Clalit on their website http://bit.ly/Clalit_1)

Clalit Mental Health Clinics – Affiliate mental health clinics that have an agreement with Clalit provide diagnosis and treatment free of charge. The fee for a Clalit psychiatrist is a quarterly copay of ₪25. Make an appointment directly with the psychiatrist or by calling the Clalit service center at *2700.

Private therapists

Clalit works with independent psychologists and social workers that provide psychotherapy in their own clinics. Make an appointment directly with the service provider, as long as the provider has a contract with Clalit. The practitioner will meet with you for an initial assessment and will build a treatment plan which he or she will send to Clalit for authorization. Up to ten sessions will be authorized. Additional sessions require further authorization.

Fees (As of April 2019)

First session: ₪59

Additional sessions ₪142

Group treatment session ₪65

Kupat Cholim Meuchedet

(As stated by Meuchedet on their website: <http://bit.ly/meuchedet>)

Affiliate mental health clinics that have an agreement with Meuchedet provide diagnosis and treatment. Available treatments include psychological or psychiatric treatment. In some cases, the treatment will involve a nominal fee.

Outpatient clinics in general hospitals

Treatment is provided for a nominal fee. Treatment will begin after a screening session where your needs and condition will be assessed by a mental health professional.

Treatment by independent therapists

Select a therapist from a list of Meuchedet providers, and make an appointment directly with the provider. Payment is made directly to the practitioner.

Fees:

First session ₪59

Additional sessions ₪142

Group treatment session ₪65

Alternative to psychiatric hospitalization

A therapeutic home run jointly by Meuchedet and the Hiram Association, located in Kibbutz Harduf in the north of the country, allows people who are dealing with an acute mental crisis to avoid hospitalization and recover in a community environment outside their home. Treatment is free of charge upon authorization by Meuchedet and Hiram.

For information on Meuchedet mental health services, call *3833.

Visit the web URL below for a list of mental health service providers through Meuchedet, sorted by location. You may find English-speaking therapists by looking in the “Language” column.

http://bit.ly/Meuchedet_providers



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Disability Pension

As stated by the National Insurance Institute of Israel on their website http://bit.ly/bituach_leumi

Conditions of entitlement

An Israeli resident who is at least 18 years old, but has not yet reached retirement age, and is disabled due to a physical, intellectual or mental impairment resulting from an illness, accident or birth defect, is entitled to disability benefits.

Conditions of entitlement to a disability pension are as follows:

1. Age and residency

You are an Israeli resident, you are between the ages of 18 and retirement age.

A minor, between the ages of 16 and 18 may be entitled to the pension if he or she was a "working minor" immediately before sustaining his earning incapacity.

2. Income from work

You either do not work or your income as a salaried employee or self-employed person is under 60% of the average wage, i.e. NIS 6,331 (as of Jan 01, 2020).

Please note: A married woman without an occupation shall be examined as a housewife, if she did not work for 12 consecutive months or 24 non-consecutive months within the 48 months that preceded the day of submission of her claim for a disability pension or termination of her work - if termination of work occurred after submission of the claim.

3. Medical disability (including qualifying mental health disabilities)

You were determined, by a physician from the National Insurance Institute of Israel (NII), a medical disability degree of at least 60%, (or at least 40%, if you have several medical impairments and a medical disability of at least 25% was determined for a single one of them). To view a list of qualifying disabilities, see the following PDF from Bitual Leumi: https://www.btl.gov.il/Laws1/02_0001_150700.pdf Mental health information begins on p. 51, section 32X.

4. Incapacity degree

It has been established that, due to your disability, you cannot work or your capacity to earn a living has been diminished by at least 50%, and a degree of earning incapacity of 60%, 65%, 74% or 100% has been determined for you.

Disability pension for a housewife

A married woman who did not work for a long while shall be examined under a different track for purposes of receiving a disability pension for a housewife.

Examination under the housewife track is performed if she did not work for 12 consecutive months or 24 non-consecutive months within the 48 months that preceded the day of submission of her claim for a disability pension or termination of her work - if termination of work occurred after submission of the claim.

How to submit the claim

A claim for a general disability pension may be submitted from age 18, and up to 12 months past retirement age.

New service! You can now fill out your claim form and send all necessary documents by means of a service representative, over the telephone at *3928.

