

# MENTAL HEALTH RESOURCE GUIDE

A comprehensive resource guide for English  
speakers in Israel

Private  
Therapists &  
Psychiatrists

Support  
Groups

Subsidized  
Services

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Treatment  
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Hotlines



2022



**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, and for diagnoses that include borderline personality disorder, complex-PTSD, depression, anxiety, eating disorders, and OCD.

Led by Dr. Shmuel Harris MD, former head of Psychiatry at Hadassah University Hospital-Mt. Scopus, and Dr. Tzachi Fried PhD, a recognized DBT expert in the English-speaking mental health community, Machon Dvir's integrated team of psychiatrists, psychologists and social workers work with adults and older adolescents, with a focus on university, gap year, seminary and yeshiva students. The team is actively engaged in community outreach and mental health education for the Anglo community in Israel.

With a **recently-opened office in Raanana**, Machon Dvir expands its DBT therapy services from **Jerusalem and Beit Shemesh** to the center of the country. All three locations provide a variety of treatment options, from individual therapy to DBT skills groups (gender-separate group sessions are available), and medication management.

**For more information on Machon Dvir's services, staff, treatment and accepted insurance plans, visit [www.machondvir.org](http://www.machondvir.org).**

**To make an appointment, please call 02-625-2527, or email [office@machondvir.org](mailto:office@machondvir.org).**



# GET HELP *Israel*

## Mental Health Resource Guide 2022

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We are so glad that the 2022 edition of GHI's Mental Health Resource Guide is in your possession! If you're not yet familiar with what the organization does, please let us introduce ourselves.

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, gap year programs, embassies of English-speaking countries, municipalities and other government offices to provide customized referrals for their individual needs. The association is recognized and respected for its rigorous verification of the professionals' credentials in accordance with Israeli law.

GHI builds community programs to provide affordable and accessible therapeutic services to English-speakers, such as The Lone Soldier Program (page 155) and the Gap Year Therapy Program (page 152).

### How to Use This Guide

The guide is divided into the following sections:

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

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

### Why is Verification of Credentials Important?

When GHI was founded in 2016, it was with the understanding that many Anglo Olim prefer to work with a native English-speaking therapist who is culturally aware and



sensitive to the experience of an Oleh. Yet, the existing system in Israel doesn't account for a large number of MA, Psy.D and Ph.D trained clinicians who have been trained abroad, many of whom are licensed or license eligible by reputable licensing bodies in the US, Canada, UK, and Australia. GHI therefore set up criteria for membership that would enable qualified clinicians holding **a minimum of an MA or higher in the mental health field from an accredited university** to join GHI - The Israel Association of Mental Health Professionals. The types of professionals at GHI include: Psychiatrists, Psychologists, Social Workers, Marriage and Family Therapists, Mental Health Counselors, Addictions Specialists, Play Therapists, Sex Therapists, Psychotherapists, Expressive Arts Therapists, Career Counselors, and Life Coaches. The criteria for membership for Life Coaches differs from that of therapists in that a life coach must have a life coaching certification from a life coaching program that meets the International Coaching Federation's (ICF) requirements for Associate Certified Coach (ACC) or higher (at least 60 hours of coach-specific training, a minimum of 100 hours of client coaching experience, 10 hours of mentor coaching over a minimum of three months). GHI's academic requirements for membership uphold a high standard of training in the field and enable English-speakers to find a wide range of qualified professionals whose credentials have been verified to meet those requirements. Clients don't always know to ask, nor do they always feel comfortable asking the therapist to see his/her credentials. We take this off your shoulders so you can rest assured that if you're finding a therapist through GHI, we have checked the credentials for you.

## What Does Verification Entail?

- Checking that the academic credentials (MA, MSW, PhD, PsyD, MD, MEd, MFT, etc.) are in the mental health field and 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
- Verify that the therapists who hold titles that require licensing in Israel (Psychiatrists, Psychologists, and Social Workers) are indeed licensed in Israel
- Verify licenses from abroad for those therapists who hold a license outside of Israel
- Verify additional credentials

**\*The verification process is for purposes of providing a database of credentialed professionals and does not ensure efficacy of therapies provided by any individual therapist or facility that is a member of GHI. Persons considering contacting any of the professionals in the GHI database are urged to conduct their own personal evaluation regarding the efficacy of the therapist prior to retaining their services.**

We hope that you find this directory useful and whether you are a therapist seeking to build your professional network, or whether you are a client seeking services. GHI is committed to positive growth and assisting English-speakers navigate the Israeli mental health system.

**This Mental Health Resource Guide was made possible thanks to our advertisers:**

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# Beit Daniella

Rehabilitative Day Center for Youth

Admission  
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## **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 the school system
- **Parent Support:** Individualized Guidance and DBT Group
- **Community Integration:** Liaison with the School, Psychologist, Psychiatrist, Nutritionist



In memory of Daniella Pardes

Rehabilitative Day  
Center for Youth

For more information: [info@beitdaniella.org](mailto:info@beitdaniella.org)

Havat Harei Yehuda | Tzur Hadassah 055 551 5788

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# GET HELP *Israel*

BRIDGING THE GAP IN MENTAL HEALTH CARE

## THE MOST COMPREHENSIVE DATABASE

of verified mental health professionals in Israel  
(see pages 8-103)

## MENTAL HEALTH PROGRAMS

for lone soldiers and gap year students  
(see pages 104-106)

## USEFUL MENTAL HEALTH RESOURCES IN ENGLISH:

hotlines, residential and outpatient treatment facilities,  
subsidized services, support groups, and information  
on government benefits / mental health services

## CUSTOMIZED SUPPORT GROUPS & MENTAL HEALTH WORKSHOPS

for companies, organizations and institutions.  
Email us at [support@gethelpisrael.com](mailto:support@gethelpisrael.com)  
to see how we can help your team/group/student body.



**FIND HELP AT**  
**[www.gethelpisrael.com](http://www.gethelpisrael.com)**



## **GET HELP ISRAEL**

**SUPPORTS AND GUIDES MENTAL HEALTH PROFESSIONALS  
IN MAINTAINING ETHICAL, LEGAL, AND COMPETENT  
MENTAL HEALTH SERVICES**

### **BECOME A MEMBER OF THE ASSOCIATION AND GAIN ACCESS TO:**

The largest network of verified mental health professionals  
in Israel

Clients who are searching for verified clinicians

Professional development/CEU

Clinical tools and resources

Billing solutions

Participation in GHI's mental health programs (Gap Year  
Therapy Program / Lone Soldier Program / Therapy for Olim)



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# WHAT'S MISSING FROM YOUR PRACTICE?



## The Missing Piece: **The Body in the Therapy Room** (Part 1)

Learn the basic techniques of somatic psychotherapy, so you can build resilience, increase emotional capacity and process trauma.

## The Old Piece: **Early Wounds and their Manifestation in the Present** (Part 2)

A somatic approach to attachment adaptations and early relational patterns. Part 1 or other somatic training is a prerequisite.

## The Lost Piece: **Reclaiming the Body after Sexual Abuse** (Part 3)

Enable clients to contain their internal experience, build trust, tolerate intimacy and approach pleasure. Part 1 or other somatic training is a prerequisite.

Courses are offered on an ongoing basis. Visit our website for upcoming dates.



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*If you work with...*

- trauma or stress
- clients who don't like to talk in therapy
- too much or too little energy
- clients who feel out of touch with their bodies

*...you'll appreciate this toolkit.*

Inspired by my ongoing work with the therapists in southern Israel, **sense your self**<sup>®</sup> uses simple sensory tools to up or down regulate the nervous system. Working collaboratively, you can join and guide your client's experience—one sense at a time.

**To purchase and learn more: [www.sense-yourself.com](http://www.sense-yourself.com)**

## A Message from Tanya Prochko, MEd, MFT: Founder and Executive Director of Get Help Israel

*As Olim, we understand all too well the impact of Aliyah. I founded Get Help Israel (GHI) in hopes that in the midst of upheaval, adjustment, and reorientation, there would be a secure and trusted place for Olim to turn to and easily find mental health support in their mother tongue. Being grounded in a familiar culture and language when you need support is a tremendous aid to healing. Being understood is a powerful tool to recovery.*

*GHI grew from an organic seed when a group of like-minded therapists got together and voiced the need for comprehensive mental health resources in English that would enable Anglo clients to find the right help. We also developed a much needed peer framework for professionals, which allows for continuity of professional growth and continuing education. It has been a tremendous honor and privilege to bring life-saving resources to Israel and offer a platform for mental health professionals at the same time.*

*We see the jarring effects of mental health stigma on people's lives, both on a micro as well as a macro level. We and our loved ones pay a hefty price when mental health issues go unaddressed. We have the power to make a change by educating ourselves about mental health, utilizing the resources that are available, and advocating for and supporting those who are struggling. My hope and dream for this organization is to be a conduit for this vital change. Through the annual publication of this guide, availability and accessibility of resources from our website, programming and events, our collective efforts will save lives.*

*I'm truly humbled and grateful for your partnership in this work. Please, offer this resource that we have created for you to the people in your life who may need it. We are here for you.*

*Tanya Prochko*

*Founder and Director, Get Help Israel*

## How to Find the Right Therapist

*Tanya Prochko, MEd, MFT / Batya Ludman, Psy.D, F.T  
(GET HELP ISRAEL)*

Psychologist, psychotherapist, psychiatrist, coach, counselor, or social worker. Who should you talk with if you're distressed? In these difficult times, finding the right therapist becomes even more important.

Whether a recent issue or a longstanding problem, the goal is to untangle your concerns and help you lessen your distress quickly so you can begin to feel better. It's at times like these, when it's difficult to handle challenges on your own, or when you can't or don't want to talk to your friends and family, that you may find it beneficial to seek help. Taking this first step, recognizing that you need assistance, and sharing your burden, allows you to begin your journey towards improved health and healing.

Your mind and body usually work well together to help you sort out your various issues and heal naturally over time. Occasionally, you may just need a bit of guidance in learning how to listen to the cues, and it is this fine tuning that a competent and experienced mental health professional can provide to help facilitate the work you need to do in order to feel better. Counseling or "talk therapy", is a very personal matter and it's important that you feel comfortable with your therapist and the therapeutic process. The goal is to increase the success of the client-therapist match by considering the following 5 key components when selecting a therapist:

- 1) The brain is a highly complex organ that controls thought, memory, emotion, touch, motor skills, vision, breathing, temperature, hunger and every process that regulates our body. There are many different theories on how the mind operates and how to help it cope and heal. In your search, you will notice that there's a wide range of therapists, with varying credentials and approaches to therapy. **Before choosing therapy with any professional, ask for a phone consultation, where you can get more information about his/her therapeutic approach.** A good therapist will provide psycho-education about the therapeutic approach(es) that (s)he uses to ensure that you have a clear picture of what the process will look like. This is your opportunity to learn all about this therapist so don't hesitate to ask as many questions as needed. You may want to ask whether their approach is evidence-based, and how effective it is in treating the things you're looking to work on. What works best for one person may not be helpful for another. Good treatment should be individualized to suit your personal needs.
- 2) What are the therapist's qualifications? **Don't forget to ask about his/her training, experience, and other relevant questions related to his/her competence in treating clients with similar issue(s) as yours.** There are also many excellent therapists who are new to the field, and there are advantages and disadvantages to consider when choosing between a seasoned therapist and a newer one. Depending on the issue, the type of training may be of greater significance. For example, psychiatrists can diagnose and prescribe medication for a mental disorder but are less likely to provide ongoing psychotherapy (although some do), while a clinical psychologist can provide an assessment and psychotherapy without prescribing medication.
- 3) Do you have a gender preference, or any other criteria that's important to you? For example, a therapist with a specific religious affiliation or cultural background might be something that's important to you. You may prefer online therapy over face to face because your circumstances make leaving your home very challenging. Having directly assisted countless individuals find the right therapist, we've heard preferences for criteria such as a soft-spoken

therapist for a child who gets easily intimidated, or LGBTQ-friendly couple therapist. Your preferences are valid and indicate that this is what you need to build a safe and connected relationship with your therapist. **While professional qualifications are important, you should not ignore other criteria when making your choice.**

- 4) **Keep your expectations in check. Therapy is as much (if not more) the work of the client as it is of the therapist.** If you're looking for a therapist who will provide a quick-fix solution, you'll likely be disappointed. Therapy is a team effort and can only be successful if the client is committed to the process and does his/her part of the work.
- 5) At your initial session, **notice whether the therapist makes you feel safe to be vulnerable.** Is your therapist fully partnering with you in achieving your therapeutic goals without judgement? Do you TRUST this professional to bring your authentic self to the therapy space? It is upon this trust that a solid therapeutic relationship is built and is the foundation of successful therapy. It's important to note that trust is something that's built over time and when you're meeting a stranger for the first time, it's natural to feel wary or guarded at first. You can check in with yourself and make a realistic assessment of how safe you feel. If you're coming into therapy knowing that you have difficulty trusting in general, then be mindful of where these feelings of distrust are coming from. A good therapist will slowly break the walls of distrust by providing an empathic and safe environment for his/her client.

Working actively in an open, honest and caring partnership with your therapist, you'll gain insight, greater understanding of your issues and work to find ways to successfully resolve them. You need to feel comfortable, respected and understood as you express your concerns and in return, feel that you can trust this professional and work well together.

### RED FLAGS

There are many "therapists" in Israel who don't have proper credentials to be seeing clients privately. They have professional websites and practice under the guise of a "therapist". This "title" is often misleading and implies education, training, and credentialing when in fact little or none may have been obtained. Sadly, precisely when you are vulnerable and uncertain where to turn, it is easy to be taken advantage of. Don't be afraid to ask to see the therapist's qualifications if you're unsure. Similarly, credentialed therapists should not take on cases that they are unqualified to treat. The ethically-minded therapist will always put the needs of the client before their own business and refer out if (s)he is not able to provide the client adequate help.

Other red flags include:

- Does not provide you with information about your rights as a client, confidentiality, office policies, and fees so you can fairly consent to your treatment (this information is essential at the start of your treatment)
- Judgmental or critical of your behavior, lifestyle, or problems (their personal biases do not belong in the therapy space in order to provide effective treatment)
- Talks over you or down at you and makes you feel inferior (If you notice a power imbalance that's a red flag)
- Attempts to have a sexual or romantic relationship with you, or any other relationship outside the therapeutic one
- Discloses the identity of other clients to you
- Has difficulty accepting feedback or admitting mistakes
- Comes consistently late to sessions or cancels frequently



- Tries to keep you in therapy against your will
- Tries to convince you that only their approach is valid while ridiculing other therapeutic approaches
- Overshares personal information
- Feels overwhelmed with your problems

This list of red flags is meant to give you an idea of how a therapist should not behave; it is not a comprehensive list. If you notice something that makes you feel uncomfortable, even if it's not on this list, we urge you not to ignore it. Staying in a therapeutic relationship that makes you feel uncomfortable can cause harm. If you need guidance on reporting harmful behavior of a therapist to the licensing board, please contact GHI at [support@gethelpisrael.com](mailto:support@gethelpisrael.com) and our ethics committee will assist you.



*Tanya Prochko, MEd, MFT is the founder and director of Get Help Israel, and a psychotherapist in private practice in Jerusalem. Her work with GHI empowers clients to seek and easily access qualified professionals and encourages professionals in the GHI network to uphold a high standard of ethical practice through the association's guidance, professional development program, and seminars.*



*Dr. Batya L. Ludman, Psy.D, F.T is a licensed clinical psychologist in private practice in Ra'anana, and author of the book, *Life's Journey: Exploring Relationships- Resolving Conflicts*. She has written about psychology in *The Jerusalem Post* since 2000. Dr. Ludman sat on the Nova Scotia Board of Examiners in Psychology and currently sits on the Advisory Board of GHI.*

## The Impact of Aliyah on Mental Health

*Dr. Alyson Aviv, Ph.D, ABPdN  
(GET HELP ISRAEL)*

Immigration entails many challenges and although the experience of every immigrant to Israel is unique, there are commonalities that mental health professionals encounter. While many immigrants do not experience mental health challenges, for those that do, many of the challenges are common. The general stress of Aliyah, functioning in a new language and a new culture can all exacerbate existing mental health issues and may trigger new ones. If you have known existing mental health issues, you should consider seeking out a therapist early on in your immigration experience to help reduce the impact of these well-known stressors on your overall wellbeing.

Successful immigration requires a level of acculturation, adapting and integrating into the new culture. Acculturation rests on language acquisition for the most part. However, language competency is not a skill that comes easily to everyone. Most people gain basic interpersonal communication within 6 months to 2 years of moving to a new country, but higher levels of comprehensive and academic language competency needed to integrate more fully can take 5-10 years, and even then, there will be those who never make it. Adults who struggle with language competency often have lowered self-esteem and their difficulties can impact their self-perception as otherwise competent adults. Therapy can facilitate acculturation by helping adults understand the new culture, learn adaptive skills and access their personal resources for coping in their new home.

### LONE SOLDIERS

Young adults who come to Israel as lone soldiers may experience specific integration issues. Therapists who work with lone soldiers who are struggling during their military service report that the most common issues are feelings of disorientation, helplessness, loneliness, alienation, disappointment and disenchantment, loss of control and lack of confidence. Lone soldiers who have a prior history of mental health challenges may find their prior issues resurfacing during their army service. GHI's Lone Soldier Program offers low-fee therapy to lone soldiers. Participating therapists can be found on page 155.

### SINGLES

In general building a strong social network is a crucial step to successful integration. Seeking out groups of people with common interests (e.g. hiking groups, foodies groups etc.) is an easy way to find like-minded individuals. For singles who are seeking meaningful romantic relationships, there is the traditional matchmaking scene for more religious singles, and for most secular adults, the dating world is primarily on-line. Immigrants often struggle to find their feet in the local on-line dating scene although there are many groups (mostly in Hebrew) that exist to promote socializing and connectedness among adults seeking romantic relationships. These groups offer an alternative to the busy on-line dating scene that can be overwhelming to some singles. There are life coaches and therapists who specialize in working with adults who are in the relationship seeking phase of their lives, whether a first significant relationship or following a break up or divorce.

## FINANCIAL PLANNING

Some immigrants experience significant financial struggles following their aliyah. Financial stress can be a trigger for mental health issues. Israel is an expensive country according to international cost of living indices, and successful Aliyah is often associated with realistic financial planning which can affect the course of an immigrant's integration at many levels. Recent figures (Latet) showed that 38.6% of Israeli households experienced financial hardship during the Corona pandemic. Some immigrants find that they simply can't afford to live in the area of the country that they would like to live in, and immigrant families are certainly a part of the twenty two percent of all Israeli households that met criteria for food insecurity at the end of 2020. There are NGOs, such as Leket and Meir Panim, that work to battle food insecurity, and immigrant families who experience food insecurity are encouraged to make themselves familiar with the resources available.

## COUPLES AND FAMILIES

The immigration experience can put significant strains on marriages. Family conflict is another risk factor for experiencing mental health issues. If you are in a marriage or partnership, pay attention to your levels of conflict and don't wait to seek help so that small issues don't mushroom into bigger ones. For couples who decide to separate, working with an experienced therapist during the separation process can give much needed support and guidance, and may help facilitate a smoother and more amicable separation, something that is particularly important if children are involved.

If you are a parent, and struggle with language acquisition, you should pay attention to whether you are relying too heavily on your language competent children. It may place an unnecessary burden and can cause upside down roles within your family. And, if we are talking about being a parent, learning to negotiate the Israeli education system is not for the faint of heart. Children are in school for less hours than most immigrants are used to, and yet somehow the system generally seems to turn out competent young adults. Check to see whether your expectation of your child's Israeli school experience is realistic. Be prepared to supplement outside of school and realize that the school system may not have all the resources you are used to in your countries of origin.

That said, if you have a young child with special needs, the special needs preschool programs are excellent and have well integrated services. If your child needs this and it is offered to you, don't hesitate, because early intervention is crucial for special needs kids. For older children, if they need it, get them plenty of assistance with homework and language help so they can function as soon as possible in school. Hiring older local teens to read with your child daily is an excellent investment in building your children's language competency. Finally, model for your children your motivation to learn Hebrew. Children learn by example so you should practice what you preach. Language learning can be a family project.

If your child is struggling in school, don't assume that it is all because of language and immigration issues. Kids who struggle are at risk for anxiety, depression, low self-esteem, learning difficulties, and poor social integration. Some will wrongly be identified as having attention difficulties (it is hard to attend when you don't understand what is happening in the classroom). Follow your gut and have your child assessed, especially if there is a history of developmental concerns from your country of origin. Early assessment means early intervention and the results are always better when the root cause of difficulties is identified early.

For those of you with older teens, immigration as an adolescent between the ages of 14-18 can be particularly difficult as this is the prime period of identity formation. It is the most difficult age to change instructional language and such change should be carefully considered, especially if your child has any pre-existing mental health issues. If you have struggled with parenting your children, seek assistance. Parenting experts will help you understand that warmth, clear boundaries, connectedness, empathy for their Aliyah struggles and healthy optimism are really important for healthy adolescent development. Don't let difficulties in the parent-child relationship fester. Most importantly, if your adolescent is not acquiring Hebrew quickly and easily, seek out an educational program that is a better fit.