The representative will fill out and submit the claim for you over the phone and help you with the submission of documents.

Documents to be submitted

1. **Claim Form for Disability Pension** (claim form can be found online at http://bit.ly/nii_form)
2. **Medical documents** - diagnostic summaries or any other medical document pertaining to your medical/mental health condition, detailing all chronic diseases, treatments and medications.
3. **Employed person** - you must submit the following documents:
 - i. Last 15 payslips or a certificate from your employer indicating the period of employment and salary (the certificate for your employer is available on the claim form).
 - ii. A list of sick leaves paid by the employer for the period you did not work over the last 15 months, or any payment confirmation from the insurance company regarding the illness.
4. **Self-employed persons** - you must submit to the NII's Department of Insurance and Collection a declaration on the changes in your work and income due to the disability, and provide the last tax assessments in your possession.
5. **Income from other sources than work** - a list of income for the last 15 months, such as retirement pension (in Israel or from abroad), stipend received by Yeshiva students, child support, inheritance income etc.
6. **Power of representation** - if the person submitting the claim and whose signature appears thereon is not the claimant himself, please fill-in article 4 of the claim form as well and attach to it a power of representation, guardianship order or court decision.

Ways to submit documents

The claim and above mentioned documents may be sent by one of the following ways:

- Service representative over the telephone at *3928 - helps with filling out the claim and submitting documents.
- Fill out the claim form electronically and submit it online with additional documents attached to it.
- Fill out the claim form in writing, and send it with additional documents attached to it through the NII website <https://b2b.btl.gov.il/BTL.ILG.Payments/DocumentsInfo.aspx>.
- Submit the claim and the documents by mail, fax or in the service box of your local NII branch.

After submitting the claim, you will be summoned, if necessary, to an examination by the Medical Board, and in case you have severe disabilities, your claim will follow the "fast track" handling process.

Important

You are entitled to receive free of charge advice and preparation for the Medical Boards by "Helping Hands" centers.

To schedule an appointment, dial *2496

"Helping Hand" centers' services involve:

- Help in submitting a claim and in preparing a medical file
- Explanation on claim handling process
- Personal assistance in handling a Medical Board and appearance before the board

If you or your family do not have any income at all, you should check your eligibility for income support until you start receiving a disability pension.

Payment of a disability pension to a person hospitalized in a public institution

A disabled person who stays in an inpatient institution receives everything he needs from the institution in which he is hospitalized. Therefore, a person entitled to a disability pension who is hospitalized in an institution that is a public body (such as Mental Health Centers and institutions acknowledged by the Ministry of Social Affairs), and more than half of his personal expenses are covered by the institution in which he is hospitalized, his pension will be divided between the entitled and the public institution.

The amount of pension share varies according to the pension entitlement of the disabled, increment for a spouse and children, and the type of hospitalization.

The public institution is responsible for submitting a request for pension share to the National Insurance Institute.

The process of handling the claim

1. The claims officer at the local National Insurance Institute of Israel (NII) branch examines the claim

The claims officer checks the following:

- Whether you filled out the claim form in its entirety, or there is information missing
- Whether you attached all the required documents
- Whether you meet the conditions of entitlement to the disability pension

Important: attachment of all the required documents to the claims form will shorten the process of the handling of the claim.

2. A National Insurance Institute's doctor examines the claim

The NII's doctor checks the following:

- Your declaration regarding your medical/mental health condition
- The medical/mental health documents that you attached to your claim form (you may be required to bring additional documents). In cases of mental disability, the NII contacts the relevant parties in order to obtain the documentation.
- Whether to summon you to a medical board, and if so, which doctor and medical advisors to summon to that board
- Whether you are dependent on the help of others to carry out daily activities; if so, you will be summoned to a special medical board that checks your entitlement to an attendant

After the NII has gathered all the required documents, you will receive a notification to appear before a medical board (it is possible that you will not have to appear in person).

Please note, the medical board is composed of one doctor who specializes in a certain area. Therefore, if you have additional impairments, you may be summoned to a number of boards.

3. Appearing before a medical board

In the medical board, the doctor:

- Examines the medical documents in your file before your arrival
- Hears from you about the impairments from which you suffer, and if needed, performs a physical examination
- Determines the degree of your medical/mental health disability
- Examines to what extent your medical/mental health impairments influence your capability of going out to work and earning a living (for a housewife: to what extent they influence your capability of performing household duties).

Please note, the members of the medical board may pause the evaluation of your claim and request additional medical examinations or documents if needed. The board doctor is not authorized to decide on the medical treatment that you require, but rather to determine your degree of medical disability only.

4. Receiving the decision on the claim

The claim returns to the claims officer in the Disability Department, who then:

- Examines your income information again, in relation to the degree of disability that was determined for you
- Determines to what extent your medical/mental health disability influences your capability of going out to work and earning a living, based on the recommendation of the doctor and of the rehabilitation clerk.
- After all the examinations, the decision on your claim will be sent to you by mail, together with the report of the medical board.

After receiving a ruling on your claim, if you think the decision is not fair, you may appeal it: http://bit.ly/nii_appeal



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Sal Shikum - Rehabilitation Basket

(As stated by Kol Zchut on their website, translated by The Shira Pransky Project: https://www.health.gov.il/English/Topics/Mental_Health/rehabilitation/Pages/sal.aspx, and by the Ministry of Health on their website: https://www.health.gov.il/English/Topics/Mental_Health/rehabilitation/Pages/sal.aspx)

The services provided as part of the Mental Health Rehabilitation Basket are pursuant to the The Rehabilitation in the Community Law and the Ministry of Health is responsible for providing them.

Eligibility for the Rehabilitation Basket

Criteria for eligibility for Rehabilitation Basket:

1. A person who is coping with a mental health handicap who has reached the age of 18 years
2. A person with a medical disability due to a mental health disorder at a level of at least 40%, as determined under the provisions of clauses 33 or 34 of the appendix to the regulations for determining the level of disability.

The Process for Receiving the Rehabilitation Basket

1. Applying for recognition of mental disability of at least 40%

The Community Rehabilitation of Persons with Mental Health Disability Law, 2000 states that the following persons are entitled to apply to the rehabilitation basket committee for determining eligibility for a rehabilitation program:

An Israeli resident for whom a 40% disability and up has been determined by the **National Insurance Institute (information on this topic can be found on page 155)**

Clarifications:

- In case the applicant has already applied to the NII and was rejected by it, he will not be entitled to receive approval for an examination by a doctor authorized by the Ministry of Health.
- You may not simultaneously apply to both to the NII and to the Ministry of Health
- It should be emphasized that the examination by an authorized doctor is valid only for the purpose of applying to the rehabilitation basket committee and cannot be used in any other legal procedure, including for the purpose of submitting a claim or appealing the NII's decision, or for filing a claim in court.
- A certificate given by a physician (private request) shall not be accepted by the Rehabilitation Committee. Only ones requested by the Ministry of Health will be accepted.
- Should the Ministry of Health require further information from after receiving your application, it must be provided within two months.

2. Formulating a rehabilitation program

A central element of the rehabilitation process is the formulation of a rehabilitation program adapted to the needs and the abilities of the person with the mental health disability. Rehabilitation can be performed through completion of education, assistance in being integrated in employment, community housing assistance, and more.

The rehabilitation program will be built in cooperation between the person undergoing rehabilitation and the treatment coordinator/party referring to the Regional Rehabilitation Committee, which can be one of the following:

- A psychiatric hospital
- A mental health clinic/center
- Social services
- A community rehabilitation framework
- A private treatment provider (in one of the clinical professions: social worker, occupational therapist, psychiatrist, psychologist, registered nurse).

In cases where there is no treatment coordinator or treating body that is assisting the person with the mental health disorder, he/she would have the option of filling in the application forms to the Rehabilitation Committee by him/herself, attaching the required paperwork, including the form filled in by the treating psychiatrist, and submitting them directly to the Regional Rehabilitation Committee (see below 'Application to the Regional Rehabilitation Committee'). Similarly, a family member may apply to the Committee on behalf of, and with the consent of, the person with the mental health disorder, enclosing all the required documents.

The rehabilitation program is built in cooperation with the person undergoing rehabilitation, and includes objectives and determines detailed steps of action. The program is re-evaluated after some time.

3. Application to the Regional Rehabilitation Committee

The Regional Rehabilitation Committee is the party that approves the rehabilitation program that was formulated.

Application to the Rehabilitation Committee is performed through the referring party, or as an application by the person him/herself, with all the filled in Rehabilitation Basket forms being sent to the District Health Bureau in the person's area of residence.