### OTHER COMMON CHALLENGES

Most immigrants leave behind important family members in their country of origin. This is hard in and of itself, but becomes particularly difficult if those relatives experience health difficulties. Most commonly, worry about aging parents is a concern that can exacerbate mental health stability. Immigrants often feel torn and can experience guilt about not "being there" for their aging parents. Not only that, but separation from a close support system of friends and family can also be a significant challenge for immigrant families, although the plethora of social networking platforms has eased that challenge tremendously over the last few years. Family dynamics change with immigration across all generations. It is important to attend to these changes and be aware of them.

Immigrants may experience underemployment or unemployment which also impacts self-perception. Some immigrants experience a loss of occupational identity if they are not able to work in their chosen profession, while others embrace the opportunity to reinvent themselves.

Research into immigration is clear that the simple act of immigration is associated with mental health risk. This risk is mediated by socio-economic status and by well networked social relationships. Finding community is important for new immigrants whether it is through a synagogue, your child's school or other networks. If your community network is other immigrants only, try over time to avoid remaining isolated within your immigrant community and make connections with Israelis. Finally, make sure to use this guide to find the mental health practitioner who is right for you and / or your loved ones if and when your Aliyah experience starts impacting your or their mental health. Seek assistance sooner rather than later. The therapists listed in this resource guide are well versed in the issues that immigrants face and are ready to be of assistance in your immigration process.



*Dr. Aviv is a bilingual licensed clinical psychologist and the only American board certified pediatric neuropsychologist residing in Israel. She sees patients and families at her diagnostic and treatment clinic in Raanana (central Israel). She is also the only Israeli provider of COGMED (an evidence based cognitive therapy program for people with poor working memory – common in ADHD). Dr. Aviv's approach involves clarifying the source of difficulties, identifying strengths, and determining a path forward for future happiness, success, and productivity for all of her patients. Dr. Aviv also sits on GHI's Advisory Board and is the chair of GHI's Aliyah Committee.*

# Overview on Trauma and How to Seek Treatment

*Joel Wardi, MA (METIV)*

## What is trauma?

Trauma is an experience(s) of threat and dread which overwhelms an individual's normal ability to cope – and so leaves them helpless. Oftentimes these events are unpredictable, causing helplessness and paralyzing fear.

A traumatic experience might be a situation in which there was a threat to a person's life, a danger of physical injury, or a threat to a loved one. The destruction of a person's deepest beliefs regarding him or herself, such as a parent who fails to protect his/her child, or a soldier who accidentally injures a fellow service member or a civilian, may also prove to be an overwhelming and traumatic experience. In other cases, a traumatic experience results from a difficult event, such as receiving momentous news of betrayal or loss.

## Who and what causes trauma?

One kind of trauma is caused by external circumstances such as earthquakes, fires and other natural disasters. A second group of trauma may be caused by abuse within a trusting relationship, such as sexual abuse of children or within the family, violence in a romantic relationship, or other abuses of authority. A third group of trauma relates to actions of other people – intentionally such as in war or terror, or even unintentionally such as in a car accident.

## What is post-trauma and how is it manifested?

Post traumatic disorder is defined by the reaction to the traumatic event. It involves an emotional wound that does not heal on its own. It often causes dysregulation, whether manifested physically such as in breathing, digestion, sexual functioning and body temperature, or in arousal levels and sharp transitions between emotional arousal and disengagement. Time perception may also be altered, with the past and the present mixing together.

There are several areas in which we see typical reactions:

**Avoidance:** The traumatized person avoids places, objects, situations and people who remind him of the trauma. The person may narrow and reduce his inner world – avoiding certain thoughts and avoiding talking about feelings that relate to the trauma.

**Over arousal:** The person is in a constant state of alertness, and feels like he has to be 'on guard' and prepared for action at any moment. This state negatively affects relationships, sleep patterns and the ability to concentrate.

**Invasiveness:** Memories and 'memory pieces' related to the traumatic event invade the consciousness and take over the entire experience at a given moment. This phenomenon might occur in nightmares, flashbacks, reaction to images, sounds, smells or words that remind the person of the event.

**Negative perceptions:** The traumatized person sees himself, others and the world in general in a negative light. For example: he might think himself weak, defective or a failure, and he may perceive others as being ashamed of him. The world around him might be experienced as arbitrary, estranged or persecuting.

## When should one seek treatment?

It's important to remember that in most cases after difficult and overwhelming experiences we recover naturally. The human ability to get up and recover after taking a hit is remarkably good.



The advisable thing after a traumatic experience is to take some time for healing and to receive support from loved ones and the community.

Post traumatic disorder is a disorder of non – recovery. In other words, all of the immediate responses to the traumatic event are normal: confusion, inability to sleep, anger, obsessive thinking about the event, disengagement, unexplained physical pain – all of those are natural in the first few days after the event. It is recommended to ask for an evaluation from a professional if there is no improvement 3-4 weeks after the event.

**Below are typical signs that indicate a need for professional treatment after a traumatic event:**

- Recurring harsh feelings and disturbing memories of the event
- A lack of improvement and a difficulty to return to regular functioning weeks and months after the traumatic event
- Avoidance of any connection to the event, as a way to protect oneself
- Difficulty sleeping
- Extreme emotional reaction when the event is mentioned
- Inability to enjoy things the person used to enjoy
- A feeling that the everyday interactions with the world have become hard or intolerable.
- Changes in behavior: anger, apathy, mood swings, depressed mood, withdrawal, disengagement
- Rage or other outbursts
- Constant anxiety

### How is trauma treated?

During treatment the patient must process and internalize the fact that the traumatic event happened in a frightening and uncontrollable way, and that now we are actively facing the memories and consequences of the event. Paradoxically, only when a person is able to really accept that the event happened can he accept that it is now over. There are many different treatment methods, which have one thing in common: they all aspire to create some order out of the chaos – to find and create continuity and meaning in the events and find a safe place for them in the patient's life story and personal identity.

Trauma creates survival reactions – the person injured by the trauma responds instinctively to himself and his everyday reality with paralysis, emotional flooding or avoidance. These reactions appear as post traumatic symptoms. In treatment we work on expanding the ability to meet and contain the traumatic history and the reactions to it, so the person could reclaim them and finally integrate them in his life story. In this journey, he approaches the main negative feeling in the traumatic history – shame, failure, dread, helplessness and guilt – and gradually changes them to broader and deeper meanings that might be used as a base for hope and personal growth out of the darkness.



*Joel Wardi, MA has been the director of the clinical division of Metiv | The Israel Center for the Treatment of Psychotrauma since 2000. Joel obtained his M.A. in Psychology from Bar Ilan University and worked over the years with traumatic brain injury patients, Holocaust survivors, combat veterans, and other traumatized populations. As part of the work at Metiv, Joel conducts community and group interventions with first responders and government professionals, including preparedness for traumatic events, early intervention after terrorist attacks, and community and individual post trauma treatment. Joel's special interest is in integrative trauma treatment modalities with special emphasis on the transition from victim to person with individual-agency.*

## Preventing and Responding to Sexual Abuse

*Shana Aaronson (MAGEN)*

Of the many concerns held by parents when raising children, there is perhaps none that raises anxiety like sexual abuse. With the sobering statistic that one in every five children is sexually abused before the age of 18, and over 86% of abuse is at the hands of someone known well to the child.

While a little anxiety around sexual abuse is understandable, too much can paralyze us and lead us to feel powerless. When it comes to sexual abuse, informed and proactive adults are our greatest weapon in building safe communities. Talking to our children, empowering them with the knowledge that we are here for them no matter what, is step number 1.

But for many people, the idea of talking to children about abuse seems impossible. It's difficult to know where to start, and hard to talk about something when you find it so confusing and scary yourself. Here are some basic steps to follow when opening up the conversations with the children in your life.

- 1) Arm yourself with information. Read, listen, follow. There are wonderful resources available online, or contact us at Magen to organize a workshop for you and some friends. Information is power!
- 2) Speak calmly. We want to empower our children, not scare them.
- 3) Create an ongoing dialogue. What we describe as “talking about abuse” is really ongoing conversations and discussions about body autonomy, learning to trust your gut instincts, privacy, modesty, and healthy boundaries. This can start from the time a child is old enough to talk (example: “it’s ok for you to be in the bathroom with Mommy now because you’re still 2, but when you’re 3, Mommy might want some more privacy.”)
- 4) Use every day opportunities to talk about all of the above mentioned topics. It’s much easier to process and internalize information when it comes at natural times. (“I noticed at the doctor’s office today that a nurse is always in the room when the doctor is doing his exams, and that they also have a curtain that can be pulled around the bed. It’s nice that kids can choose how much privacy they’d like to have and what they’re most comfortable with, don’t you think?”)
- 5) Model your priorities around secrets and telling the truth. If your child discloses that they broke a rule (cheated on a test, broke curfew, stole something) make it a priority to thank them for telling you the truth. A consequence may very well also be in order but first, make sure they know how much you appreciate and respect the fact that they shared this information with you even though it was hard and they were afraid they might get in trouble. Let them know that there is never such a thing as a secret that is too terrible for you to handle.
- 6) Avoid focusing on stranger danger. Most abuse happens at the hands of someone the child knows well. It’s far more important and effective to focus on trusting their gut, and on the fact that they can always share if something makes them feel weird or uncomfortable, even if it’s someone they really respect or love.
- 7) Don’t threaten to harm or kill anyone who hurts them. Remember, children frequently care about or love their abusers. A child being abused may want the abuse to stop, but also be afraid to share it because of what you might do. Telling them you will harm anyone who hurts

them might seem like it would make them feel safe, but in reality it can make them more nervous to share.

- 8) Help your children identify safe adults in their life. Talk about it. (“It’s really important for kids to have safe adults in their life that they can talk to if there is something they don’t know how to handle. Of course you’re always welcome to talk to me but if you don’t feel comfortable with that, who else do you think you’d want to speak to?”)
- 9) Adjust the conversation as they grow. Discussing body autonomy with teens is going to be a very different conversation than discussing it with preschoolers. Using stories in the media and questions they might have about their changing bodies as a springboard can be really helpful.
- 10) Know your legal obligations. In Israel, all adults are mandated reporters when a minor is abused by a family member or someone in a position of authority. If you have questions about reporting or need help doing so, you can always call Magen to talk it through.

With every effort made, and every conversation had, even the greatest parents cannot ensure that their child is never victimized. However, research has demonstrated that children whose parents talk to them about abuse are more likely to disclose, thereby giving parents the opportunity to respond, support, and protect their child.

What happens if your child (or any child!) discloses abuse to you?

- 1) Don’t panic. Deep breath. (If you do panic initially, that’s OK. You can model emotional regulation afterward and say “I know you could tell that it really upset me to hear about this, but that’s OK. We’re going to call some people who can help and talk it through together. Even though this seemed scary to me at first, I’m alright now, and you will be too!”)
- 2) “Thanks for telling me, that was brave of you.”
- 3) Don’t promise not to tell anyone. You may have to, and you don’t want to violate a child’s trust by making a promise you can’t keep. Perhaps try, “I can’t promise not to tell anyone because I might have to speak to some people who can help, but I do promise that I will discuss with you before talking to anyone, and I promise I will make sure your privacy is respected.”
- 4) You don’t need to have all the answers. It’s OK to tell your child that you don’t know all of the best next steps, and that you’re going to speak to a professional.
- 5) Don’t ‘question’ your child. It’s natural and understandable that you’ll want to know everything, immediately. But it’s important not to push your child for details or ask them closed-ended questions. This can overwhelm a child and, if law enforcement involvement is later needed, it can inadvertently disqualify the testimony. Listen, support, encourage, praise. Then call a professional to help talk you through the next steps. Remember, your child should know that they are never alone in dealing with abuse, and you should know that you’re not alone too!

*Magen creates safer communities by developing and implementing programs and services that focus on well-being of sex abuse victims, holds predators accountable, and eliminates the stigma surrounding sexual abuse. They advocate for survivors within their communities, institutions and through the justice system. They raise awareness and promote safety through educational events by creating and publishing resources and through the mainstream and social media. Magen supports sexual abuse survivors with therapeutic and communal resources as well as standing with them throughout their journeys toward therapeutic healing and justice.*

## First Response to a Person in Distress

**Renana Levy, MSW (KESHEV)**

The “Lense” model was developed as a method of responding to a person in distress. It enables us to reach out to someone in a sensitive and effective way and create a safe space where they can share their feelings and emotions:



**Look and Listen** – Direct eye contact between two people in conversation enables a bond of trust to develop. When speaking to a person in distress, eye contact allows you to listen intently not only to what’s being said, but also to the person’s deeper body language. Don’t speak to someone in distress while you are walking or driving, but sit at their height and look them directly in the eyes. This focus immediately makes them feel that what they are saying is important to you and establishes ground for them to open up on a deeper level.

**Empathy** – A person in distress doesn’t need quick-fixes to their situations or encouragement that their challenge is easy to overcome. What this person needs is for them to feel comfortable sharing with you, to be told that it’s okay to be going through what they are going through, and that no matter what, you are there for them. This fuels connection and establishes a sacred space between you.

**No Judgement** – Both consciously and unconsciously, our bodies often externalize our inner thoughts, feelings, and judgements. For someone afraid of voicing their emotional difficulties, the feeling that they are being judged by their confidant will only compound their suffering. Therefore, allow yourself to be aware of your judgments and let them go before you begin the conversation so that “*no matter what is said, I am not going to judge this person.*”

**Support** – The person in distress who needs support has you to support them. But while you are helping someone who is suffering, who do you have to support yourself? Looking after someone’s emotional wellbeing is a long process which can take months, years or a lifetime. While helping someone else work on their mental health, you must ensure that you too have your own network of support in order to help you through the process.

**Encourage** – Seeking professional help is not something anyone should be ashamed of, and is the first step on the path to wellbeing. Encourage the person in distress to turn to a professional, offer to accompany them and help them find the professional help that would best suit them.

*Keshev is a wellbeing and mental health center that provides support, therapy and education in English and Hebrew. With an interdisciplinary methodology and holistic approach, Keshev offers multiple services to support healthy social-emotional development, including individual counseling, group workshops, and organizational consulting.*



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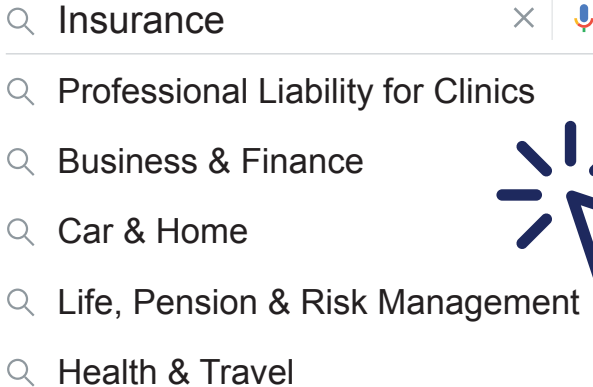
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## Linda Avitan, MSW

Couples and Family Therapist,  
Psychotherapist

**Office Location:**

23 Haim Weizmann St.  
Rehovot

**Phone:**

072-397-1264

**I Work With:** Children, Adolescents, Adults,  
Couples, Families, Men, Women, LGBTQ

**Languages:** Hebrew, English

### ABOUT

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The Corona crisis has made a major impact on all of us. Committed to meeting clients' needs as they define them, I continue to offer the option of online therapy. This removes geographic limitations and enables flexible scheduling. Reduced rates are available to those who have lost income.

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.

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.

### 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

---

Attention Deficit Hyperactivity Disorder (ADHD), Child and/or Adolescent Issues, Divorce / Custody, LGBTQ, Couples / Relationship / Marriage Counseling, Anger Management, Behavioral Issues, Family Issues, Gender Identity Concerns, Grief, Self-Esteem, Stress Management

### TREATMENT APPROACH

---

Family Systems Therapy  
Narrative Therapy  
Relational Psychotherapy





## Tracey Farber, MA, BSW, PhD

Psychologist

**Office Location:**

16 A.D. Gordon  
Tel Aviv

**Phone:**

072-397-6507

**I Work With:** Adolescents, Adults, Men, Women

**Languages:**

Hebrew, English

### ABOUT

---

After 24 years of clinical experience, I would say that hope is a central feature of my work as a psychotherapist. People who are traumatized and depressed or struggling with relationship problems often feel stuck in the dark; I understand that people need grounded hope to help them to cope with difficult life challenges. I work with adults, adolescents and students who I see for in depth psychotherapy. In addition, I specialize in working with trauma. Often people who have experienced childhood trauma find themselves getting stuck in cycles of abuse. Adults who have experienced trauma for the first time often cannot get away from troubling memories that feel like ongoing nightmares and this interferes with enjoying being in the present. Traumatic bereavement such as sudden traumatic loss/grief is another area of specialization. In my PhD work with Holocaust survivors, I was privileged to research traumatic loss. I have generalised my knowledge about Holocaust survivors to understand and work with clients with different experiences of traumatic grief such as children/teens who lose a parent or sibling suddenly or parents who loose children. Within the scope of trauma and grief I also work with second generation Holocaust survivors. As a result of my PhD research, I developed a model of resilience. Resilience means how we adapt to challenging circumstances and bounce back after trauma. I adapt my knowledge of resilience to all my psychotherapy work and aim to help people to adjust and adapt to life challenges.

### QUALIFICATIONS

---

**Education:**

University of the Witwatersrand

**Year of Graduation:**

2019 (PhD), 1997 (MA), 1989 (BSW)

**Registration in Pinkas Hapsichologim:**

27-162012

### SPECIALTIES

---

Grief, Personality Disorders, Sexual Abuse / Rape, Trauma / Post Traumatic Stress Disorder PTSD, Adjustments, Child Abuse, Depression, Domestic Violence, Mood Disorders, Self-Harm / Suicide, Spiritual Concerns

### TREATMENT APPROACH

---

Psychodynamic Therapy  
Relational Psychotherapy



## Anat Gihon, MA

Psychotherapist, Bioenergetic Analyst

### Office Locations:

Chaim Levanon 91, Ramat-Aviv, Tel-Aviv

Abu Ghosh

### Phone:

072-397-1368

### I Work With:

Adults, Couples

### Languages:

Hebrew, English

## ABOUT

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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-fulfilment, rediscover their vitality, strengths and passions, and deepen their self-confidence.

## QUALIFICATIONS

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### Education:

Lesley College, Cambridge Mass, USA

### Year of Graduation:

1984

## ADDITIONAL CREDENTIALS

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Bioenergetic Therapist - since 1990

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

## SPECIALTIES

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

## TREATMENT APPROACH

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Bioenergetic Analysis

Body Psychotherapy

Psychoanalysis

Psychodynamic Therapy





## Hannah-Valeria Grishko, LCSW

Clinical Social Worker, Psychotherapist

*Certified Jungian Sandplay Therapist*

### Office Locations:

21 Tchernikhovsky Street, Jerusalem  
4 Wissotsky Street, Tel Aviv

### Phone:

072-397-6521

### I Work With:

Children, Adults, Couples, Families, Men, Women

### Languages:

English, Russian, French

## ABOUT

My expertise gained through 20 years of practice coupled with life and professional experiences in Ukraine, United States, United Kingdom, France and Israel, offers a unique outlook at life's challenges, especially when you are living not in the country of your birth. My fluency in French, English and Russian and deeper understanding of cultural adaptation and growth that can happen in moving abroad offer a different dimension of understanding and insight to your therapy with me.

I offer an integrative approach that fits your needs as close as possible. This approach includes talk therapy using different methods, body awareness, mindfulness or Jungian Sandplay therapy - creative and expressive therapy that allows you to express and work through challenges and dilemma from a completely different angle. My expertise in working with trauma is also grounded in an integrated approach that helps the body to process what happened on the somatic level through movement, body and the mind. My solid educational background in the form of BA in Psychology (Honors) from the University of Chicago and MSW from New York University serves as an important base to my ability to think analytically, creatively and in depth as well as to thrive for excellence when working with you.

## QUALIFICATIONS

### Education:

New York University

### Year of Graduation:

1999

### License No. and State:

070814 - NY

36466 Registered Social Worker in Israel

## ADDITIONAL CREDENTIALS

Jungian Certified Sandplay Therapist  
(Teaching Member) - Clinical Membership  
(2013), Teaching Membership (2015)

Clinical Trauma Specialist - 2020

Approved Supervisor of Play Therapy UK  
International - 2015

Member of British Association for Counseling and Psychotherapy -- 2016

## SPECIALTIES

Abuse, Grief, Parenting Issues / Training,  
Trauma / Post Traumatic Stress Disorder PTSD,  
Adjustments, Anxiety / Panic, Depression,  
Developmental Disorders, Life Transitions,  
Psychosomatic Disorders, Self-Esteem, Self-  
Harm / Suicide, Sexual Abuse / Rape, Sexual  
Issues, Spiritual Concerns

## TREATMENT APPROACH

Body-Mind Psychotherapy, Dreamwork,  
Existential Psychotherapy, Expressive Arts  
Therapy, Family Systems Therapy, Jungian  
Psychotherapy, Logotherapy, Narrative Therapy,  
Psychodynamic Therapy, Relational Psychotherapy



## Nathalie Lieblich-Bracha, MA

Psychotherapist

### Office Locations:

Hibat Tzion, Ramat Gan  
 Mohaliver, Rishon Letzion  
 Simcha Erlich, Netanya

### Phone:

072-397-1292

**I Work With:** Adults

### Languages:

Hebrew, English, French, Yiddish, Dutch

## ABOUT

Do you suffer from anxieties? Do you have obsessive thoughts? Do you find yourself checking doors, washing your hands many times? Then you may have OCD. Do you have panic attacks while driving, or when you speak in front of an audience? Do you avoid specific situations such as taking elevators, getting into a plane? I can help you overcome your anxieties and live a better, happier and healthier life.