In an application to the Rehabilitation Committee, the required forms* should be submitted together with the attached documents:

- Personal details
- Medical report – to be filled out by the treating psychiatrist and to include an illness summary
- Nursing report – when a person applies to receive a rehabilitation basket directly from the hospitalization system
- Psychosocial summary – to be filled in by the treating party
- Functioning assessment. It is desirable to attach relevant diagnoses
- Summary, with reasons, of the recommendations of the applicant and the referring party
- Report from the rehabilitation department of the National Insurance Institute
- Report of the determination of disability, the level of disability and the clauses under which the disability was determined
- Signed Waiver of Confidentiality form

*Rehabilitation basket form can be found here: https://www.health.gov.il/DocLib/sal_shikum.doc

Note: It is recommended to attach any document that provides an additional aspect of familiarity with the applicant, such as: report from the social services offices, or from past and present rehabilitation frameworks.

- For housing applications: approval of eligibility for rental assistance from the Ministry of Housing, or undertaking to pay rent from other sources. In the event that the approval has not yet been obtained, a copy of the application to the Ministry of Housing should be attached.

Mode of submission of the documents:

The forms and documents should be submitted by the referring party by mail to the coordinator of the Rehabilitation Committee (it is recommended to retain copies of the documents).

The Committee coordinator will assess the documents, and if necessary (s)he will return the complete documents to the referring party (if the person applied by him/herself, the documents will be returned to him/her).

4. Invitation to the Regional Rehabilitation Committee

After the material is received and assessed, the rehabilitation coordinator will convene the Regional Rehabilitation Committee. The Committee is composed of the following professionals: psychiatrist, social worker, occupational therapist, psychologist or registered nurse.

The committee will ask the applicant to attend a meeting with them for the purpose of getting to know him/her and gaining an impression.

The applicant may also bring with him/her family members and any other party that could assist.

The Committee shall convene and invite the applicant up to one month from the receipt of the documents in their entirety. The Committee will convene in one of the cities in the District (but not always in the city where the applicant lives).

5. Decision of the Regional Rehabilitation Committee

After studying the documents and meeting the applicant, the Committee will decide, in accordance with the Community Rehabilitation of Persons with Mental Health Handicap Law (2000), whether to approve the rehabilitation program in its entirety, to approve a part of it, or to reject the rehabilitation program. The Committee can also suggest changes and additions to the rehabilitation program.

The Committee's decision, with reasons, will be sent by post to the referring party, or in cases of self-application, to the applicant him/herself.

6. Receiving the rehabilitation basket

In cases where a rehabilitation basket is approved for the applicant, he and the referring party will conduct a "market survey" together, and choose the appropriate frameworks and/or services that address the rehabilitation program.

7. Integration of the person undergoing rehabilitation in the rehabilitation framework

After choosing the appropriate framework and associating with it, the applicant shall take part in the rehabilitation program that has been determined.

The Regional Rehabilitation Coordinator will convey budgetary approval to the rehabilitation service. By means of this budgetary approval, the State funds the applicant's stay and participation in the rehabilitation services.

Psychiatric Hospitalization Due to Risk of Suicide

It can be very scary and overwhelming to ensure the safety of a loved one who is experiencing persistent suicidal thoughts. Below you will find information about the process of hospitalizing an individual who is at risk for suicide, in order to keep him/her safe.

Voluntary Hospitalization:

Pages 128-131 list psychiatric facilities in Israel. If the patient is willing to go voluntarily, accompany him/her to a local facility. While you want to make sure that you're choosing the right fit for your loved one, the main goal initially is to get him/her admitted to ensure their safety. If it's not the right place, you can always make a switch later. Do not delay in getting your loved one hospitalized if he/she is at risk for suicide. You may also take him/her to a local emergency room, if he/she cannot get to a psychiatric facility.

Involuntary Hospitalization

If the person in need of hospitalization has impaired judgement and refuses to voluntarily be admitted to a hospital, the following is the protocol for involuntary hospitalization.

Contact the District Psychiatrist for your area and request a Horaat Bedikah (involuntary evaluation). It is recommended that this request is made via a mental health professional or the patient's primary physician.

District	Phone Number	Fax
Jerusalem	02-5313501, 02-5313502, 02-53103503	02-5313508
Merkaz (Ramle)	08-9788616, 08-9788617, 08-9788618	02-6473955
Merkaz (Tel Aviv and Herzlia)	03-5634810, 03-5634783	03-5620567
Merkaz (Tel Aviv)	03-5684619	03-5684686
Haifa	04-8632935, 04-8632938	04-8632936
North	04-6557871, 04-6557884	04-6470443
South	08-6263508, 08-6263510, 08-6263515	08-6282438

The patient's psychiatrist (or in the case where the client is not under care of the psychiatrist or the psychiatrist isn't available to do this, the therapist or doctor) should write a formal letter describing in detail why he/she believes that the patient should be admitted to a hospital. The District Psychiatrist will send a designated nurse from the hospital in an ambulance to the client's home. The nurse will bring the patient to a board certified psychiatrist, who will make an assessment and a recommendation for the District Psychiatrist. The District Psychiatrist will then determine the next step for the patient.

Important to note: In order to be admitted involuntarily in Israel, the patient needs to show impaired judgement.

In conclusion, Israel's public mental health system is set up to provide for the mental health needs of the citizens residing in Israel. It can take time to get an appointment with a Kupa mental health provider, especially if you're limited to an English-speaking clinician. This is especially problematic when a person has an urgent mental health need and requires an immediate appointment. Delaying getting help is generally not recommended, so we recommend seeking help privately (even if it's only until the appointment date with the kupa therapist/psychiatrist). Private English speaking provider profiles can be found on pages 10-110. When seeking private assistance is not an option, because of cost, we recommend seeking help from a non-profit mental health organization where mental health services are offered at highly subsidized rates. These subsidized options can be found in this directory beginning on page 132.

Contact the Ministry of Health Call Center with medical/mental health questions or complaints: *5400, 08-6241010

If you would like to request additional copies of this resource for your community, school, or organization, please email directory@gethelpisrael.com.

EMERGENCY TELEPHONE NUMBERS & HOTLINES



100
POLICE



101
AMBULANCE



102
FIRE

Revacha Hotline	118
Eran's National Suicide Hotline	1201 (dial 10 for English)
Natal's Anxiety and Trauma victims hotline	1-800363363
Crossroads Teen Hotline	050-HOTLINE (050-468-5463)
Victims of Sexual Assault and Rape - The Association of Rape Crisis Centers in Israel	
Women's hotline nationwide	1202
Men and youth hotline	1203
Women's hotline in Arabic	04-6566813
Hotline for religious women and in Amharic	02-6730002
Hotline for religious men and youth	02-5328000
National Headquarters for Child Protection Online	105
Wizo's domestic violence nationwide hotline	1-800-22-0000
ELY Child Protection Association	1-800-223966
Meital's Child victims of sexual abuse hotline	02-6333387/61, *9779
The National Council for the Child (child abuse)	02-6780606
Violence Hotline for Students	1204
Poison Control	04-854-2222
Psychiatric hospitals	
<i>Refer to the psychiatric facilities section beginning on page 128 for a facility in your area</i>	



והדרת פני זקן

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Beit Daniella

Rehabilitative Day Center for Youth



Empowerment. Rehabilitation. Integration

A short term supportive recovery day center for youth who are struggling with mental health issues including eating disorders, Beit Daniella empowers youth with the vital skills to transition back into their families, schools and communities. Appreciating the central role of family, Beit Daniella also helps

parents understand and support their child during this time of need. Situated in a natural setting with an emphasis on animal-assisted therapy, Beit Daniella seeks to strengthen the healthy self to meet and negotiate with the unhealthy self in an environment that fosters responsibility and wellness.

- **Short Term:** 4 to 8 months
- **Daily Program:** 8:30-3:00, Sunday to Thursday
- **Group Therapies:** DBT, Horse and Dog therapy, Horticulture, Life Skills, Art
- **Individualized Study Program:** To fill in knowledge gaps incurred from crisis/hospitalization, restore confidence in learning and prepare for re-entry into school system
- **Parent Support:** Individualized Guidance and DBT Group
- **Community Integration:** Liaison with School, Psychologist, Psychiatrist, Nutritionist



In memory of Daniella Pardes

**Rehabilitative Day
Center for Youth**

For more information: info@beitdaniella.org

Havat Harei Yehuda | Tzur Hadassah 055 551 5788

www.beitdaniella.org