My name is Nathalie Lieblich-Bracha. I am a certified Cognitive Behavioral Therapist (CBT) and a Psychodramatist. I have been treating individuals and groups for the past 7 years at the Mental Health Hospital of Beer Yaakov, as well as at my private practice in Ramat Gan, in Rishon Letzion and in Netanya.

I specialize in treating obsessive disorders such as OCD (Obsessive Compulsive Disorder) and various forms of anxieties such as: social anxiety, panic attacks, fear of intimacy, fear of speaking in public, fear of flying, driving, or entering the elevator. The combination of CBT and Psychodrama enables me, as a therapist, to be practical and goal-oriented, but at the same time be creative and humorous.

As I made Aliya nearly 30 years ago from Belgium, I am fluent in Hebrew, English, French and Dutch, and speak Yiddish. Don't hesitate to call me. I will gladly answer all your questions.

Today is an excellent day to start dealing with your anxieties!

## QUALIFICATIONS

### Education:

Psagot Institute (CBT); Kivunim

### Year of Graduation:

2013

## ADDITIONAL CREDENTIALS

Vrije Universiteit Brussel  
 (Romance Philology, MA)

## SPECIALTIES

Anxiety / Panic, Depression, Family Issues,  
 Life Transitions, Mood Disorders, Obsessive  
 Compulsive Disorder (OCD), Phobias,  
 Postpartum Depression, Self-Esteem, Stress  
 Management, Fear of intimacy

## TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)  
 Psychodrama  
 Mindfulness



## David Narov, MA, MEd, PhD

Clinical Psychologist, Sex Therapist

### Office Location:

21 Nisim Aloni Street, #1273  
Tel Aviv

### Phone:

072-397-1277

### I Work With:

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

### Languages:

Hebrew, English

## ABOUT

I am registered and licensed to practice clinical psychology in New York State and Israel. I received my Ph.D in Psychology from Columbia University in New York City and offer treatment in both English and Hebrew. I have 35 years of clinical experience gained in several well known mental health facilities (e.g. Long Island Jewish Hospital) as well as private practice. My experience includes child and adult psychotherapy, couples counseling and group therapy with a primary focus on the treatment of Depression, Post Traumatic Stress (PTS), Anxiety, OCD, Fears, Phobias, Eating Disorder, Adjustment Disorder, Personality Disorder, Child Behavior Problems, Relationship, Marital Problems and Sex Therapy. I employ two major therapy models: 1) The Psychodynamic Approach and 2) CBT - Cognitive Behavior Therapy including RET - Rational Emotive Therapy.

## QUALIFICATIONS

### Education:

Columbia University, New York

### Year of Graduation:

1983

### Registration in Pinkas Hapsichologim:

5704

### Mumche Category/License Number in Israel:

Clinical Psychologist 6500

### License No. and State:

010442 - New York

## 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)

Diplomat (1996), by the American Board of Sexology

Master of Philosophy from Columbia University, New York 1982

## SPECIALTIES

Anxiety / Panic, Couples / Relationship / Marriage Counseling, Depression, Family Issues, Sex Therapy, Abuse, Anger Management, ADHD, Bipolar Disorder, Borderline Personality Disorder, Codependency, Eating Disorders, Grief, OCD, Trauma / Post Traumatic Stress Disorder PTSD

## 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, PhD

Psychologist

### Office Locations:

Petach Tikva

Givat Shmuel

### Phone:

072-397-1359

### I Work With:

Adolescents, Adults, LGBTQ, Men, Women, Geriatric

**Languages:** Hebrew, English

## ABOUT

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I am a psychologist working with clients in central Israel. I have experience treating depression, anxiety, and chronic illness as well as 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 and the Oncology Dept. (specializing in Breast Cancer).

Presently, I maintain 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 and PhD in clinical-rehabilitation and neuro-psychology psychology at Bar-Ilan University. I have also completed an advanced degree in a 3 year psychotherapy program at the Winnicott Center.

## QUALIFICATIONS

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### Education:

Bar Ilan University

### Year of Graduation:

2015 MA; 2020 Ph.D

### Registration in Pinkas Hapsichologim:

27-132824

## SPECIALTIES

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

## TREATMENT APPROACH

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Narrative Therapy, Psychodynamic Therapy



## Fredda Ronen, PhD

### Clinical Psychologist

#### Office Locations:

16 Hanof St  
Savyon

#### Phone:

072-397-6490

#### I Work With:

Adolescents, Adults

**Languages:** Hebrew, English

## ABOUT

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I am an American born Ph.D clinical psychologist with 30 years of experience. I help adults and adolescents suffering from all kinds of emotional distress such as anxiety, depression, life adjustments/ crises, relationship issues, and stress management. In the past, I have worked as a psychologist at Sheba hospital, with the Maccabi Health Fund, and in the Institute for Psychotherapy. My approach is psychodynamic/interpersonal.

I believe that in the therapy room, its not just about who you are and what you bring in to work on, but how we relate to each other in the therapy space. In my many years of experience, I've found the best therapy happens when there's good chemistry and we're both invested in creating a safe place for growth and change. My goal is to help you have the life you want for yourself. In our first interview, we'll explore what you are hoping to work on and whether we will be a good team to get you where you want to be.

I believe that psychotherapy shouldn't be prohibitively expensive, but affordable to all who need it and my prices are set accordingly. I am bilingual (English and Hebrew) and work both online as well as in my Savyon clinic.

## QUALIFICATIONS

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#### Education:

New York University

#### Year of Graduation:

1989

#### Registration in Pinkas Hapsichologim:

2033

#### Mumche Category/License Number in Israel:

Clinical Psychologist 2033

## ADDITIONAL CREDENTIALS

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Certified kundelini yoga instructor

## SPECIALTIES

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Adjustments, Anxiety / Panic, Depression, Self-Esteem, Stress Management, Family Issues, Life Transitions, Parenting Issues / Training, Postpartum Depression, Psychosomatic Disorders

## TREATMENT APPROACH

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Body-Mind Psychotherapy, Interpersonal Psychotherapy (IPT), Mindfulness-Based Cognitive Therapy (MBCT), Psychodynamic Therapy, Relational Psychotherapy



## Deborah Shlider, MSW

Clinical Social Worker

### Office Location:

Levi Eshkol 110, Apt 4  
Tel Aviv

### Phone:

072-397-1437

### I Work With:

Adults, Men, Women, Geriatric, Olim from all countries

### Languages:

Hebrew, English

## ABOUT

I strongly believe in the accessibility of therapy for all and therefore offer affordable rates in my client-centered private practice. I work primarily with adults and young adults, new Olim, students and lone soldiers who are dealing with stress, anxiety, issues with intimacy and relationships, Aliyah transitions and more. My hope is to create a warm and safe space for my clients where they will not feel judged and where they can slowly explore their issues and individual needs and feel supported. My practice is based on psychotherapy as well as CBT, mindfulness and narrative therapies; I hope to empower clients and help them recognize and trust their goals, wishes and intuition. As a therapist who made Aliya years ago I am aware of the challenges of adjusting to a new country. I see clients in person in my office in Tel Aviv and on zoom. I continue to evolve with my clients and in my own life and love my work. I hope to see you soon and begin our journey. I am culturally friendly and welcome working with clients from all over the world; if you live outside of Israel I am happy to meet on zoom. My rates are flexible and I give discounts to students and lone soldiers. I look forward to meeting you.

## QUALIFICATIONS

### Education:

University of Haifa School of Social Work

### Year of Graduation:

2006

### License No. and State:

Registered Social Worker in Israel #20324

## ADDITIONAL CREDENTIALS

Certified - Elder Abuse Prevention (2011)

## SPECIALTIES

Adjustments, Anxiety/Panic, Depression, Sexual Issues, Stress Management, Abuse, Behavioral Issues, Family Issues, Grief, Obsessive Compulsive Disorder (OCD), Self-Esteem, Trauma / Post Traumatic Stress Disorder PTSD

## TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT), Compassion-Focused Therapy (CFT), Family Attachment Narrative Therapy, Family Systems Therapy, Holistic Psychotherapy, Interpersonal Psychotherapy (IPT), Mindfulness-Based Cognitive Therapy (MBCT), Narrative Therapy, Person-Centered Therapy (Rogerian Therapy), Psychodynamic Therapy, Systems Theory/Therapy





## Mika Smith, LCSW, PhD

Clinical Social Worker, Behavioral Specialist

### Office Location:

11 Bar Giyoura Street, 3rd Floor  
Tel Aviv

### Phone:

072-397-1332

### I Work With:

Adults, Families, Men, Women

### Languages: English

## ABOUT

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

At Positive Health Counseling, I specialize in working with Generation Z and 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

I use different techniques in working on eliminating unwanted behaviors or patterns in your life. My methods are practical, goal-oriented and individually tailored to your circumstances.

## QUALIFICATIONS

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### Education:

Arizona State University

### Year of Graduation:

2013

### License No. and State:

Registered Social Worker in Israel - 36528  
LCSW 12323 - Arizona

## ADDITIONAL CREDENTIALS

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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

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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

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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)



## Robin B. Zeiger, PhD

Clinical Psychologist, Jungian Analyst,  
Sandplay Therapist

### Office Locations:

4 Abba Kovner, Merkaz Hiburim, Tel Aviv  
Mishol Hagivah, Kfar HaRoe

### Phone:

072-397-1411

### I Work With:

Adults, Men, Women

**Languages:** English

## ABOUT

I am a Jungian analyst and clinical psychologist who has been in practice since 1985. I work with adults in psychotherapy and psychoanalysis, supervise and train therapists, and teach both Jungian psychotherapy at Bar Ilan University's Continuing Education Department, as well as Jungian analytic candidates. The longer I am in practice the humbler I become, recognizing I am an escort to my patients on a very personal journey of individuation.

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. I am a member of The Israel Institute for Jungian Psychology in Honor of Erich Neumann, The Israeli Sandplay Therapists Association, and the International Society for Sandplay Therapists. I author and present numerous papers and workshops in Israel and internationally.

## QUALIFICATIONS

### Education:

University of Illinois at Chicago

### Year of Graduation:

1985

### Mumche Category/License Number in Israel:

Clinical Psychologist 27-30030

## TREATMENT APPROACH

Art Therapy, Body-Mind Psychotherapy, Dreamwork, Expressive Arts Therapy, Interpersonal Psychotherapy (IPT), Jungian Psychotherapy, Psychodynamic Therapy, Relational Psychotherapy, Sandplay, Depth Psychology

## SPECIALTIES

Anxiety/Panic, Depression, Infertility, Spiritual Concerns, Dreams/symbolic, Abuse, Academic Adjustments, Attention Deficit Hyperactivity Disorder (ADHD), Executive/Career/Life Coaching, Grief, Holistic, Life Transitions, Parenting Issues/ Training, Postpartum Depression, Self-Esteem, 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



## Mairav Amouyal, MA

Licensed Professional Counselor,  
Psychotherapist

*Art Therapist, Couples Therapist*

**Office Location:**

Levontin 12, Tel Aviv

**Phone:**

072-397-6516

**I Work With:**

Children, Adolescents, Adults, 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

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## Shelly Shoshana Bakst, MSW, PhD

Psychotherapist, Psychopathologist

**Office Location:**

Professor Schorr 1  
Tel Aviv

**Phone:**

072-397-1433

**I Work With:**

Adults, Couples, Men, Women

**Languages:**

Hebrew, English

**Specialties:** Anxiety / Panic, Depression, Executive / Career / Life Coaching, Life Transitions, Mood Disorders, Behavioral Issues, Bipolar Disorder, Personality Disorders, Self-Esteem, Self-Harm / Suicide



## David Berger, PhD

Psychologist

**Office Location:**

10 Carlebach  
Tel Aviv

**Phone:**

072-397-1323

**I Work With:**

Adults, Men, Women

**Languages:** Hebrew, English

**Specialties:** Adjustments, Depression, Family Issues, Mood Disorders, Self-Esteem



## Keren Burgman, MFT

Couples and Family Therapist

**Office Location:**

Bar Giora Street #11  
Tel Aviv

**Phone:**

072-397-1399

**I Work With:**

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

**Languages:** English

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



## Judy Rivkin, MA

Clinical Psychologist

**Office Location:**

Givatayim

**Phone:**

072-397-1266

**I Work With:**

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

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## Chana Simmonds, MSW, LCSW

Clinical Social Worker, Couples and Family Therapist, Sex Therapist

**Office Location:**

Rechov HaRav Yaakov

Berman 10

Rechovot

**Phone:**

072-397-1439 (Israel); 201-836-1776 (US)

**I Work With:**

Adults, Couples, Men, Women

**Languages:** English

**Specialties:** Couples / Relationship / Marriage Counseling, Family Issues, Sex Therapy, Sexual Issues, Trauma / Post Traumatic Stress Disorder PTSD, Infertility, Life Transitions, Parenting Issues / Training, Postpartum Depression, Psychosomatic Disorders, Stress Management



## Simcha Dov Wolfe, LCSW, MSW

Clinical Social Worker, Sex Therapist

**Office Location:**

Peretz 6, Givat Shmuel

**Phone:**

072-397-1376

**I Work With:**

Adults, Couples, Families, Men, Women

**Languages:**

Hebrew, English

**Specialties:** Couples / Relationship / Marriage Counseling, Sex Therapy, Sexual Abuse / Rape, Sexual Issues, Abuse, Addictions, Adjustments, Child Abuse, Domestic Violence, Family Issues, Gender Identity Concerns, Infertility, Psychosomatic Disorders

|   |  |                             |              |
|---|--|-----------------------------|--------------|
| Abta, Esther, MSW, LADC<br>(see profile pg.102) | Couples and Family<br>Therapist, Licensed Alcohol/<br>Drug Abuse Counselor,<br>Psychotherapist | Rehovot                     | 072-397-1262 |
| Amichai, Debbie, MSC                            | Career/Vocational Counselor,<br>Couples and Family Therapist                                   | Tel Aviv-Jaffa              | 072-397-1420 |
| Azachi-Stern, Chantal, MA                       | Medical Psychologist,<br>Neuropsychologist   | Tel Aviv                    | 072-397-1293 |
| Baum, Daniel, MSW<br>(see profile pg.50)        | Clinical Social Worker,<br>Licensed Alcohol/Drug<br>Abuse Counselor                            | Rishon Letzion,<br>Tel-Aviv | 072-397-1373 |
| Ben Chanoch, Maya, MSW,<br>Dip. Psychotherapy   | Clinical Social Worker,<br>Psychotherapist   | Rishon Letzion              | 072-397-6499 |
| Cainer, Shelley, EdD CP                         | Psychotherapist  | Tel Aviv                    | 072-397-6557 |
| Fargeon, Yehudit, MA                            | Couples and Family Therapist   | Emek Hefer                  | 072-397-1394 |



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|---|--|---------------------------|--------------|
| Friedman, Avraham, MSW                      | Clinical Social Worker                         | Bnei Brak                 | 072-397-1288 |
| Gamzo, Liat, PhD                            | Clinical Psychologist                          | Tel Aviv                  | 072-397-1431 |
| Garay, Timi, BSW, MSW                       | Psychotherapist                                | Ramat Gan                 | 072-397-1258 |
| Gilhar, Lihie, MA                           | Clinical Psychologist                          | Tel Aviv                  | 072-397-1427 |
| Gitlin, Amy, CCAFT                          | Couples and Family Therapist                   | Givat Shmuel,<br>Tel Aviv | 072-397-1336 |
| Gordon, Wendy, MSW                          | Clinical Social Worker                         | Tel Aviv                  | 072-397-1263 |
| Hoffman, Elisheva (Elie),<br>PhD            | Clinical Psychologist                          | Tel Aviv                  | 072-397-1345 |
| Isaacs, Lauren, LMSW                        | Clinical Social Worker                         | Tel Aviv                  | 072-397-1267 |
| Katalan, Cenya, MA                          | Child/Adolescent<br>Psychologist, Psychologist | Tel Aviv                  | 072-397-6551 |
| Kovac Littwin, Karen, MSW                   | Clinical Social Worker                         | Tel Aviv                  | 072-397-1300 |
| Miller Gutman, Natasha,<br>MA               | Expressive Arts Therapist                      | Tel Aviv                  | 072-397-1387 |
| Moran, Ian, PsyD                            | Psychotherapist                                | Tel Aviv                  | 072-397-1339 |
| Oren, Idan, MA                              | Clinical Psychologist                          | Tel-Aviv                  | 052-350-0134 |
| Ozer, Nitsan, MFT, M.S.                     | Couples and Family Therapist                   | Tel Aviv                  | 072-397-1364 |
| Richman, Rafael, PhD<br>(see profile pg.96) | Couples and Family<br>Therapist, Psychologist  | Tel Aviv                  | 072-397-1389 |
| Rine, Perle, MA                             | Clinical Psychologist                          | Tel Aviv                  | 072-397-6546 |
| Root, Ally, MA                              | Expressive Arts Therapist                      | Tel Aviv                  | 072-397-1285 |

|  |  |          |              |
|--|--|----------|--------------|
| Shalev, Ofra, MA                           | Clinical Psychologist                            | Tel Aviv | 072-397-1396 |
| Shidlo, Ruth, PhD, SEP                     | Clinical Psychologist,<br>Trauma Therapist       | Tel Aviv | 072-397-1370 |
| Shor, Carolynn, MA, PsyD                   | Psychotherapist                                  | Tel Aviv | 072-397-6494 |
| Siegel, Alana, PsyD                        | Psychologist                                     | Tel Aviv | 072-397-1271 |
| Spungin, Aaron Roy, MSW,<br>PhD            | Clinical Social Worker,<br>Psychotherapist       | Tel Aviv | 072-397-6504 |
| Serman, Danielle, MSW                      | Clinical Social Worker                           | Tel Aviv | 072-397-1259 |
| Strano, Yonatan, MA                        | Psychologist, Psychodynamic<br>and CBT Therapist | Tel Aviv | 054-808-9812 |
| Tischler, Randy, MSW, MFT                  | Couples and Family<br>Therapist, Psychotherapist | Tel Aviv | 072-397-6568 |
| Tuchband, Ceri, MSC<br>(see profile pg.59) | Cognitive Behavioural<br>Therapist               | Tel Aviv | 072-397-1366 |
| Turgeman, Jennifer, MA                     | Creative Arts Therapist                          | Tel Aviv | 072-397-1435 |
| Zolotariov, Bettina, MSW                   | Clinical Social Worker                           | Tel Aviv | 072-397-1310 |

### Haven't found what you're looking for?

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Mental Health Professionals - through our website:

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



## Alyson Aviv, PhD, ABPdN

Clinical Psychologist, Neuropsychologist

### Office Location:

Rambam 49  
Raanana

### Phone:

072-397-1303

### I Work With:

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

**Languages:** Hebrew, English

## ABOUT

I am a bilingual licensed clinical psychologist, 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

### Mumche Category/License Number in Israel:

Clinical Psychologist 27-3595

## 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,  
Certified Alcohol/Drug Abuse Counselor

### Office Locations:

Zur-Yigal

Rishon Letzion

3 Jabotinski, Raanana

10 Kehilat Venezia, Tel-Aviv

### Phone:

072-397-1373

**I Work With:** 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 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

### License No. and State:

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



## Susan Heitler, PhD

Couples and Family Therapist,  
Psychotherapist

**Office Location:**

HaTzanhanim 8  
Raanana

**Phone:**

072-397-6577

**I Work With:**

Adults, Couples, Families, Men, Women

**Languages:**

English

### ABOUT

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Dr. Heitler offers psychotherapy, primarily for couples, from her Raanana office. She also teaches workshops, in-person and online, for therapists who want to add marital therapy to their skills.

Dr. Heitler's five books include

- **From Conflict to Resolution** offering a unique integrative theory plus techniques for effective treatment.
- **The Power of Two** book and workbook teaching the skills for marriage success.
- **Prescriptions Without Pills** explaining how to overcome depression, anger, anxiety, and relationship difficulties.

Dr. Heitler's TEDx talk on relieving depression has received over a million views. Her *psychologytoday.com* blog has garnered over 24,000,000 reads. Her video, *The Angry Couple—Conflict-Focused Treatment* (see [psychotherapy.net](http://psychotherapy.net)), is used in therapist training programs worldwide.

A clinical psychologist in Colorado for over 45 years, Dr. Heitler is currently completing her Israeli licensure.

### QUALIFICATIONS

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**Education:**

New York University (NYU)

**Year of Graduation:**

1975

**Registration in Pinkas Hapsichologim:**

Colorado, USA #571

### ADDITIONAL CREDENTIALS

---

Fellow of APA, 2013

Fellow of APA Division 42, 2016

### SPECIALTIES

---

Couples / Relationship / Marriage Counseling,  
Anger Management, Anxiety / Panic,  
Borderline Personality Disorder, Depression,  
Divorce / Custody, Family Issues, Parenting  
Issues / Training, Postpartum Depression

### TREATMENT APPROACH

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Emotional Freedom Technique, Family  
Systems Therapy, Gestalt Therapy, Guided  
Imagery, Systems Theory / Therapy





## Sara Jacobovici, MCAT

Creative Arts Psychotherapist

**Office Location:**

Ra'anana  
Hod HaSharon

**Phone:**

072-397-1330

**I Work With:**

Adults, Couples, Families, Men, Women, Geriatric

**Languages:**

English, Romanian

### ABOUT

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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](mailto:sara@creativeintegrator.com)

### QUALIFICATIONS

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**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, 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



## Aviva Luden, MSW

Clinical Social Worker

**Office Location:**

Hahagana 6  
Raanana

**Phone:**

072-397-1351

**I Work With:**

Adolescents, Adults, Men, Women

**Languages:** Hebrew, English

### ABOUT

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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

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**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

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Psychodynamic, Somatic Experiencing (SE)



## Batya L. Ludman, PsyD, F.T.

Clinical Psychologist

**Office Location:**

Mivtza Kadesh 13/9  
Raanana

**Phone:**

072-397-1246

**I Work With:**

Children, Adolescents, Adults, Couples, Families,  
Geriatric

**Languages:**

English

### ABOUT

As a licensed clinical psychologist in private practice in Ra'anana with 38 years of therapy and counseling experience, I've served the English speaking Israeli community for 22+ 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](http://www.drbatyaludman.com), including my treatment approach, services provided and recent publications.

### QUALIFICATIONS

**Education:**

Ferkauf Graduate School of Yeshiva  
University

**Year of Graduation:**

1984

**Mumche Category/License Number in Israel:**

Clinical Psychologist 6360

### ADDITIONAL CREDENTIALS

Certificate of Completion, Advanced Somatic  
Experiencing Professional Training 2012

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

### SPECIALTIES

Anxiety / Panic, Behavioral Issues, Anger  
Management, 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

### I Work With:

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

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### 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

---

Adjustments, Depression, Eating Disorders  
Stress Management, Academic, Anxiety /  
Panic, Life Transitions, Couples / Relationship /  
Marriage Counseling, Self-Esteem, Trauma /  
Post Traumatic Stress Disorder PTSD

## TREATMENT APPROACH

---

Acceptance and Commitment Therapy (ACT),  
Cognitive Behavioral Therapy (CBT),  
Psychodynamic Therapy, Mindfulness,  
Somatic Experiencing (SE)



## Assael Romanelli, MFT, PhD

Clinical Social Worker, Couples and Family Therapist, Life Coach

### Office Location:

13 Tchernichovsky Street, Kfar Saba

### Phone:

072-397-1318

### I Work With:

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

### Languages:

Hebrew, English

## ABOUT

---

My name is Assael. I'm 43 years old and married to Galit (a life coach) and father of two. I'm a clinical social worker and certified couple and family therapist and supervisor. As a multi-potentialite, I've also been teaching and performing theater improvisation and Playback Theatre for over 20 years. As such, I've dedicated my doctoral research to harness the power of improvisation in service of psychotherapy.

I bring all my capabilities in therapy, arts, and education to the clinical encounter in order to create authentic now moments that help create long-lasting change.

"There is no growth in the comfort zone" - As a therapist I believe my job is to gently block my clients exits and "raise the heat" so they can meet themselves.

My style is direct, bold, playful and at times somewhat confrontational.

I offer individual, couple, and family therapy online and in my clinic in Kfar Saba and would be honored to work with you.

## QUALIFICATIONS

---

### Education:

Hebrew University

### Year of Graduation:

2018

### License No. and State:

Registered Social Worker in Israel - 26098

## ADDITIONAL CREDENTIALS

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Certified Couple and Family Therapist and Supervisor, The Israeli Association for Couple and Family Therapy

Certified NLP Trainer, NLP University, Santa Cruz, USA

Certified Psychodrama Facilitator, Kol Kore Institute, Jerusalem

## SPECIALTIES

---

Codependency, Divorce/Custody, Family Issues, Couples / Relationship / Marriage Counseling, Parenting Issues/Training, ADHD, Behavioral Concerns In Children, Child and/or Adolescent Issues, Codependency, Executive / Career / Life Coaching, Family Issues, Life Transitions, Couples / Relationship / Marriage Counseling, Parenting Issues / Training, Self-Esteem, Sexual Issues

## TREATMENT APPROACH

---

Systemic therapy, Relational psychotherapy, Psychodrama, NLP, Differentiation crucible paradigm





## Jackie D. Schiff, PsyD

Psychologist

**Office Location:**

Shvil Hazahav 4  
Raanana

**Phone:**

072-397-1371

**I Work With:**

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](http://www.DrJackieSchiff.com).

### QUALIFICATIONS

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**Education:**

Yeshiva University, Ferkauf Graduate School of Psychology

**Year of Graduation:**

1992

**Registration in Pinkas Hapsichologim:**

27-147570

### ADDITIONAL CREDENTIALS

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Graduate of the American Institute of Mental Imagery, NY 2014

### SPECIALTIES

---

Adjustments, Anxiety / Panic, Holistic, Life Transitions, Pregnancy, labor, delivery, early bonding, Anger Management, Depression, Family Issues, Parenting Issues / Training, Phobias, Self-Esteem, Sleep / Insomnia, Spiritual Concerns, Stress Management, Trauma / Post Traumatic Stress Disorder PTSD

### TREATMENT APPROACH

---

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



## Ziva Stern, MA, PsyD

Clinical Psychologist

**Office Location:**

Ha'atzmaut 20  
Raana

**Phone:**

072-397-6563

**I Work With:**

Adults, Men, Women, Geriatric

**Languages:** Hebrew, English

### ABOUT

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At any point in life, one can find oneself feeling sad, anxious, or somehow stuck. Expressing feelings in therapy, in the context of a supportive relationship with an empathic and skilled therapist, can lead to a meaningful process of working through troubling issues such as loss, trauma, and illness, or transitions such as aliya, getting married or becoming a parent.

I am a bilingual licensed clinical psychologist, with an M.A. in Developmental Psychology, a Doctorate in Clinical Psychology, and training in trauma treatment. I have worked in the U.S. and Israel, mainly with adults ages 18 - 90+, in private practice, university and community mental health centers, and with Holocaust survivors and their families at "Amcha".

With over 35 years of experience, I have helped many people find new ways to understand the strength of their feelings, and to feel better, heal, and progress in life.

### QUALIFICATIONS

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**Education:**

Massachusetts School of Professional Psychology (MSPP)

**Year of Graduation:**

1995

**Registration in Pinkas Hapsichologim:**

2636

**Mumche Category/License Number in Israel:**

Clinical Psychologist 7344

### TREATMENT APPROACH

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Psychodynamic Therapy, Treatment of trauma

### SPECIALTIES

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Depression, Grief, Life Transitions, Trauma / Post Traumatic Stress Disorder PTSD, Adjustments, Anxiety /Panic, Cancer/Terminal Illness, Family Issues, Mood Disorders, Postpartum Depression, Self-Esteem, Issues related to Holocaust survivors and their descendants

### ADDITIONAL CREDENTIALS

---

Masters Degree in Developmental Psychology, 1983, Columbia University

Doctorate in Clinical Psychology, MSPP (now called William James College), 1995

One Year Certificate Program in Traumatic Stress Studies, The Trauma Center, 1997



## Ceri Tuchband, MSC

Cognitive Behavioural Therapist

**Office Locations:**

40 Ravutsky Street, Raanana  
4 Bogroshov, Tel Aviv

**Phone:**

072-397-1366

**I Work With:**

Adults, Men, Women

**Languages:** English

### ABOUT

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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 really can help. Using CBT and ACT, 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 am very passionate about my work and gain a huge amount of satisfaction helping my clients to learn how to help themselves. The goal by the end of treatment is to ensure that my clients have learned the tools and techniques they need to cope more effectively in the moment and for the future. In addition, 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.

I work in private practice in Raanana, Tel Aviv and via zoom.

If you think I can help, please contact me. I look forward to hearing from you.

### QUALIFICATIONS

---

**Education:**

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

**Year of Graduation:**

2011

### ADDITIONAL CREDENTIALS

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Certificate in Cognitive Behavioral Therapy  
(CBT) 2011

### SPECIALTIES

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

### TREATMENT APPROACH

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Acceptance and Commitment Therapy (ACT)  
Cognitive Behavioral Therapy (CBT)  
Behavioural Activation



## Aharon Herskovitz, MA

Child/Adolescent Psychologist,  
Psychologist

**Office Locations:**

Merkaz Gaya, Sderot Giborei Yisrael 5a  
Netanya

**Phone:**

072-397-1281

**I Work With:**

Adolescents, Adults, Men, Women

**Languages:** Hebrew, English

**Specialties:** Anxiety / Panic, Bipolar Disorder, Depression, Obsessive Compulsive Disorder (OCD), Schizophrenia / Psychosis, Family Issues, Mood Disorders, Personality Disorders

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## Haim Rubinstein, PsyD

Child/Adolescent Psychologist,  
Clinical Psychologist

**Office Location:**

4 Kazan Street  
Raana

**Phone:**

072-397-1381

**I Work With:**

Children, Adolescents, Adults

**Languages:** Hebrew, English

**Specialties:** Anger Management, Self-Esteem, Stress Management, Social Skills Training, Anxiety / Panic, Attention Deficit Hyperactivity Disorder (ADHD), Autism Spectrum, Learning Disabilities, Parenting Issues / Training, Social Skills Training

|  |  |                            |              |
|--|--|----------------------------|--------------|
| Appell, Carolyn, LPC, MA, LCADC                      | Licensed Alcohol/Drug Abuse Counselor, Licensed Professional Counselor | Raanana                    | 072-397-1315 |
| Balakirsky Katz, Maya, PsyA                          | Psychotherapist, Psychoanalyst   | Raanana                    | 072-397-6539 |
| Friedman, Avraham, MSW                               | Clinical Social Worker   | Raanana                    | 072-397-1288 |
| Goldfeder, Chani, PsyD                               | Clinical Psychologist  | Raanana                    | 072-397-6582 |
| Hacohen, Caroline, MA, PsyD                          | School Psychologist  | Netanya                    | 072-397-1334 |
| Jacobs, Orli, MA                                     | Expressive Arts Therapist, Mental Health Counselor                     | Raanana                    | 072-397-1357 |
| Kramer, Liza, MSC                                    | Couples and Family Therapist, Psychotherapist                          | Raanana                    | 072-397-6579 |
| Lieblich-Bracha, Nathalie, MA<br>(see profile pg.36) | Psychotherapist  | Netanya                    | 072-397-1292 |
| Miller Gutman, Natasha, MA                           | Expressive Arts Therapist  | Herzliya                   | 072-397-1387 |
| Smith, Nicole, BSW                                   | Mental Health Counselor  | Raanana                    | 072-397-1324 |
| Turgeman, Jennifer, MA                               | Creative Arts Therapist  | Herzliya Pituach, Herzliya | 072-397-1435 |

### Haven't found what you're looking for?

Visit [www.gethelpisrael.com](http://www.gethelpisrael.com) or contact GHI at [support@gethelpisrael.com](mailto: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/>





## Michael Roth, PsyD

School Psychologist

**Office Location:**

54 Esther HaMalka Street  
Modiin

**Phone:**

072-397-1352

**I Work With:**

Children, Adolescents

**Languages:** Hebrew, English

### ABOUT

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My focus is primarily issues that interfere with school learning. These may be emotional/behavioral or neurologically based (learning disability). My approach is behaviorally oriented. I look at the environment and patterns of interactions that may be causing behavior problems. If a learning issue is suspected I conduct a thorough evaluation to try and understand the cause. I speak and write fluently in Hebrew and English and frequently conduct bi-lingual assessments.

### QUALIFICATIONS

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**Education:**

Fairleigh Dickinson University

**Year of Graduation:**

2003

**Registration in Pinkas Hapsichologim:**

8394

**Mumche Category/License Number in Israel:**

Educational Psychologist 27-8394

### ADDITIONAL CREDENTIALS

---

Licensed Supervisor- Israel 2014

Certified School Psychologist- NY/NJ USA

### SPECIALTIES

---

Learning Disabilities

Parenting Issues / Training

Psychoeducational Testing

Psychological Assessment

### TREATMENT APPROACH

---

Behaviorism

Cognitive Behavioral Therapy (CBT)

Solution-Focused Brief Therapy (SFBT)



## Shamsy Schlager, PsyD

Clinical Psychologist

### Office Location:

Rakia Building, Dam Hamacabim 36, Suite 204 A  
Modiin

### Phone:

072-397-1369

### I Work With:

Adolescents, Adults, Couples, Men, Women

### Languages:

Hebrew, English

## ABOUT

---

I am a licensed clinical psychologist & director of Modi'in Behavioral, a group practice specializing in evidence-based therapy, including CBT and DBT for adolescents and adults. We offer comprehensive individual DBT services, including adult skills group and a multi-family group for adolescent clients.

I previously served as a clinical psychologist/supervisor at Cognitive Behavioral Associates, a group practice in NY directed by Dr. Jill Rathus, the developer of adolescent DBT. I specialize in evidence-based therapies, designed to assist my clients in leading more skillful and fulfilling lives by designing interventions that are fine-tuned to the personal strengths of my clientele. My experience includes treating clients considered to be difficult to treat and many who have been assumed to be beyond the pale of help, including those struggling with suicidality and self-injurious behavior.

I truly love what I do and appreciate the degree of responsibility that comes when individuals entrust me with their care or the care of a loved one.

I look forward to the opportunity of collaborating with you, and I hope that we can develop a relationship that benefits you for years to come.

## QUALIFICATIONS

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### Education:

Long Island University

### Year of Graduation:

2014

### Registration in Pinkas Hapsichologim:

27-146015

### Mumche Category/License Number in Israel:

Clinical Psychologist 27-37090

## SPECIALTIES

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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

## TREATMENT APPROACH

---

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



## Karen Schochet, PsyD

Clinical Psychologist

### Office Location:

Emek Hahula 93/9  
Modiin

### Phone:

072-397-6531

### I Work With:

Adolescents, Adults, LGBTQ

### Languages:

Hebrew, English

## ABOUT

People come to therapy for a variety of reasons. Sometimes they are distressed, frustrated, or angry. Sometimes they may be facing a life challenge or dilemma. The issues may be connected with relationships or with feelings about oneself. Talking it through can help. Indirect “playful” talk with a good listener is sometimes even more helpful. I invite my clients to share their areas of interest, their dreams and daydreams, bits of remembered conversation, fragments of a favorite novel or nearly forgotten film. Together we piece these fragments into a coherent whole and we may discover together things you never knew about yourself. My goal is to help you develop in your ability to work and to love, to play, to create and to enjoy solitude.

I am a certified clinical psychologist in Israel, highly trained in psychoanalytically-oriented (psychodynamic) psychotherapy. I have many years of experience working in the public mental health system in Israel. Most recently, I worked at the Hadar Mental Health Clinic in Herzliya where I was in charge of the clinical psychology internship program and where I coordinated the staff team that treats adult victims of child sexual abuse. Currently I am working exclusively in my private clinic.

## QUALIFICATIONS

### Education:

Ferkauf Graduate School

### Year of Graduation:

1985

### Mumche Category/License Number in Israel:

Clinical Psychologist 002646

## TREATMENT APPROACH

Psychodynamic Therapy

Relational Psychotherapy

Cognitive Behavioral Therapy (CBT)

## SPECIALTIES

Adjustments, Depression, Family Issues, Grief, Life Transitions, Anxiety/Panic, Behavioral Issues, Borderline Personality Disorder, Cancer/Terminal Illness, Dissociative Disorders, LGBTQ, Parenting Issues/Training, Personality Disorders, Self-Esteem, Sexual Abuse/Rape, Sleep/Insomnia, Stress Management

## ADDITIONAL CREDENTIALS

Post Graduate Certificate in Psychotherapy from the Center for Psychoanalytically Oriented Psychotherapy Studies ("Halfaba"), Tel Aviv  
Supervising Clinical Psychologist in Israel in Psychotherapy and Psychodiagnostics



## Tim Anders, MA

Expressive Arts Therapist

**Office Location:**

Nahal Tsofar  
Modiin

**Phone:** 072-397-1242

**I Work With:**

Children, Adolescents, Adults, Men

**Languages:**

English

**Specialties:** Anxiety / Panic, Autism Spectrum, Cancer / Terminal Illness, Grief, Self-Esteem, Abuse, Behavioral Issues, Depression, Learning Disabilities, Obsessive Compulsive Disorder (OCD), Personality Disorders, Schizophrenia / Psychosis, Self-Harm / Suicide



## Chaya Heuberger, LMSW

Couples and Family Therapist,  
Social Worker

**Office Location:**

Rachel Imenu 6  
Modiin

**Phone:** 072-397-1297

**I Work With:**

Adults, Couples, Families, Women

**Languages:**

English

**Specialties:** Family Issues, Stress Management, Anger Management, Anxiety / Panic, Behavioral Issues, Depression, Eating Disorders, Life Transitions, Couples / Relationship / Marriage Counseling, Parenting Issues / Training, Phobias, Postpartum Depression, Self-Esteem, Trauma / Post Traumatic Stress Disorder PTSD

|  |   |                        |              |
|--|---|------------------------|--------------|
| Almougy, Sharon, MA                            | Life Coach, Mental Health Counselor, Existential Psychotherapist          | Modiin                 | 072-397-1401 |
| Bailey, Alex, PsyD                             | Child/Adolescent Psychologist, Couples and Family Therapist, Psychologist | Modiin                 | 072-397-6535 |
| Edelman, Mindy, MA, ATR<br>(see profile pg.76) | Expressive Arts Therapist   | Hashmonaim             | 072-397-1254 |
| Feld, Charlotte, MA, PhD                       | Clinical Psychologist   | Modiin                 | 072-397-1325 |
| Fund, Daniel, MSC, L.L.B.                      | Psychotherapist   | Modiin<br>(Mevo Horon) | 072-397-1405 |
| Jacobs, Batya, BSW                             | Social Worker   | Modiin                 | 072-397-6562 |
| Kassel Brief, Hazel, MSW, PCC                  | ADHD Coach  | Modiin                 | 072-397-1287 |
| Lessin, Dovid, PsyD<br>(see profile pg.105)    | Individual and Couples Therapist  | Modiin                 | 072-397-1306 |
| Levitas, Cynthia, LMFT                         | Couples and Family Therapist, Psychotherapist                             | Modiin                 | 072-397-1378 |
| Schondorf, Raphael, MSC                        | Psychotherapist   | Modiin Illit           | 072-397-1243 |
| Wisebrod, Ahuva, MSW                           | Clinical Social Worker  | Modiin                 | 072-397-1417 |

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or contact GHI at [support@gethelpisrael.com](mailto: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/>





## Sara Feinberg, LCAT, MA, ATR-BC

Art Therapist

### Office Location:

Nachal Ein Gedi  
Ramat Beit Shemesh

### Phone:

072-397-1372

### I Work With:

Children, Adolescents

**Languages:** English

## ABOUT

In my eighteen 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 sand-tray 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. In addition, I provide in-person and remote supervision for art therapists, including those working toward their ATR or board certification, as well as case consultation for child therapists worldwide. 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

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

## SPECIALTIES

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

## ADDITIONAL CREDENTIALS

2006: Licensed Creative Arts Therapist

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

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



## Binyomin Jacobson

Mental Health Counselor, Psychotherapist

### Office Locations:

Ramat Beit Shemesh  
Jerusalem  
Kaf Hachaim Street 27/4, Beitar Illit

### Phone:

072-397-1375

### I Work With:

Children, Adolescents, Adults, Couples

**Languages:** Hebrew, English, Yiddish

## ABOUT

Life is all about change! Therapy is all about receiving tools for life empowering the individual to "Live a fulfilling Life" gaining confidence to live their lives more effectively. I have been trained and certified as a CBT (Cognitive Behavioral Therapy) therapist using a vast amount of personal suited techniques for each and every client. I have specifically worked with children suffering from emotional disorders as well as teenagers and adults. I have dealt with specific phobias and am currently the only therapist in Israel dealing with Emetophobia in children. I have been in the field of education for 20 years and today I serve as a Principal in an elementary school. I graduated as an Educational adviser 10 years ago and since then have been studying and practicing CBT under private supervision under Dr. Udi Rat and Dr. Lior Cohen. I graduated Y.N.R in 2017. Please feel free to consult with me to receive a more detailed explanation of what treatment will work for the specific client.

## QUALIFICATIONS

### Education:

Y.N.R Center

### Year of Graduation:

2017

## TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Mindfulness-Based Cognitive Therapy (MBCT), 12 Step Approach

## SPECIALTIES

Anxiety/Panic, Couples/Relationship/ Marriage Counseling, Obsessive Compulsive Disorder (OCD), Phobias, Stress Management, Abuse, Addictions, Adjustments, Anger Management, Attention Deficit Hyperactivity Disorder (ADHD), Behavioral Issues, Depression, Mood Disorders, Parenting Issues / Training, Self-Esteem, Sexual Issues, Trauma / Post Traumatic Stress Disorder PTSD



## Rachel Weinstein, LCSW

Clinical Social Worker

**Office Location:**

3 Rabbi Yanai  
Beit Shemesh

**Phone:**

072-397-6492

**I Work With:**

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

**Languages:** English

### ABOUT

My practice is focused on, but not limited to, clients and their families experiencing change, adjustment, and transition. I have worked closely with parents in the Orthodox Jewish community whose children have come out as LGBTQ+, and want to help others navigate what can be an emotional, sometimes painful process. Giving folks a way to channel their fears and deferred dreams into loving relationships is incredibly important to me. Individuals who come out need support and often, so do their family members.

I am also committed to working with people experiencing grief and loss related to the death of a loved one, way of life, and whatever once felt "normal." Having worked in hospice and moving to Israel taught me that grief isn't only about losing the people in our lives, but the lives we once led, the countries from which we moved, and even the creature comforts we once enjoyed.

My clients have told me that they feel hopeful and supported by our work together. They look forward to not only being heard, but leaving sessions with practical, relatable, and doable problem solving techniques.

I look forward to working with you.

### QUALIFICATIONS

**Education:**

University of Illinois

**Year of Graduation:**

2002

**License No. and State:**

41113 - Registered Social Worker in Israel  
149.012681 - Illinois

### SPECIALTIES

Adjustments, Cancer / Terminal Illness, Grief, LGBTQ, LGBTQ+ support for individuals and their families, Alzheimer's / Dementia, Anxiety / Panic, Depression, Family Issues, Life Transitions, Self-Esteem

### TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT), Family Systems Therapy, Systems Theory / Therapy



## Yedida (Phyllis) Yasgur, LCSW

Play Therapist, Psychotherapist

### Office Locations:

24/9 Dolev, Ramat Beit Shemesh  
Nachal Noam 3, Ramat Beit Shemesh

### Phone:

072-397-6587

### I Work With:

Children, Adolescents, Adults, Families, Men,  
Women

### Languages: English

## ABOUT

Are you struggling with illness, trauma, an eating disorder, neglect, abuse, disability, a ruptured relationship, loss, or learning challenges?

You can heal emotionally inside and out and move past painful and traumatic experiences.

I have 39 years' experience in the USA as a clinical social worker working with adults, teens, families, and children. My varied credentials include Advanced Training in Family Systems Therapy, Certification in EMDR, and Level 3 Internal Family Systems.

As a Registered Play Therapist and a Certified Child Trauma Specialist, I welcome parent and child to my dedicated playroom outfitted with therapeutic toys, games, and creative activities. Play is the language of children. In a supportive atmosphere, parents learn how to enhance their relationship with their child and set limits in loving ways. Children learn how to integrate their emotions, body sensations, and thoughts so that they can work through difficult experiences and painful memories.

## QUALIFICATIONS

### Education:

University of Michigan

### Year of Graduation:

1982

### License No. and State:

44SC04751800/ NJ  
RO32300/NY

## ADDITIONAL CREDENTIALS

Certified EMDR October 1, 2018

IFS Level 1 July 20, 2018

IFS Level 2 January 20, 2020

Registered Play Therapist July 13, 2020

## SPECIALTIES

Cancer/Terminal Illness, Child and/or Adolescent Issues, Eating Disorders, Family Issues, Trauma/ Post Traumatic Stress Disorder PTSD, Abuse, Adjustments, Anxiety/ Panic, Attention Deficit Hyperactivity Disorder (ADHD), Depression, Developmental Disorders, Grief, Learning Disabilities, Parenting Issues/Training, Self-Esteem, Attachment Issues

## TREATMENT APPROACH

Eye Movement Desensitization and Reprocessing Therapy (EMDR), Family Systems Therapy, Filial Therapy, Guided Imagery, Internal Family Systems (IFS), Play Therapy, Systems Theory / Therapy



## Jeni Danto, MSW

Psychotherapist

**Office Locations:**

45/9 Nachal Ein Gedi  
Ramat Beit Shemesh

5 Bilu (Katamon)  
Jerusalem

**Phone:**

072-397-1403

**I Work With:**

Adolescents, Adults, Men, Women

**Languages:** English

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



## Tali Slifkin, MSW

Clinical Social Worker

**Office Location:**

Nachal Raziel 2/1  
Ramat Bet Shemesh

**Phone:**

072-397-1270

**I Work With:**

Adolescents, Families, Women

**Languages:** English

**Specialties:** Adjustments, Anxiety/Panic, Depression, Family Issues, Parenting Issues / Training, , Anger Management, Life Transitions, Obsessive Compulsive Disorder (OCD), Phobias, Self-Esteem, Self-Harm/Suicide, Stress Management





## Naomi Sternberg, MSC, 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

**I Work With:**

Adults, Couples, Families, Men, Women

**Languages:** English

**Specialties:** Adjustments, Grief, Life Transitions, Couples / Relationship / Marriage Counseling, Self-Esteem, Codependency, Family Issues, Parenting Issues / Training, Spiritual Concerns, Stress Management, Pre-Marital Counseling



## Elisabeth Wajnryt, PsyD

Clinical Psychologist

*Eating Disorders Specialist*

**Office Locations:**

Rechov Rabbi Yanai, Beit Shemesh  
Rechavia, Jerusalem

**Phone:**

072-397-1429

**I Work With:**

Adolescents, Adults, Couples, Men, Women

**Languages:** Hebrew, English, Portuguese, Spanish

**Specialties:** Eating Disorders, Couples / Relationship / Marriage Counseling, Mood Disorders, Parenting Issues / Training, Psychosomatic Disorders, Self-Esteem



## **Abby Weisz, MA, MSW**

Individual and Couples Therapist

*Intimacy Counselor*

**Office Location:**

Nachal Dolev 15  
Ramat Bet Shemesh

**Phone:**

072-397-1353

**I Work With:**

Adults, Couples, Families, Men, Women, LGBTQ

**Languages:** Hebrew, English

**Specialties:** Depression, Gender Identity Concerns, Couples / Relationship / Marriage Counseling, Sex Therapy, Sexual Abuse / Rape, Domestic Violence, Family Issues, Infertility, Life Transitions, Parenting Issues / Training, Postpartum Depression, Self-Esteem, Trauma / Post Traumatic Stress Disorder PTSD



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email [directory@gethelpisrael.com](mailto:directory@gethelpisrael.com)  
or call 072-3976500

|   |  |                                     |              |
|---|--|-------------------------------------|--------------|
| Bar-Yakov, Leigh, PsyD                      | Clinical Psychologist  | Moshav Nes Harim                    | 072-397-6550 |
| Barron, Karen, MA                           | Psychotherapist  | Ramat Beit Shemesh                  | 072-397-1298 |
| Eisen, Ethan, PhD<br>(see profile pg.77)    | Clinical Psychologist  | Ramat Beit Shemesh                  | 072-397-1392 |
| Factor, Rachel, LCSW                        | Clinical Social Worker   | Ramat Beit Shemesh                  | 072-397-1272 |
| Kav L'Noar Center<br>(see profile pg.83)    | Variety of Therapists,<br>Psychologists, and Social<br>Workers | Ramat Beit Shemesh                  | 072-397-1321 |
| Klein, Motti, MA, PsyD                      | Child/Adolescent<br>Psychologist                               | Beit Shemesh                        | 072-397-1425 |
| Levin, Judith, PsyD                         | Clinical Psychologist  | Ramat Beit Shemesh                  | 072-397-1257 |
| Menora, Sima, PsyD<br>(see profile pg.106)  | Psychologist   | Beit Shemesh                        | 072-397-1338 |
| Pollak, Shulamis, PhD                       | Clinical Psychologist  | Beit Shemesh                        | 072-397-6511 |
| Popovitz, Yannah, MA<br>(see profile pg.93) | Expressive Arts Therapist                                      | Ramat Beit Shemesh                  | 072-397-1241 |
| Port, David, MA                             | Psychologist   | Beit Shemesh                        | 072-397-1388 |
| Rosen, Ephraim, MEd                         | Couples and Family<br>Therapist, Psychotherapist               | Ramat Beit Shemesh                  | 072-397-6560 |
| Wald, Avraham, MFC                          | Couples and Family<br>Therapist                                | Beit Shemesh,<br>Ramat Beit Shemesh | 072-397-1415 |

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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/>



## Elana Carmel, MA

Clinical Psychologist

### Office Location:

Rechov Aliyat Hanoar  
Jerusalem

### Phone:

072-397-1314

**I Work With:** 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 my clinic in Jerusalem, in English or Hebrew.

## QUALIFICATIONS

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### Education:

College of Tel Aviv

### Year of Graduation:

2009

### Mumche Category/License Number in Israel:

Clinical Psychologist 27-111424

## 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



## Mindy Edelman, MA, ATR

Expressive Arts Therapist

### Office Locations:

Elazar Ha'modai, Jerusalem

Ha'tirosh 17, Hashmonaim

### Phone:

072-397-1254

### I Work With:

Children, Adolescents, Adults

**Languages:** Hebrew, English

## ABOUT

Canadian born, over 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

### License No. and State:

IL #21444

## SPECIALTIES

Cancer/Terminal Illness, Family Issues, Life Transitions, Parenting Issues / Training, Adjustments, ADHD, Behavioral Issues, Depression, Grief, Infertility, Learning Disabilities, Postpartum Depression, Self-Esteem, Stress Management, Trauma

## TREATMENT APPROACH

Art Therapy



## Ethan Eisen, PhD

Clinical Psychologist

*Individual and Couples Therapy*

### Office Locations:

25 Keren HaYesod, Jerusalem

15 Nahal Dolev, Ramat Bet Shemesh

### Phone:

072-397-1392

### I Work With:

Adolescents, Adults, Couples, Families, Men, Geriatric

**Languages:** English

## ABOUT

I am a licensed clinical psychologist (USA and Israel) who provides evidence-based approaches to help you meet your goals. As part of my general training and clinical experience, I have worked extensively with people of various ages, backgrounds, and challenges. An important part of my practice is my aim to create a safe, compassionate, and non-judgmental environment that allows for self-understanding and growth, all while applying the evidence-based therapeutic approaches specific to your needs. I work collaboratively with you to develop both an understanding of the challenges that brought you to meet with me, as well as a plan to address your specific goals. Call me for a phone consultation and to set up an appointment.

## QUALIFICATIONS

### Education:

George Washington University

### Year of Graduation:

2016

### Registration in Pinkas Hapsichologim:

27-140391

### Mumche Category/License Number in Israel:

Clinical Psychologist 27-39209

### License No. and State:

MD-05837 - Maryland, USA

## ADDITIONAL CREDENTIALS

Semicha (RIETS), 2009

## SPECIALTIES

Addictions, Anxiety / Panic, Grief, Parenting Issues / Training, Trauma / Post Traumatic Stress Disorder PTSD, Anger Management, Borderline Personality Disorder, Depression, Family Issues, Life Transitions, Couples / Relationship / Marriage Counseling, Obsessive Compulsive Disorder (OCD), Phobias, Sleep / Insomnia

## TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)  
Cognitive Behavioral Therapy (CBT)  
Cognitive Processing Therapy  
Dialectical Behavior Therapy (DBT)





## Wendy Fielding, MSW

Psychotherapist

**Office Location:**

Rechov Kfar Etzion 21  
Jerusalem

**Phone:**

072-397-1346

**I Work With:**

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 approach for providing insight into both conscious and unconscious processes, and, when combined with Somatic Experiencing, can release trauma from the body and immediately provide the means to begin healing, bringing relief from distressing symptoms, whatever they might be, which interfere with enjoying life fully.

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 wards 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

---

1975-1976 Family Therapy training at  
Institute of Group Analysis

SE Trauma trained therapist 2012

TQAP 2004 (Tavistock Qualified Adult Psychotherapist)

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

### SPECIALTIES

---

Abuse, Anxiety / Panic, Behavioral Issues, Depression, Developmental Disorders, Divorce / Custody, Eating Disorders, Grief, Couples / Relationship / Marriage 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

**I Work With:**

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)

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

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

### SPECIALTIES

Anger Management, Autism Spectrum, Child Abuse, Parenting Issues / Training, Adjustments, Anxiety / Panic, Conduct Disorder, Depression, Developmental Disorders, Grief, Obsessive Compulsive Disorder (OCD), Phobias, Schizophrenia / Psychosis, Trauma / Post Traumatic Stress Disorder PTSD

### TREATMENT APPROACH

Expressive Arts Therapy, Play Therapy, Psychodynamic Therapy



## Andrew Freundlich, PhD

Psychologist

**Office Location:**

Katamon  
Jerusalem

**Phone:**

072-397-1400

**I Work With:**

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

**Registration in Pinkas Hapsichologim:**

27-137918

**License No. and State:**

1993 New Jersey

### 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



## Sara Genstil, LMFT, PhD

Psychologist, Social Worker

**Office Location:**

Kharuvit St 12  
Mevaseret Zion

**Phone:**

072-397-6509

**I Work With:**

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

**Registration in Pinkas Hapsichologim:**

03950

**License No. and State:**

Registered Social Worker in Israel - 17400  
18327/California MFCC

### 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



## Yocheved Greenfield, MSW

Clinical Social Worker

**Office Location:**

Rechov HaTurim  
Jerusalem

**Phone:**

072-397-1426

**I Work With:**

Adolescents, Adults, 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 suffered in the past from addiction as well as those who have experienced 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, Internal Family Systems (IFS), Somatic Experiencing (SE), Integral Somatic Psychology

### SPECIALTIES

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

### 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

IFS - Internal Family Systems Level 1 2020



## Kav L'Noar Center

Variety of Therapists, Psychologists, and Social Workers

### Office Locations:

Hatzvi 6, Jerusalem

Nachal Luz 18, Beit Shemesh

### Phone:

072-397-1321

**We Work With:** Children, 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 reduce stress on the family and relationships within, 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 serve children ages 10-18, young adults, and families. 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 sources that may impact the lives of the family members. All families requesting our services begin with a thorough assessment evaluation done by one of our trained bilingual masters level therapists who are especially sensitive to the needs of the chareidi community. Issues addressed include family discord, ADHD, depression, school dysfunction, poor social skills, all types of abuse, and aliya adjustment. Mentoring can be a powerful resource for younger children (10-14) and for adolescents who are unwilling to engage in a normative therapeutic relationship. Not all children need therapy, but can benefit from a supportive social relationship with a young adult that will help them develop social skills, build self-confidence, improve self-esteem, learn to express themselves verbally and enhance their 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.

## SPECIALTIES

Abuse, 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





## Melanie Landau, MA

Relationship and Attachment Coach

**Office Location:**

Baka  
Jerusalem

**Phone:**

072-397-6523

**I Work With:**

Adults, Couples, Men, Women

**Languages:**

Hebrew, English

### ABOUT

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The quality of our life is determined by the quality of our relationships. We can be highly functional in all or many areas of our life while relationally really struggle for satisfaction and joy.

Working together with me can assist you with the following relationship and life challenges:

- regulating your own emotions and nervous system
- starting or ending or transforming a relationship
- challenges with sexuality
- navigating conflict around money
- identifying and communicating your needs

How will the process benefit your life?

- learning how to be clearer about what is important to you
- learning what your boundaries and limits are
- slowly growing a more solid sense of yourself
- sourcing your worth and validation from the inside
- more able to detach rather than be reactive

### QUALIFICATIONS

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**Education:**

Latrobe University

**Year of Graduation:**

1999

### ADDITIONAL CREDENTIALS

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PhD on feminism and Jewish marriage 2010

Rabbinic Ordination Yeshivah Maharat 2016

Yoga Teacher training 2011

Massage Therapy Practitioner 1996

Clinical Pastoral Education Level 1 1998

### SPECIALTIES

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Abuse, Addictions, Adjustments, Anxiety / Panic, Child Abuse, Codependency, Grief, Holistic, Couples / Relationship / Marriage Counseling, Sex Therapy, Sexual Abuse / Rape, Trauma / Post Traumatic Stress Disorder PTSD

### TREATMENT APPROACH

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Body Awareness, Body-Mind Psychotherapy, Dreamwork, Guided Imagery, Somatic Experiencing (SE), Family Constellations, Ancestral Medicine, Building Secure Attachment



## Yehoshua Landau, MSC

Mental Health Counselor

### Office Location:

36 Keren Hayesod St. 5th floor  
Jerusalem

### Phone:

072-397-1283

### I Work With:

Adults, Couples, Families, Men, Women, Geriatric

**Languages:** Hebrew, English

## ABOUT

Finding the right therapist is an important step towards healthier, happier living. My approach is holistic, goal oriented, and future-focused. A tailor-made technique is developed for each client. Drawing on a number of therapeutic modalities, I frequently use mindfulness, psycho-dynamic, and cognitive-behavioral therapy. In family therapy I use Bowenian, structural, strategic, and Gottman techniques. I also serve as mentor for those in the shidduch dating process and engaged couples consult me for pre-nuptial counseling. Married couples resolve intimacy issues, reduce conflict, and gain better communication skills. In divorce arbitration, my legal and rabbinic training and experience inform my work. Recovery from childhood trauma or gender identification issues is a goal that I can help clients reach as well. I'm also trained and experienced to guide people who want to free themselves from substance abuse or other dependencies such as gambling, overspending, overeating, or addictions related to the internet. I use EMDR (Eye Movement Desensitization and Reprocessing) to help clients recover from Post-Traumatic Stress Disorder and overcome their anxiety or panic. As consultant to families who are caretakers of elderly parents, I've assisted with peaceful transitioning to supportive health care facilities. 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



## Hillel Langenauer, MSW

Clinical Social Worker

**Office Location:**

Ein Gedi Street 20  
Jerusalem

**Phone:**

072-397-1413

**I Work With:**

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

AEDP, Cognitive Behavioral Therapy (CBT), Emotion-Focused Therapy, Internal Family Systems (IFS), Play Therapy, Psychodynamic Therapy, Mindfulness

### 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

#### I Work With:

Adults, Couples, Families, Men, Women, Geriatric

#### Languages:

Hebrew, English

## ABOUT

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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

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#### 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

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

Accredited, Certified EFT Practitioner

## SPECIALTIES

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Adjustments, Anxiety / Panic, Grief, Mood Disorders, Trauma / Post Traumatic Stress Disorder PTSD, Anger Management, Cancer / Terminal Illness, Child Abuse, Codependency, Depression, Family Issues, Life Transitions, Phobias, Self-Esteem, Stress Management

## TREATMENT APPROACH

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Cognitive Behavioral Therapy (CBT)

Emotional Freedom Technique

Eye Movement Desensitization and Reprocessing Therapy (EMDR)

Insight Oriented Therapy



## Renana Levy, MSW

Clinical Social Worker

### Office Location:

19 Yordai Hasira  
Katamon, Jerusalem

### Phone:

072-397-6540

### I Work With:

Adolescents, Adults, Couples, Men, Women

### Languages:

Hebrew, English

## ABOUT

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I know that therapy can be a challenging, even scary, experience. Taking the first step and asking for help is often the most daunting, but this is also the first step on the road to growth and meaningful change. With nearly a decade experience working with both individuals and couples in the US, Australia and Israel, I bring my deep passion and interdisciplinary approach to helping each and every client dealing with mental health issues and relationship challenges. I believe that therapy can only succeed when the relationship between the therapist and the client is based upon trust, creating a safe space for personal development. With empathetic and caring communication, I ask for clients to be open to short-term discomfort for long term gains. By focusing on inner strength, positive qualities and self-exploration, I help the client tap into their resolve in order to make a long lasting difference in their life.

## QUALIFICATIONS

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### Education:

Wurzweiler

### Year of Graduation:

2012

### License No. and State:

Registered Social Worker in Israel: #41390

## SPECIALTIES

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Anxiety / Panic, Couples / Relationship / Marriage Counseling, Depression, Family Issues, Sex Therapy, Addictions, Adjustments, Drug Abuse, Eating Disorders, Infertility, Life Transitions, Parenting Issues / Training, Self-Esteem, Sexual Issues

## TREATMENT APPROACH

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Adlerian Psychology / Psychotherapy



## Pearl Lopian, Dip Couns

Mental Health Counselor, Psychotherapist

*Accredited Certified EFT Trainer and Practitioner*

### Office Location:

The EFT Tapping Institute  
4 Yitzhak A. Cremieux, Jerusalem

### Phone:

072-397-1418

### I Work With:

Adults, Men, Women

**Languages:** Hebrew, English

## ABOUT

I am a Psychotherapist and EFT Master Trainer and Advanced Accredited Practitioner with over 15 years of experience, specialising in adults suffering from anxiety, trauma or stress. In addition, I work with mothers to clear issues/anxieties in their child without the child having to be there. My exclusive method is EFT (Emotional Freedom Techniques) commonly known as Tapping, A simple mind body approach that resolves emotional issues and their root causes quickly and effectively.

As a Master Trainer, I run accredited training in EFT for mental health professionals and coaches so they can incorporate this powerful additional tool into their practice. These courses are accredited through EFT International and lead to a recognised qualification in EFT.

Contact me for a complimentary 20 minute consultation to learn about EFT and how it might help you or your clients.

"After using EFT techniques with my clients I witnessed how effective EFT is in reducing disturbances, and enabling clients to move beyond their past traumatic events." - Jeanne S. Lankin, LCSW Clinical Social Worker in NJ and Israel

## 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)





## Leah Malamet, MA, MEd, C. Psych

### Psychologist

#### Office Location:

Hapalmach- 18 (B), Suite #6 (3rd flr)  
Jerusalem

#### Phone:

072-397-1250

#### I Work With:

Children, Adolescents, Adults, Couples, Families,  
Men, Women, LGBTQ, Gender I.D. exploring

**Languages:** Hebrew, English

## ABOUT

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I am a registered psychologist, offering treatment to children, adolescents, adults, couples, and families. With 38 years' experience in hospitals, clinics, private practice - I assess & treat a wide variety of difficulties- anxiety, depression, trauma/PTSD, OCD, grief/bereavement, psychosomatic, gender-related, life transitions, infertility/pregnancy loss, relational/attachment/family, eating, ADHD/LDs. (socio-emotional impact).

Trained in several therapeutic modalities- psychodynamic, mind-body/somatic, CBT, IFS, art/ sand tray & play - I offer an individualized treatment program which integrates and utilizes both verbal & nonverbal therapies, which- following a thorough assessment- will be most effective in alleviating the issues which brought the person/s to seek help. In addition to psychotherapy, I do Consultations & formal Assessments (Psychological & Psychoeducational).

As a senior psychologist, I also provide Supervisory services to many other mental health professionals. Whether you are an individual, couple, or family seeking help- or a professional making a referral- please feel free to contact me by phone/WhatsApp/email to discuss your particular concerns.

## QUALIFICATIONS

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#### Education:

University of Toronto

#### Year of Graduation:

1984

#### Registration in Pinkas Hapsichologim:

27-159286

#### License No. and State:

4955 Ontario, Canada

## SPECIALTIES

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Anxiety / Panic, Grief, Mood Disorders, Trauma / Post Traumatic Stress Disorder PTSD, Relationship / Attachment / Developmental, Issues & Gender I.D. concerns, Cancer / Terminal Illness, Depression, Developmental Disorders, Eating Disorders, Gender Identity Concerns, Infertility, Obsessive Compulsive Disorder (OCD), Psychological Assessment, Psychosomatic Disorders, Self-Esteem, Stress Management, Family/Intergenerational trauma

## TREATMENT APPROACH

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Psychodynamic, Somatic/Mind-Body, Cognitive-Behavioural, Internal Family Systems, Art Therapy, Play Therapy, Sand Tray Therapy, Attachment-Based, Brainspotting



## Joshua Mark, MSW, PhD

Clinical Social Worker

### Office Location:

Sderot Shai Agnon 18  
First Floor  
Jerusalem

### Phone:

072-397-1326

### I Work With:

Adults, Couples, Families, Men, Women, Geriatric

**Languages:** Hebrew, English

## ABOUT

We're not supposed to be miserable. Our pain and suffering declares that our lives can be better. Therapy is the way. Therapy is the way of figuring out what the problems are and what needs to happen to make things better. Combining my rich training and experience in cognitive therapy, dialectical behavioral therapy, addictions counseling, and guided imagery with timeless spirituality, I've helped thousands get from lives of pain to lives of great beauty and joy. My approach is born of abiding respect for you, your life, and your inherent abilities to make your life better. With compassion, professionalism, years of experience and training I will help you feel better from the first moment.

## QUALIFICATIONS

### Education:

Wurzweiler School Of Social Work Yeshiva University

### Year of Graduation:

MSW 1994, PhD 2002

### License No. and State:

Registered Social Worker in Israel: #17525

## ADDITIONAL CREDENTIALS

MA Psychological Counseling; Teachers College Columbia University 1996

EdM Education; Teachers College Columbia University 1996

Rabbinic Ordination; Rabbi Isaac Elchonon Theological Seminary Yeshiva University 1994

## SPECIALTIES

Addictions, Borderline Personality Disorder, Depression, Grief, Trauma / Post Traumatic Stress Disorder PTSD, Anxiety / Panic, Bipolar Disorder, Life Transitions, Mood Disorders, Schizophrenia / Psychosis, Self-Harm / Suicide, Sexual Abuse / Rape

## TREATMENT APPROACH

Dialectical Behavior Therapy (DBT), Family Systems Therapy, Guided Imagery, Cognitive Therapy, Addiction Counselling



## Phyllis Mayer, MSW

Psychotherapist

### Office Location:

87 Derech Hevron, Jerusalem

### Phone:

072-397-6564

### I Work With:

Adults, Couples, Families, Men, Women

### Languages:

English

## ABOUT

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I have been a psychotherapist for well over thirty years. My primary treatment technique is Cognitive Behavioral Therapy (CBT). At the same time, I adapt my professional approach to the client's individual needs. Together we establish clear goals aiming at emotional well-being. I focus on the individual's strengths and guide him/her towards maximizing their ability to cope and flourish. My listening skills are acute insofar as I "hear" the underlying issues which are evoked in the therapeutic process, and gently guide the individual in a safe and nurturing manner. I look forward to working with you and serving your needs.

I believe that seeking psychotherapy is an act of courage. Exploring the challenges of life is an empowering experience. As a therapist with much experience, I bring a wealth of knowledge and perspective to the journey of personal growth. I work with individuals and couples, focusing on anxiety, depression, trauma, grief and loss, fertility issues, and interpersonal relationships.

## QUALIFICATIONS

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### Education:

Yeshiva University

### Year of Graduation:

1982

### License No. and State:

Licensed Clinical Social Worker NY:

#R028600-01

Registered Social Worker in Israel: #41247

## SPECIALTIES

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Abuse, Anxiety / Panic, Depression, Family Issues, Grief, Cancer / Terminal Illness, Child Abuse, Divorce / Custody, Infertility, Parenting Issues / Training, Postpartum Depression, Self-Esteem, Trauma / Post Traumatic Stress Disorder PTSD, History of Child Sexual Abuse

## TREATMENT APPROACH

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Cognitive Behavioral Therapy (CBT)  
Family Systems Therapy



## Yannah Popovitz, MA

Expressive Arts Therapist

*Psychotherapy for Adults and Children*

### Office Locations:

Rechov Agassi, Har Nof, Jerusalem  
Rechov Nachal Noam, Ramat Bet Shemesh

### Phone:

072-397-1241

### I Work With:

Children, Adults, Women, Geriatric

**Languages:** English

## ABOUT

I view the process of therapy as a way to see one's own wholeness and divine ability to make empowered choices.

**Therapy for Adults:** Many women I work with have tried conventional therapy and are ready to explore more creative ways to create a meaningful life for themselves. My specialty is using varied approaches such as talk, art, writing, IFS, EFT and gratitude. I've watched clients thrive in their relationships with themselves and others and make the changes they had been hoping for. I've seen the benefits of inviting the body into the therapeutic process through breathing, mindfulness and holistic massage. This approach can be incorporated for women upon request in appropriate cases.

**Therapy for Children:** Kids flourish in their self esteem, social skills, embrace their strengths and make room for difficulties using art and play. My young clients have learned to identify and express their feelings, develop self and other awareness and find solutions.

No artistic experience necessary! Call me to discuss the possibilities.

## QUALIFICATIONS

### Education:

Lesley College

### Year of Graduation:

2009

## ADDITIONAL CREDENTIALS

Certification in treating clients who were sexually abused, Machon Haruv 2014

Certification in treating trauma, Machon Haruv 2015

IFS Internal Family Systems level 1 2020

Holistic and Medical Massage Therapist 2019

Mindfulness Based Stress Reduction 2021

Emotional Freedom Technique levels 1 and 2, Certified practitioner

## SPECIALTIES

Anxiety/Panic, Codependency, Obsessive Compulsive Disorder (OCD), Self-Esteem, Stress Management, Addictions, Attention Deficit Hyperactivity Disorder (ADHD), Family Issues, Grief, Life Transitions, Relationships

## TREATMENT APPROACH

Art Therapy, Body Psychotherapy, Emotional Freedom Technique, Guided Imagery, Internal Family Systems (IFS)



## Tanya Prochko, MEd, MFT

Psychotherapist

**Office Location:**

King David 19  
Jerusalem

**Phone:**

072-397-1256

**I Work With:**

Adults, Men, Women

**Languages:** English

### ABOUT

As a trauma informed psychotherapist, my practice is primarily focused on the treatment of trauma. Our body's wisdom communicates to us through discomfort, dysregulation, numbness or dissociation, and even physical aches and pains. I use somatic intervention, EMDR, CBT, parts work, and mindfulness tools to heal past traumas so that those painful events no longer have a hold on us. After a successful course of therapy, clients find themselves having healthier relationships, better able to regulate their emotions, and authentically connect to their core self.

In addition to trauma, I work with adults in gaining clarity related to their identity, strengthening self-esteem, learning assertiveness skills and setting healthy boundaries. We identify habits and behaviors that no longer serve them well and create new pathways to achieving their goals. This is done with sensitivity and respect for where the client is holding. Through my goal-oriented approach, we set clear goals in the first session and check in over the course of treatment to ensure that we're moving forward toward those goals.

### QUALIFICATIONS

**Education:**

Fordham University, New York

**Year of Graduation:**

2005

### ADDITIONAL CREDENTIALS

BA in Psychology (Cum Laude) - Yeshiva University, Stern College 2002

EMDR trained Levels 1 & 2 - EMDR Institute of Israel, 2016

Somatic Intervention (SI) - 2020

Attachment (Somatic Intervention Level 2), 2021

Gottman Couples Therapy, 2018

### SPECIALTIES

Abuse, Anxiety/Panic, Mood Disorders, Self-Esteem, Trauma/Post Traumatic Stress Disorder PTSD, Adjustments, Couples / Relationship/ Marriage Counseling, Depression, Domestic Violence, Family Issues, Holistic, Life Transitions, Parenting Issues / Training, Postpartum Depression, Sexual Abuse / Rape, Spiritual Concerns, Stress Management

### TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT), EMDR, Attachment-Based Family Therapy (ABFT), Mindfulness, Somatic Intervention, Internal Family Systems (IFS)



## 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

### I Work With:

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 (about 3 sessions) for those couples who are unsure if they are ready to commit to couples therapy, and for couples in acute conflict. This brief intervention is consistently described by clients as being deeply affirming, moving, educational and reconnecting – even after long periods of alienation.

Justin works 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 approaches he uses to guide parents, Justin has studied the Ayeka Parent Guidance Method, a breakthrough approach for helping children and teens who have failed to respond to therapy or refuse to participate in therapy, and children with more complicated defiant behavior. Dr. Resnick is familiar with the school system and learning issues, and is comfortable interfacing with school staff.

## QUALIFICATIONS

### Education:

Loyola University Chicago

### Year of Graduation:

2001

### Registration in Pinkas Hapsichologim:

27-86090

### License No. and State:

071006526/Illinois (Licensed Clinical Psychologist)

## 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

### I Work With:

Children, Adults, Couples, Families, Men

**Languages:** Hebrew, English

## ABOUT

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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

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### Education:

Simon Fraser University

### Year of Graduation:

1997

### Registration in Pinkas Hapsichologim:

7989

### License No. and State:

1331 / British Columbia, Canada

## SPECIALTIES

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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

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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)



## Lisa Rosenblatt, LCSW

Psychotherapist

**Office Location:**

Ramat Eshkol, Jerusalem

**Phone:**

072-397-6569

**I Work With:**

Adults, Couples, Families, Men, Women

**Languages:** English

### ABOUT

I am a NY Licensed Clinical Social Worker specializing in individual, couples and family therapy. I am a graduate of Wurzweiler School of Social Work, where I am currently finishing up my PhD. I am a certified clinical trauma professional, certified in EMDR and received post graduate training in Internal Family Systems, CBT, Brain Spotting, Trauma Focused-Cognitive Behavioral Therapy (TF-CBT), Narrative therapy and Skills Training in Affect and Interpersonal Regulation. I specialize in trauma and grief.

My areas of expertise are addictions (alcohol, drugs, sex, and codependency), sexual abuse, anxiety, depression, parenting and marital issues. I utilize a variety of methodologies and techniques to best help clients achieve their goals. Much of my work involves healing the inner child which enables the individual/couple to re-parent themselves and become empowered.

### QUALIFICATIONS

**Education:**

Wurzweiler School of Social Work

**Year of Graduation:**

2013

**License No. and State:**

085378 - New York

### ADDITIONAL CREDENTIALS

EMDR Certified - 2021

Certified Clinical Trauma Professional (CCTP)  
- 2021

### SPECIALTIES

Abuse, Addictions, Child and/or Adolescent Issues, Depression, Dissociative Disorders, Family Issues, Grief, Life Transition, Sexual Issues, Spiritual Concerns, Stress Management, Trauma / Post Traumatic Stress Disorder PTSD

### TREATMENT APPROACH

Attachment-Based Family Therapy (ABFT), Brainspotting (BSP), Cognitive Behavioral Therapy (CBT), Family Attachment Narrative Therapy, Family Systems Therapy, Guided Imagery, Internal Family Systems (IFS), Narrative Therapy, Psychodynamic Therapy, Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)



## Talya Roth, MA

Clinical Psychologist

### Office Location:

Ein Tzurim 4  
Jerusalem

### Phone:

072-397-1279

### I Work With:

Adults, Men, Women

**Languages:** Hebrew, English

## ABOUT

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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

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### Education:

Bar Ilan University

### Year of Graduation:

2001

### Registration in Pinkas Hapsichologim:

6647

### Mumche Category/License Number in Israel:

Clinical Psychologist 7442

## SPECIALTIES

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Anxiety / Panic, Infertility, LGBTQ, Sexual Abuse / Rape, Singles, Abuse, Cancer/Terminal Illness, Depression, Divorce/Custody, Domestic Violence, Family Issues, Grief, Postpartum Depression, Self-Esteem, Sexual Issues, Stress Management, Trauma / Post Traumatic Stress Disorder PTSD

## TREATMENT APPROACH

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Art Therapy, Body-Mind Psychotherapy, Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Guided Imagery, Positive Psychology, Feminist Psychology, Rehabilitation Psychology, Mindfulness, Somatic Intervention



## Nancy Schwartz, LMSW

Clinical Social Worker

### Office Location:

11 Eilat Street  
Apt. 8  
Jerusalem

### Phone:

072-397-1261

### I Work With:

Adolescents, Adults, Couples, Men, Women,  
Geriatric

**Languages:** English

## ABOUT

I've been in practice for 15 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 clients to create plans and goals that will best serve their needs. Within my practice, its 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

Anxiety / Panic, Depression, Self-Esteem, Stress Management, Trauma / Post Traumatic Stress Disorder PTSD, Addictions, Adjustments, Family Issues, Grief, Mood Disorders, Obsessive Compulsive Disorder (OCD), Psychosomatic Disorders, Self-Harm / Suicide, 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)



## Ami Silver, MSW

Clinical Social Worker, Psychotherapist

**Office Location:**

Rechavia  
Jerusalem

**Phone:**

072-397-1274

**I Work With:**

Adults, Couples, Men, Women, LGBTQ,  
Young Adults

**Languages:**

Hebrew, English

### ABOUT

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Therapy is one of the most courageous and valuable investments you can make in yourself, your life, and your future. I am here to support you on this journey.

My therapeutic approach combines a psychodynamic, family systems perspective with experiential somatic, body-centered, and mindfulness based modalities. The combination of talk therapy and experiential approaches allows us to gain deeper insight into ourselves, and to use those insights to facilitate a process of growth and transformation.

The heart of my work is to provide you with a safe space to explore the inner landscape of your life and help you get in touch with your innate ability to heal, grow, and direct your life in a better direction. Together, we will search out your path toward a life of greater wholeness, connection, and healthier relationship with yourself and the world around you.

My work is informed by science and practiced with compassion, and is enriched by years of experience as a rabbi and teacher of Jewish spirituality and meditation. I look forward to meeting you and welcoming you into my office, in person or online.

### QUALIFICATIONS

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**Education:**

Wurzweiler School of Social Work, Yeshiva University

**Year of Graduation:**

2017

**Licensed in Israel:**

37648 - Registered Social Worker in Israel

### SPECIALTIES

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Anxiety / Panic, Depression, Holistic, Couples/ Relationship / Marriage Counseling, Trauma/ Post Traumatic Stress Disorder PTSD, Adjustments, Codependency, Family Issues, Grief, Parenting Issues / Training, Sexual Issues, Intergenerational Trauma

### TREATMENT APPROACH

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Integrative Therapy, Mindfulness Based, Trauma Informed, Somatic, Internal Family Systems (IFS)



## Avraham Weitz, MSC

Couples & Family Therapist

*Couples Crisis Counseling, Pre-Marital Counseling*

### Office Locations:

Arnona, Jerusalem

Har Choma, Jerusalem

### Phone:

072-397-1269

### I Work With:

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

Couples / Relationship / Marriage Counseling, Dating & Pre-marriage Counseling, Family Issues

## ADDITIONAL CREDENTIALS

Advanced Clinician, Imago Relationship Therapy, 2021  
Terry Real - High Impact Couples Therapy, 2020  
Certificate Emotionally Focused Couples Therapy Externship (EFT), 2019  
Somatic Intervention (SI), Level 1 (2019) & 2 (2021)  
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





## Lea Abell, MSW

Clinical Social Worker

**Office Location:**

Rechov Tzondak 16  
Jerusalem

**Phone:**

072-397-1312

**I Work With:**

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



## Esther Abta, MSW, LADC

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

**Office Locations:**

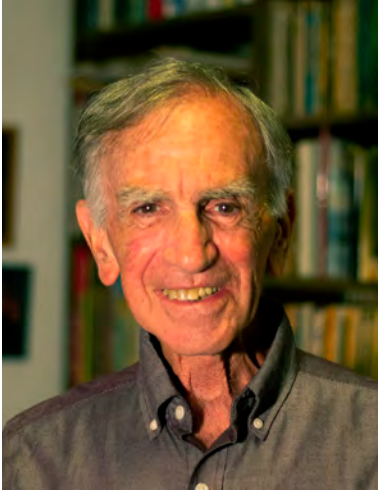
Jerusalem  
Efrat  
Rehovot

**Phone:** 072-397-1262

**I Work With:** Adults, Couples, Women

**Languages:** English

**Specialties:** Adjustments, Anxiety/Panic, Attention Deficit Hyperactivity Disorder (ADHD), Behavioral Concerns In Children, 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



## Shalom John Atlas, MSW

Clinical Social Worker

**Office Location:**

19 Sderot Ein Tzurim  
Jerusalem

**Phone:** 072-397-6567

**I Work With:**

Adults, Men, Women

**Languages:** Hebrew, English

**Specialties:** Adjustments, Depression, Self-Esteem, Heart Centered Therapy, Bipolar Disorder, Cancer / Terminal Illness, Family Issues, LGBTQ, Sexual Abuse / Rape, Animal Assisted Therapy



## Chaya Sara Brand, MSW

Clinical Social Worker

**Office Location:**

1/6 Amatsia  
Jerusalem, 993801

**Phone:**

072-397-1390

**I Work With:**

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

**I Work With:**

Adolescents, Adults, Women

**Languages:**

English

**Specialties:** Anxiety / Panic, Life Transitions, Obsessive Compulsive Disorder (OCD), Parenting Issues / Training, Trauma / Post Traumatic Stress Disorder PTSD, Autism Spectrum, Behavioral Issues, Child and/or Adolescent Issues, Codependency, Depression, Developmental Disorders, Family Issues, Infertility, Self-Esteem, Spiritual Concerns, Stress Management

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## Binyomin Jacobson

Mental Health Counselor, Psychotherapist

**Office Locations:**

Ramat Beit Shemesh  
Jerusalem  
Kaf Hachaim Street 27/4, Beitar Illit

**Phone:**

072-397-1375

**I Work With:**

Children, Adults, Couples

**Languages:** Hebrew, English, Yiddish

**Specialties:** Anxiety / Panic, Couples / Relationship / Marriage Counseling, Obsessive Compulsive Disorder (OCD), Phobias, Stress Management, Abuse, Addictions, Adjustments, Anger Management, Attention Deficit Hyperactivity Disorder (ADHD), Behavioral Issues, Depression, Mood Disorders, Parenting Issues / Training, Self-Esteem, Sexual Issues, Trauma / Post Traumatic Stress Disorder PTSD



## Shulamit Lando, MA

Body/Mind Psychotherapist,  
Medical and Life Coach

**Office Location:**

Tirza Str. # 6-2  
Jerusalem

**Phone:** 072-397-1247

**I Work With:**

Adults, Men, Women, Geriatric

**Languages:**

Hebrew, English, Spanish

**Specialties:** Cancer / Terminal Illness, Grief, Holistic, Trauma / Post Traumatic Stress Disorder PTSD, Medical coaching-Chronic Illness, Anxiety / Panic, Self-Esteem, Spiritual Concerns, Medical coaching



## Dovid Lessin, PsyD

Individual and Couples Therapist

**Office Locations:**

Rechov Gezer 5, Nachlaot, Jerusalem  
Rechov Chartzit, Modiin

**Phone:**

072-397-1306

**I Work With:**

Adults, Couples, Men

**Languages:** Hebrew, English

**Specialties:** Anxiety / Panic, Depression, Family Issues, Couples / Relationship / Marriage Counseling, Self-Esteem, Abuse, Adjustments, Anger Management, Domestic Violence, Grief, Spiritual Concerns, Stress Management



## Susan Lewis, MSW, PhD

Couples and Family Therapist,  
Social Worker

**Office Location:**

Nili 5/7  
Jerusalem

**Phone:**

072-397-1295

**I Work With:**

Adults, Couples, Families, Geriatric

**Languages:** English

**Specialties:** Anxiety / Panic, Depression, Divorce / Custody, Grief, Couples / Relationship / Marriage Counseling, Abuse, Addictions, Anger Management, Executive / Career / Life Coaching, Family Issues, Parenting Issues / Training, Self-Esteem, Stress Management, Trauma / Post Traumatic Stress Disorder PTSD



## Sima Menora, PsyD

Psychologist

**Office Locations:**

German Colony, Jerusalem  
Beit Shemesh

**Phone:**

072-397-1338

**I Work With:**

Adults, Couples, Men, Women, Geriatric

**Languages:**

Hebrew, English

**Specialties:** Anxiety / Panic, Depression, Grief, Sexual Abuse / Rape, Trauma / Post Traumatic Stress Disorder PTSD, Divorce / Custody, Stress Management, Mental Health First Aid





## Ahuva Moses, LCSW-R

Social Worker

**Office Location:**

Baka, Jerusalem

**Phone:**

072-397-6566

**I Work With:**

Adolescents, Adults, Women

**Languages:**

English

**Specialties:** Abuse, Adjustments, Anxiety / Panic, Depression, Family Issues, Mood Disorders, Self-Esteem, Stress Management



## Odeya Emma Weizman Rosen, MA

Couples and Family Therapist,  
Expressive Arts Therapist

**Office Location:**

17 Elazar Ben Yair St, Katamonim, Jerusalem

**Phone:** 072-397-6518

**I Work With:**

Adults, Couples, Families, Men, Women

**Languages:**

Hebrew, English

**Specialties:** Anxiety / Panic, Child and/or Adolescent Issues, Depression, Family Issues, Grief, Couples / Relationship / Marriage Counseling, Obsessive Compulsive Disorder (OCD), Parenting Issues / Training, Stress Management





## Yonit Schorr, PhD

Clinical Psychologist

**Office Location:**

Emek Refaim  
Jerusalem

**Phone:**

072-397-1395

**I Work With:**

Adults

**Languages:**

English

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



## Ruth Silverberg, MA

Mental Health Counselor

**Office Location:**

Ramat Eshkol  
Jerusalem

**Phone:**

072-397-6537

**I Work With:**

Adults, Women

**Languages:** English

**Specialties:** Child Abuse, Dissociative Disorders, Domestic Violence, Sexual Abuse / Rape, Trauma / Post Traumatic Stress Disorder PTSD, Abuse, Family Issues



## Dalia Yellin-Weil, MSC

Psychotherapist

*Individual, Child and Family Counseling*

### Office Locations:

Tsoar 3, Nachlaot, Jerusalem

Abba Hillel Silver 3, Ramot A, Jerusalem

**Phone:** 072-397-1308

### I Work With:

Adolescents, Adults, Families, Women, LGBTQ, Gender Fluid

**Languages:** Hebrew, English

**Specialties:** Gender Identity Concerns, LGBTQ, Mood Disorders, Trauma / Post Traumatic Stress Disorder PTSD, Sexual Identity, Abuse, Adjustments, Anxiety / Panic, Bipolar Disorder, Codependency, Depression, Family Issues, Life Transitions, Sexual Issues, Spiritual Concerns, Adoption

|                           |   |               |              |
|---------------------------|---|---------------|--------------|
| Abramson, Naftali, MA     | Psychotherapist   | Jerusalem     | 072-397-1382 |
| Almougy, Sharon, MA       | Life Coach, Mental Health Counselor, Existential Psychotherapist          | Jerusalem     | 072-397-1401 |
| Amichai, Debbie, MSC      | Career/Vocational Counselor, Couples and Family Therapist                 | Jerusalem     | 072-397-1420 |
| Bailey, Alex, PsyD        | Child/Adolescent Psychologist, Couples and Family Therapist, Psychologist | Jerusalem     | 072-397-6535 |
| Baker, Adrienne, PhD      | Psychotherapist   | Moshav Shores | 072-397-6588 |
| Bar-Yakov, Leigh, PsyD    | Clinical Psychologist   | Jerusalem     | 072-397-6550 |
| Bauer, Neal, PsyD         | Psychologist  | Jerusalem     | 072-397-6529 |
| Bellin, Elisheva, MA, PhD | Clinical Psychologist   | Jerusalem     | 072-397-1360 |

## 110 Therapists - Jerusalem Region

|   |   |                            |              |
|---|---|----------------------------|--------------|
| Bernstein, Ricki, LMSW                                  | Clinical Social Worker,<br>Psychotherapist                                  | Jerusalem                  | 072-397-6578 |
| Calvente-Chazanoff, Zara, MSW                           | Career/Vocational Counselor,<br>Clinical Social Worker                      | Jerusalem                  | 072-397-1255 |
| Cassell, Chanita, MSW                                   | Clinical Social Worker  | Jerusalem                  | 072-397-1416 |
| Cornfeld, Ellen, MA,<br>MNTCW                           | Psychotherapist   | Jerusalem                  | 072-397-6532 |
| Danto, Jeni, MSW<br>(see profile pg.71)                 | Psychotherapist   | Jerusalem                  | 072-397-1403 |
| Eisenberg, Khaya, PsyD                                  | Psychologist  | Jerusalem                  | 072-397-6527 |
| Epstein, Joy, MSW                                       | Clinical Social Worker,<br>Couples and Family<br>Therapist, Psychotherapist | Jerusalem                  | 072-397-1302 |
| Flax, Esther, CASAP                                     | Licensed Alcohol/Drug Abuse<br>Counselor                                    | Beitar Illit,<br>Jerusalem | 072-397-1316 |
| Friedman, Ian, MA                                       | Clinical Psychologist   | Jerusalem                  | 072-397-1294 |
| Fruchter, Bilha, MSW                                    | Clinical Social Worker,<br>Psychotherapist                                  | Jerusalem                  | 072-397-1343 |
| Fruchter, Shulamit, MSW                                 | Social Worker   | Jerusalem                  | 072-397-6505 |
| Fund, Daniel, MSC, L.L.B.                               | Psychotherapist   | Jerusalem                  | 072-397-1405 |
| Gar, Natalie, MA, PhD                                   | Psychologist  | Jerusalem                  | 072-397-1350 |
| Gihon, Anat, MA<br>(see profile pg.34)                  | Psychotherapist,<br>Bioenergetic Analyst                                    | Abu Ghosh                  | 072-397-1368 |
| Grishko, Hannah-Valeria,<br>LCSW<br>(see profile pg.35) | Clinical Social Worker,<br>Psychotherapist                                  | Tel Aviv                   | 072-397-6521 |
| Gusovsky, Tanya, MSW                                    | Clinical Social Worker  | Maale Adumim               | 072-397-6544 |
| Hacohen, Caroline, MA,<br>PsyD                          | School Psychologist   | Jerusalem                  | 072-397-1334 |

|                                    |  |                            |              |
|------------------------------------|--|----------------------------|--------------|
| Haendel, Becky, MA                 | Clinical Psychologist                        | Jerusalem                  | 072-397-6576 |
| Hait, Tzipora, MSW                 | Clinical Social Worker                       | Jerusalem,<br>Tsur Hadassa | 072-397-1344 |
| Halevi, Sara, MA                   | Cognitive Behavioral<br>Therapist            | Jerusalem                  | 072-397-1337 |
| Hazanov, Valery, PhD               | Clinical Psychologist                        | Jerusalem                  | 072-397-1340 |
| Helman, Margo, MSW                 | Clinical Social Worker                       | Jerusalem                  | 072-397-1424 |
| Kainan, Lisa, PhD                  | Psychoeducational<br>Consultant              | Jerusalem                  | 072-397-6493 |
| Kalmanowitz, Shifra, MA            | School Psychologist,<br>Psychotherapist      | Jerusalem                  | 072-397-1397 |
| Karten, Elan, PhD                  | Clinical Psychologist                        | Jerusalem                  | 072-397-6534 |
| Kessler, Dina, MSC                 | Psychotherapist                              | Jerusalem                  | 072-397-1354 |
| Klein, Motti, MA, PsyD             | Child/Adolescent<br>Psychologist             | Jerusalem                  | 072-397-1425 |
| Lavin-Pell, Micki, MA, MFT,<br>MSC | Couples and Family Therapist                 | Jerusalem                  | 072-397-1355 |
| Lawrence, Lisa, MA                 | Couples and Family Therapist                 | Jerusalem                  | 072-397-1361 |
| Lederer, Chava, MSC                | Individual, Marital, and Family<br>Therapist | Jerusalem                  | 072-397-1358 |
| Lefkowitz, Dasi, LMSW              | Psychotherapist                              | Jerusalem                  | 072-397-1291 |
| Levin, Judith, PsyD                | Clinical Psychologist                        | Jerusalem                  | 072-397-6522 |
| Oppenheimer, Susan,<br>MSW         | Clinical Social Worker                       | Jerusalem                  | 072-397-6496 |
| Penkower, Ariel, PsyD              | Clinical Psychologist                        | Jerusalem                  | 072-397-1432 |

## 112 Therapists - Jerusalem Region

|  |  |           |              |
|--|--|-----------|--------------|
| Port, David, MA                                      | Psychologist   | Jerusalem | 072-397-1388 |
| Poupko, Gital Wolf, MA                               | Expressive Arts Therapist                            | Jerusalem | 072-397-1284 |
| Rosen, Ephraim, MEd                                  | Couples and Family Therapist, Psychotherapist        | Jerusalem | 072-397-6560 |
| Rotter, Batya, PhD                                   | Clinical Psychologist                                | Jerusalem | 072-397-1278 |
| Rubin, Lizzie, MA, RN                                | Couples and Family Therapist, Sex Therapist          | Jerusalem | 072-397-6541 |
| Schondorf, Raphael, MSC                              | Psychotherapist                                      | Jerusalem | 072-397-1243 |
| Sternberg, Naomi, MSC, LCMFT<br>(see profile pg.72)  | Couples and Family Therapist                         | Jerusalem | 072-397-1317 |
| Sterne, Abram, PhD, PsyD                             | Child/Adolescent Psychologist                        | Jerusalem | 072-397-6524 |
| Swimmer, Gershon, MSC                                | Couples and Family Therapist, Psychotherapist        | Jerusalem | 072-397-1385 |
| Ugowitz, Yaakov Jonathan, LMHC, MA, PhD              | Mental Health Counselor, Psychologist                | Jerusalem | 072-397-1329 |
| Wachs, Gabi, LMSW                                    | Clinical Social Worker                               | Jerusalem | 072-397-6525 |
| Wajnryt, Elisabeth, PsyD<br>(see profile pg.72)      | Clinical Psychologist                                | Jerusalem | 072-397-1429 |
| Wald, Avraham, MFC                                   | Couples and Family Therapist                         | Jerusalem | 072-397-1415 |
| Wiesen, Shira, PhD<br>(see profile pg.115)           | 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 |
| Zadaka, Avi-Natan, LICSW                             | Psychotherapist                                      | Jerusalem | 072-397-6572 |
| Zahavi-Asa, Aviva, MSW, LCSW<br>(see profile pg.115) | Clinical Social Worker, Couples and Family Therapist | Jerusalem | 072-397-1383 |



## Lynn Rothstein, PsyD

Neuropsychologist, Rehabilitation  
Psychologist

### Office Location:

Pitum Haketoret 21/2  
Efrat

### Phone:

072-397-1393

### I Work With:

Children, Adults, Families

**Languages:** Hebrew, English

## ABOUT

Dr. Lynn Rothstein is a bilingual American trained licensed psychologist with specializations in both Clinical and 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 Rehabilitation Psychology Training Program in the city of Holon, Israel.

## QUALIFICATIONS

### Education:

Yeshiva University-Ferkauf Graduate School  
of Psychology

### Year of Graduation:

1991

### Registration in Pinkas Hapsichologim:

8667

### Mumche Category/License Number in Israel:

Rehabilitative Psychologist 27-28811

### License No. and State:

011839 - NY

## 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  
Association  
IPA - Israel Psychological Association  
Certification-Cancer and Sexuality 2016





## Joel Zeff, DMin

Mental Health Counselor,  
Clinical Pastoral Counselor

### Office Location:

Ma'aleh Michael 4a  
Alon Shvut  
Gush Etzion

### Phone:

072-397-1421

### I Work With:

Adults, Couples, Men, Women, Geriatric

**Languages:** Hebrew, English

## ABOUT

After almost three decades as a congregational rabbi and senior yeshiva educator, both involving much counseling, I became convinced of the profound and primal necessity to engage the whole person, encompassing the emotional, psychological, and spiritual dimensions. In order to better serve, I have gone back to school to train as a professional counselor. My training includes a doctoral program in Pastoral Counseling, the Clinical Pastoral Counseling program at a major medical center, and the TEAM ("Feeling Good") school of Cognitive-Behavioral Therapy (CBT). My primary approach is using the methods of TEAM, which is an outgrowth of Cognitive-Behavioral Therapy. The fundamental assumption of TEAM-CBT is that how we feel is a function of how we think. If we can identify our distorted implicit assumptions and beliefs, we can reclaim our G-d given right to lead a joyful and healthy life. The TEAM-CBT approach is short-term, methodical, and is widely considered to be the most effective, evidence-based therapy. My many years as a rabbi and educator allows me to appreciate and relate to the religious/spiritual aspects of achieving greater wholeness. If you are struggling with mood issues, interpersonal crises, destructive habits, or spiritual/religious discontent, please don't hesitate to be in touch.

## QUALIFICATIONS

### Education:

Doctor of Ministry in Pastoral Counseling, San Francisco Theological Seminary

### Year of Graduation:

2017

## ADDITIONAL CREDENTIALS

MS - Yeshiva University 1985

Rabbinic Ordination - Yeshivat Rabbenu

Yltzchak Elchanan, (RIETS), NY 1985

Clinical Pastoral Education- Sutter Medical Center, Roseville, CA 2014

TEAM Cognitive Behavioral Therapy Training- Feeling Good Institute, Mountain View, CA 2016

## SPECIALTIES

Addictions, Adjustments, Anxiety / Panic, Behavioral Issues, Bipolar Disorder, Borderline Personality Disorder, Cancer / Terminal Illness Codependency, Depression, Executive / Career / Life Coaching, Grief, Life Transitions, Mood Disorders, Obsessive Compulsive Disorder (OCD), Personality Disorders, Phobias, Self-Esteem, Spiritual Concerns, Stress Management, Trauma / Post Traumatic Stress Disorder PTSD

## TREATMENT APPROACH

TEAM CBT

Clinical Pastoral Counseling



## Shira Wiesen, PhD

Psychologist

**Office Locations:**

29/1 Pitum Haketoret, Efrat

25 Hakeren Hakayemet L'yisroel, Jerusalem

**Phone:**

072-397-1313

**I Work With:**

Adolescents, Adults, Couples, Families

**Languages:**

English

**Specialties:** Anxiety / Panic, Child and/or Adolescent Issues, Depression, Family Issues, Parenting Issues / Training, Attention Deficit Hyperactivity Disorder (ADHD), Behavioral Issues, Bipolar Disorder, Borderline Personality Disorder, 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

23 Hillel Street, Jerusalem

**Phone:** 072-397-1383

**I Work With:**

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

**Languages:** Hebrew, English

**Specialties:** Attention Deficit Hyperactivity Disorder (ADHD), Couples / Relationship / Marriage Counseling, Domestic Violence, Family Issues, Parenting Issues / Training, Codependency, Divorce / Custody, Grief, Learning Disabilities, Obsessive Compulsive Disorder (OCD), Postpartum Depression, Sexual Abuse / Rape, Sexual Issues, Spiritual Concerns

|   |  |             |              |
|---|--|-------------|--------------|
| Abramson, Naftali, MA                           | Psychotherapist  | Efrat       | 072-397-1382 |
| Abta, Esther, MSW, LADC<br>(see profile pg.102) | Couples and Family<br>Therapist, Licensed Alcohol/<br>Drug Abuse Counselor,<br>Psychotherapist | Efrat       | 072-397-1262 |
| Cornfeld, Ellen, MA,<br>MNTCW                   | Psychotherapist  | Gush Etzion | 072-397-6532 |
| Epstein, Joy, MSW                               | Clinical Social Worker,<br>Couples & Family Therapist,<br>Psychotherapist                      | Efrat       | 072-397-1302 |
| Gar, Natalie, MA, PhD                           | Psychologist   | Elazar      | 072-397-1350 |
| Gonsher, Allan, MSW                             | Clinical Social Worker,<br>Play Therapist  | Efrat       | 072-397-6585 |
| Hait, Tzipora, MSW                              | Clinical Social Worker   | Gush Etzion | 072-397-1344 |
| Kessler, Dina, MSC                              | Psychotherapist  | Efrat       | 072-397-1354 |
| Lawrence, Lisa, MA                              | Couples & Family Therapist   | Gush Etzion | 072-397-1361 |
| Penkower, Ariel, PsyD                           | Clinical Psychologist  | Gush Etzion | 072-397-1432 |
| Shapiro, Rochelle, LMFT                         | Psychotherapist  | Efrat       | 072-397-1414 |
| Ugowitz, Yaakov Jonathan,<br>LMHC, MA, PhD      | Mental Health Counselor,<br>Psychologist   | Efrat       | 072-397-1329 |

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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/>



## Raella Abel, BSW, MSW

Psychotherapist

**Office Location:**

11/2 Chogla street  
Zichron Yaakov

**Phone:**

072-397-6571

**I Work With:**

Adults, Couples

**Languages:**

English

### ABOUT

---

**Working with individuals:** I help you look afresh at what is hurting you and bring in practical and 'in-the-here-and-now' strategies to understand and combat these challenges, which may include working through old or recent traumas. I will also assist you in adjusting to new experiences, whether it be needing to leave a relationship/marriage, place of work, or career.

**Working with Couples:** I help each partner in a couple understand that your relationship difficulties are a call to understanding and healing yourself and draw you towards wholeness, focusing on growth rather than pathology. You can move beyond your polarised positions, get out of repetitive cycles, begin to understand each other's perspectives and focus on your relationship as a team effort.

I believe that therapy is a partnership between client and therapist, or couple and therapist, and that together we bring about change and the breakthroughs required to live a new and healthier life. I may also help couples consciously separate in the most resolving and conscious way, if this is a choice and decision that is reached either before or during the therapy. Help with transitioning to a new way of life both for you and your children, is also provided.

### QUALIFICATIONS

---

**Education:**

University of Cape Town

**Year of Graduation:**

1986

**License No.:**

10-11262 South Africa

### SPECIALTIES

---

Addictions, Adjustments, Depression, Couples/ Relationship / Marriage Counseling, Stress Management, Abuse, Anger Management, Bipolar Disorder, Codependency, Divorce / Custody, Domestic Violence, Executive / Career / Life Coaching, Family Issues, Grief, Life Transitions, Trauma / Post Traumatic Stress Disorder PTSD

### TREATMENT APPROACH

---

Body-Mind Psychotherapy, Collaborative Couple Therapy (CCT), Emotion-Focused Therapy, Mindfulness-Based Cognitive Therapy (MBCT), Psychodynamic Therapy, Relational Psychotherapy, Developmental model



## Michaela Mende-Janco, MA

Expressive Arts Therapist,  
Psychotherapist

### Office Location:

Kibbutz Barkai  
Pardes Hana- Karkur

### Phone:

072-397-6555

### I Work With:

Children, Women

### Languages:

Hebrew, English

## ABOUT

---

I was born in Israel but both my parents were Olim. My goal is to promote self-awareness, self-compassion and emotional well-being for my clients. The tools I use are varied and evidence-based. I value the heart to heart connection above all else. I also believe in the power of creativity and in the language of Art as the language of the unconscious, allowing us to better sense the issue at hand from different perspectives. I combine the practice of personally guided Mindfulness sessions within the therapeutic meeting and believe greatly in it as a powerful aid in the therapeutic process. I work with EMDR and am a certified practitioner of Neuroptimal, one of few in Israel.

## QUALIFICATIONS

---

### Education:

Lesley College Affiliate Program

### Year of Graduation:

1999

## ADDITIONAL CREDENTIALS

---

2015 Mindfulness based Therapy from Bar Ilan University Social Work External Studies Program (3 year prgm)

2017 EMDR Level 1 from the Israeli Organization for EMDR

2019 Neuroptimal certified practitioner (Dynamic Neurofeedback)

## SPECIALTIES

---

Depression, Family Issues, Gender Identity Concerns, Grief, Life Transitions, Self-Esteem, Sleep / Insomnia, Spiritual Concerns, Stress Management

## TREATMENT APPROACH

---

Art Therapy, Compassion-Focused Therapy (CFT), Expressive Arts Therapy, Eye Movement Desensitization and Reprocessing Therapy (EMDR), Psychodynamic Therapy



## Pamela Moss-Samuelson, MSW, LISW

Psychotherapist

*ADHD Specialist*

### **Office Location:**

Virtual clinic in Zichron Yaakov

### **Phone:**

072-397-1301

### **I Work With:**

Children, Adolescents, Adults, Families, Men, Women

**Languages:** English

## ABOUT

---

We all want personal success, happy kids, well-functioning families, and peaceful home environments. ADHD makes that very challenging. My specialization is the diagnosis and treatment of kids, teens, and adults with ADHD. I also treat Depression, Anxiety, and behavior issues. Understanding ADHD, knowing how to manage difficult behavior, and support executive functioning deficits with skill make a difference. I am a licensed psychotherapist in the U.S., I am internationally certified in coaching, and I have 25 years of experience treating ADHD. I work by telehealth to make getting support convenient and sustainable. With a support system in place, ADHD can be managed, and you can flourish despite it. Having 4 kids and a husband with ADHD at home means I “get it” from both a professional and personal perspective.

## QUALIFICATIONS

---

### **Education:**

The Ohio State University

### **Year of Graduation:**

1996

### **License No. and State:**

Ohio: I 1303531-SUPV

## ADDITIONAL CREDENTIALS

---

Certified Health and Wellness Coach  
(Wellcoaches, affiliated with Harvard Medical School)

## SPECIALTIES

---

Attention Deficit Hyperactivity Disorder (ADHD), Behavioral Issues, Parenting Issues / Training, Psychological Assessment, Anxiety / Panic, Depression, Stress Management

## TREATMENT APPROACH

---

Cognitive Behavioral Therapy (CBT)

Family Systems Therapy

Person-Centered Therapy (Rogerian Therapy)

Reality Therapy





## Simone Tabib, MA, PhD

Expressive Arts Therapist

*Senior Psychodrama Therapist and Supervisor*

### Office Location:

Expressive Drama Play and Arts Therapy Clinic for Children, Youth and Parents  
Caesarea

**Phone:** 072-397-6538

**I Work With:** Children, Adolescents, Adults, Parents

**Languages:** Hebrew, English

**Specialties:** Behavioral Concerns In Children, Child and/or Adolescent Issues, Codependency, Family Issues, Holistic, Parenting Issues / Training, Spiritual Concerns, Trauma / Post Traumatic Stress Disorder PTSD, Applications of Drama and Arts-Based Assessment tools

|                                   |   |                                |              |
|-----------------------------------|---|--------------------------------|--------------|
| Epstein, Asher, PsyD              | Clinical Psychologist,<br>Supervising and Training<br>Psychoanalyst | Zichron Yaakov                 | 072-397-1286 |
| Levi, Danielle Sharon, MA         | Couples and Family<br>Therapist, Psychotherapist                    | Pardes Hana-<br>Karkur         | 072-397-1319 |
| Newman, Robert, LCSW,<br>MSW, MBA | Couples and Family<br>Therapist                                     | Pardes Hana,<br>Zichron Yaakov | 072-397-6584 |
| Ozick, Rachel, MSW                | Clinical Social Worker  | Binyamina,<br>Zichron Yaakov   | 072-397-1347 |
| Perlson, Ayelet, MA               | Expressive Arts Therapist   | Pardes Hana,<br>Zichron Yaakov | 072-397-6554 |
| Sacks, Avraham, MA                | Psychotherapist   | Pardes Hana                    | 072-397-1342 |
| Smith, Nicole, BSW                | Mental Health Counselor   | Pardes Hana                    | 072-397-1324 |
| Spungin, Aaron Roy, MSW,<br>PhD   | Clinical Social Worker,<br>Psychotherapist                          | Hadera                         | 072-397-6504 |
| Vogel, Tamar, MA                  | Clinical Psychologist   | Zichron Ya'akov                | 072-397-6530 |



## Susan Belitsky, MEd, MSW, CAGS

Clinical Social Worker, Expressive Arts  
Therapist, Recreational Therapist

### Office Locations:

Kiryat Tivon

Haifa and surrounding area

**Phone:** 072-397-1327

### I Work With:

Children, Adults, Families

### Languages:

Hebrew, English

**Specialties:** Adjustments, Grief, Holistic, Trauma / Post Traumatic Stress Disorder PTSD, Abuse, Academic, Anger Management, Child Abuse, Learning Disabilities, Self-Esteem, Spiritual Concerns



## Pnina Blitz, MSW

Clinical Social Worker

*CBT Therapist, Divorce Counseling*

### Office Location:

2 Lilach Street

Kiryat Bialik

**Phone:** 072-397-1428

### I Work With:

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

|   |  |           |              |
|---|--|-----------|--------------|
| Braun, Ely (Eliahu), MSC,<br>C. Med, RP | Psychotherapist  | Afula     | 072-397-1430 |
| Kenigsztein, Danit, MA, LPC             | Expressive Arts<br>Therapist, Licensed<br>Professional Counselor | Ein Ayala | 072-397-1299 |
| Klempner, Binyamin, LMSW                | Clinical Social Worker   | Tiberias  | 072-397-6501 |
| Newman, Robert, LCSW,<br>MSW, MBA       | Couples and Family<br>Therapist                                  | Tzfat     | 072-397-6584 |
| Pourrabbani, Linda, LMSW                | Social Worker  | Haifa     | 072-397-1309 |
| Schefres, Leora, PhD                    | Clinical Psychologist  | Haifa     | 072-397-1282 |
| Vogel, Tamar, MA                        | Clinical Psychologist  | Haifa     | 072-397-6530 |

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or contact GHI at [support@gethelpisrael.com](mailto:support@gethelpisrael.com).

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



## Aida Strocovsky, MD

Psychotherapist

**Office Location:**

Mish'ol Ekron 22  
Be'er Sheva

**Phone:**

054-773-4272

**I Work With:**

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

**Languages:** English, Spanish

### ABOUT

---

Human minds and behaviors have been a passion of mine all my life. I believe in people's permanent ability to change and evolve. I see myself as a solid, knowledgeable and experience mental health professional, who made my mission to help others in their struggles to get to a better and happier place in their lives and to inspire people to achieve the better possible versions of themselves, so that in turn they can heal, find inner peace and inspire others, be of service and spread love and hope. I am a board certified Psychiatrist in Buenos Aires and an olah chadasha from Canada. I am based in Beer Sheva and work with individuals, couples, and families. I specialized in adolescents, addictions, substance abuse, PTSD, dual diagnosis and psychosis. I speak Spanish as a mother tongue.

### QUALIFICATIONS

---

**Education:**

University of Buenos Aires

**Year of Graduation:**

1981

### SPECIALTIES

---

Addictions, Codependency, Drug Abuse, Executive / Career / Life Coaching, Trauma / Post Traumatic Stress Disorder PTSD, Abuse, Holistic, Life Transitions, Parenting Issues / Training, Schizophrenia / Psychosis, Spiritual Concerns

### ADDITIONAL CREDENTIALS

---

Board Certified Psychiatrist in Buenos Aires (currently practicing solely as a psychotherapist until psychiatry license in Israel is obtained)

Doula (Dona International)

### TREATMENT APPROACH

---

Collaborative Couple Therapy (CCT)  
Compassion-Focused Therapy (CFT)  
Family Systems Therapy  
Psychoanalysis  
Psychodynamic Therapy



## Miriam A. Wolfe, MA

Licensed Professional Counselor,  
Psychoanalyst, Psychologist

### Office Location:

Mish'ol Snunit 67  
Be'er Sheva

### Phone:

072-397-1386

### I Work With:

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

### Registration in Pinkas Hapsichologim:

27-147108

### License No. and State:

180.007476/Illinois

## 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

2017 - Certificate in Psychoanalysis - National Institute for the Psychotherapies

## SPECIALTIES

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

## TREATMENT APPROACH

Play Therapy, Psychodynamic Therapy,  
Relational Psychotherapy, Psychoanalysis



## Cindy Collick, Dip Couns

Mental Health Counselor

**Office Location:**

81a Hatayassim  
Flat 19  
Ashkelon

**Phone:**

072-397-1422

**I Work With:**

Children, Adolescents, Adults, Men, Women,  
Geriatric

**Languages:** Hebrew, English

**Specialties:** Child and/or Adolescent Issues, Domestic Violence, Grief, Postpartum Depression, Stress Management, Abuse, Adjustments, Anxiety / Panic, Behavioral Issues, Child Abuse, Depression, Infertility, Self-Esteem

---



## Rachel Gang, LMSW

Clinical Social Worker

**Office Location:**

Gamal 25  
Be'er Sheva

**Phone:**

072-397-1419

**I Work With:**

Children, Adolescents, Adults, Families, Men,  
Women

**Languages:** English

**Specialties:** Adjustments, Anxiety / Panic, Child and/or Adolescent Issues, Depression, Academic, Anger Management, Developmental Disorders, Family Issues, Gender Identity Concerns, Grief, Life Transitions, Parenting Issues / Training, Self-Esteem, Stress Management, Trauma / Post Traumatic Stress Disorder PTSD



|                                      |   |        |              |
|--------------------------------------|---|--------|--------------|
| Bar-Yossef-Dadon, Rachel,<br>MA, PhD | Clinical Psychologist,<br>Hypnotherapist                      | Ashdod | 072-397-6533 |
| Burke, Ronnie, MSW                   | Clinical Social Worker,<br>Individual and Couple<br>Therapist | Gedera | 072-397-6536 |
| Green, Lisa, D.ClinPsy               | Clinical Psychologist   | Eilat  | 072-397-6553 |

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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/>



## Arthur S. Trotzky, PhD, LPC

Licensed Professional Counselor,  
Psychotherapist

### Office Location:

Online Therapy throughout Israel

Mitzpe Shalem, Dead Sea

### Phone:

072-397-1276

### I Work With:

Adults, Couples, Men, Women

**Languages:** Hebrew, English

## ABOUT

I have been working exclusively online for over 11 years which enables me to pass savings on to clients, eliminate travel and assure anonymity.

I was a Case Manager in the Impaired Professionals' Program at Ridgeview Institute in Atlanta from 2005 to 2011 and also ran the Trauma Survivors' Group. I served as a Mental Health Office, Medical Corps, IDF (reserves) in a mobile unit for treating combat reactions (PTSD), and I had a contract with Ministry of Defense for treating victims of terrorist attacks.

For 27 years I was a Senior Staff Therapist at the Kibbutz Child and Family Clinic and provided supervision and training of child-care workers. I supervise an online crises chat, for "Keedum Noar" of the Jerusalem Municipality. I was Clinical Director of my own private ambulatory facility providing services for addictions. My Eating Disorders' Treatment Program was the largest and most successful ambulatory facility in Israel.

I am a Licensed Professional Counselor in Georgia and Florida and in Israel by the Anti-Drug Authority as a Director of a licensed treatment facility and by the Ministry of Social Services as a Coordinator of Supervision.

Website: [www.onlinegrouptherapy.com](http://www.onlinegrouptherapy.com)

## QUALIFICATIONS

### Education:

Oregon State University

### Year of Graduation:

1977

### License No. and State:

Georgia LPC #004678

## ADDITIONAL CREDENTIALS

Florida Telehealth Provider TMPC19  
Distance Credentialed Counselor (DCC)  
#DCC 866

## SPECIALTIES

Addictions, Anxiety / Panic, Depression, Self-Esteem, Trauma / Post Traumatic Stress Disorder PTSD, Eating Disorders, Phobias, Couples / Relationship / Marriage Counseling, Stress Management, Family Issues

## TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT), Emotional Freedom Technique, Gestalt Therapy, Mindfulness-Based Cognitive Therapy (MBCT), Person-Centered Therapy (Rogerian Therapy), Rational Emotive Behavioral Therapy (REBT)

| Therapists   |   |                           |              |
|--|---|---------------------------|--------------|
| Abel, Raella, BSW, MSW<br>(see profile pg.117)   | Psychotherapist   | Zichron Yaakov            | 072-397-6571 |
| Abramson, Naftali, MA  | Psychotherapist   | Jerusalem, Efrat          | 072-397-1382 |
| Almougy, Sharon, MA  | Life Coach, Mental Health Counselor, Existential Psychotherapist          | Jerusalem, Modiin         | 072-397-1401 |
| Amichai, Debbie, MSC   | Career/Vocational Counselor, Couples and Family Therapist                 | Tel Aviv-Jaffa, Jerusalem | 072-397-1420 |
| Amouyal, Mairav, MA<br>(see profile pg.43)   | Licensed Professional Counselor, Psychotherapist                          | Tel Aviv                  | 072-397-6516 |
| Appell, Carolyn, LPC, MA, LCADC  | Licensed Alcohol/Drug Abuse Counselor, Licensed Professional Counselor    | Raanana                   | 072-397-1315 |
| Atlas, Shalom John, MSW<br>(see profile pg.103)  | Clinical Social Worker  | Jerusalem                 | 072-397-6567 |
| Avitan, Linda, MSW<br>(see profile pg.32)  | Couples and Family Therapist, Psychotherapist                             | Rehovot                   | 072-397-1264 |
| Aviv, Alyson, PhD, ABPdN<br>(see profile pg.49)  | Clinical Psychologist, Neuropsychologist                                  | Raanana                   | 072-397-1303 |
| Azachi-Stern, Chantal, MA  | Medical Psychologist, Neuropsychologist                                   | Tel Aviv                  | 072-397-1293 |
| Bailey, Alex, PsyD   | Child/Adolescent Psychologist, Couples and Family Therapist, Psychologist | Jerusalem, Modiin         | 072-397-6535 |
| Baker, Adrienne, PhD   | Psychotherapist   | Moshav Shoresh            | 072-397-6588 |
| Bakst, Shelly Shoshana, MSW, PhD<br>(see profile pg.43)  | Psychotherapist, Psychopathologist  | Tel Aviv                  | 072-397-1433 |

|  |   |   |              |
|--|---|---|--------------|
| Balakirsky Katz, Maya, PsyA                    | Psychotherapist,<br>Psychoanalyst                                   | Raanana   | 072-397-6539 |
| Bar-Yakov, Leigh, PsyD                         | Clinical Psychologist   | Jerusalem,<br>Moshav Nes<br>Harim                 | 072-397-6550 |
| Bar-Yossef-Dadon, Rachel,<br>MA, PhD           | Clinical Psychologist,<br>Hypnotherapist                            | Ashdod  | 072-397-6533 |
| Barron, Karen, MA                              | Psychotherapist   | Ramat Beit<br>Shemesh                             | 072-397-1298 |
| Bauer, Neal, PsyD                              | Psychologist  | Jerusalem   | 072-397-6529 |
| Baum, Daniel, MSW<br>(see profile pg.50)       | Clinical Social Worker,<br>Licensed Alcohol/Drug<br>Abuse Counselor | Zur-Yigal, Rishon<br>Lezion, Tel Aviv,<br>Raanana | 072-397-1373 |
| Bellin, Elisheva, MA, PhD                      | Clinical Psychologist   | Jerusalem   | 072-397-1360 |
| Ben Chanoch, Maya, MSW,<br>Dip. Psychotherapy  | Clinical Social Worker,<br>Psychotherapist                          | Rishon Letzion                                    | 072-397-6499 |
| Berger, David, PhD<br>(see profile pg.44)      | Psychologist  | Tel Aviv  | 072-397-1323 |
| Bernstein, Ricki, LMSW                         | Clinical Social Worker,<br>Psychotherapist                          | Jerusalem   | 072-397-6578 |
| Brand, Chaya Sara, MSW<br>(see profile pg.103) | Clinical Social Worker  | Jerusalem   | 072-397-1390 |
| Braun, Ely (Eliahu), MSC,<br>C. Med, RP        | Psychotherapist   | Afula   | 072-397-1430 |
| Brodesky, Sharni, MSC<br>(see profile pg.104)  | Psychotherapist   | Jerusalem   | 072-397-1436 |
| Burgman, Keren, MFT<br>(see profile pg.44)     | Couples and Family<br>Therapist                                     | Tel Aviv  | 072-397-1399 |
| Burke, Ronnie, MSW                             | Clinical Social Worker,<br>Individual and Couple<br>Therapist       | Gedera  | 072-397-6536 |

|   |   |                               |              |
|---|---|-------------------------------|--------------|
| Cainer, Shelley, EdD CP                                 | Psychotherapist   | Tel Aviv                      | 072-397-6557 |
| Calvente-Chazanoff, Zara, MSW                           | Career/Vocational Counselor, Clinical Social Worker                   | Jerusalem                     | 072-397-1255 |
| Carmel, Elana, MA<br>(see profile pg.75)                | Clinical Psychologist   | Jerusalem                     | 072-397-1314 |
| Cassell, Chanita, MSW                                   | Clinical Social Worker  | Jerusalem                     | 072-397-1416 |
| Collick, Cindy, Dip Couns<br>(see profile pg.125)       | Mental Health Counselor   | Ashkelon                      | 072-397-1422 |
| Danto, Jeni, MSW<br>(see profile pg.71)                 | Psychotherapist   | Ramat Beit Shemesh, Jerusalem | 072-397-1403 |
| Edelman, Mindy, MA, ATR<br>(see profile pg.76)          | Expressive Arts Therapist   | Jerusalem, Hashmonaim         | 072-397-1254 |
| Eisen, Ethan, PhD<br>(see profile pg.77)                | Clinical Psychologist   | Jerusalem, Ramat Beit Shemesh | 072-397-1392 |
| Eisenberg, Khaya, PsyD                                  | Psychologist  | Jerusalem                     | 072-397-6527 |
| Epstein, Asher, PsyD                                    | Clinical Psychologist, Supervising and Training Psychoanalyst         | Zichron Yaakov                | 072-397-1286 |
| Epstein, Joy, MSW                                       | Clinical Social Worker, Couples and Family Therapist, Psychotherapist | Jerusalem                     | 072-397-1302 |
| Factor, Rachel, LCSW                                    | Clinical Social Worker  | Ramat Beit Shemesh            | 072-397-1272 |
| Farber, Tracey, MA, BSW, PhD<br>(see profile pg.33)     | Psychologist  | Tel Aviv                      | 072-397-6507 |
| Fargeon, Yehudit, MA                                    | Couples and Family Therapist  | Emek Hefer                    | 072-397-1394 |
| Feinberg, Sara, LCAT, MA, ATR-BC<br>(see profile pg.67) | Art Therapist   | Ramat Beit Shemesh            | 072-397-1372 |

|   |  |                                      |              |
|---|--|--------------------------------------|--------------|
| Feld, Charlotte, MA, PhD                          | Clinical Psychologist                      | Modiin                               | 072-397-1325 |
| Fielding, Wendy, MSW<br>(see profile pg.78)       | Psychotherapist                            | Jerusalem                            | 072-397-1346 |
| Flax, Esther, CASAP                               | Licensed Alcohol/Drug<br>Abuse Counselor   | Beitar Illit,<br>Jerusalem           | 072-397-1316 |
| Fox, Shoshana Levin, Ed.D.<br>(see profile pg.79) | Play Therapist,<br>Psychologist            | Jerusalem                            | 072-397-1265 |
| Freundlich, Andrew, PhD<br>(see profile pg.80)    | Psychologist                               | Jerusalem                            | 072-397-1400 |
| Friedman, Avraham, MSW                            | Clinical Social Worker                     | Bnei Brak,<br>Raanaana               | 072-397-1288 |
| Friedman, Ian, MA                                 | Clinical Psychologist                      | Jerusalem                            | 072-397-1294 |
| Fruchter, Bilha, MSW                              | Clinical Social Worker,<br>Psychotherapist | Jerusalem                            | 072-397-1343 |
| Fruchter, Shulamit, MSW                           | Social Worker                              | Jerusalem                            | 072-397-6505 |
| Fund, Daniel, MSC, L.L.B.                         | Psychotherapist                            | Jerusalem,<br>Modiin<br>(Mevo Horon) | 072-397-1405 |
| Gang, Rachel, LMSW<br>(see profile pg.125)        | Clinical Social Worker                     | Be'er Sheva                          | 072-397-1419 |
| Garay, Timi, BSW, MSW                             | Psychotherapist                            | Ramat Gan                            | 072-397-1258 |
| Genstil, Sara, LMFT, PhD<br>(see profile pg.81)   | Psychologist,<br>Social Worker             | Mevaseret Zion                       | 072-397-6509 |
| Gihon, Anat, MA<br>(see profile pg.34)            | Psychotherapist,<br>Bioenergetic Analyst   | Tel Aviv, Abu<br>Ghosh               | 072-397-1368 |
| Gilhar, Lihie, MA                                 | Clinical Psychologist                      | Tel Aviv                             | 072-397-1427 |
| Gitlin, Amy, CCAFT                                | Couples and Family<br>Therapist            | Givat Shmuel, Tel<br>Aviv            | 072-397-1336 |



|   |   |  |              |
|---|---|--|--------------|
| Gordon, Wendy, MSW                                      | Clinical Social Worker  | Tel Aviv                                   | 072-397-1263 |
| Green, Lisa, D.ClinPsy                                  | Clinical Psychologist   | Eilat                                      | 072-397-6553 |
| Greenfield, Yocheved, MSW<br>(see profile pg.82)        | Clinical Social Worker  | Jerusalem                                  | 072-397-1426 |
| Grishko, Hannah-Valeria,<br>LCSW<br>(see profile pg.35) | Clinical Social Worker,<br>Psychotherapist                          | Tel Aviv,<br>Jerusalem                     | 072-397-6521 |
| Gusovsky, Tanya, MSW                                    | Clinical Social Worker  | Maale Adumim                               | 054-338-1007 |
| Hacohen, Caroline, MA,<br>PsyD                          | School Psychologist   | Jerusalem,<br>Netanya                      | 072-397-1334 |
| Haendel, Becky, MA                                      | Clinical Psychologist   | Jerusalem                                  | 072-397-6576 |
| Hait, Tzipora, MSW                                      | Clinical Social Worker  | Jerusalem,<br>Tsur Hadassa,<br>Gush Etzion | 072-397-1344 |
| Halevi, Sara, MA  | Cognitive Behavioral<br>Therapist                                   | Jerusalem                                  | 072-397-1337 |
| Hazanov, Valery, PhD                                    | Clinical Psychologist   | Jerusalem                                  | 072-397-1340 |
| Helman, Margo, MSW                                      | Clinical Social Worker  | Jerusalem                                  | 072-397-1424 |
| Herskovitz, Aharon, MA<br>(see profile pg.60)           | Child/Adolescent<br>Psychologist, Psychologist                      | Netanya                                    | 072-397-1281 |
| Heuberger, Chaya, LMSW<br>(see profile pg.65)           | Couples and Family<br>Therapist, Social Worker                      | Modiin                                     | 072-397-1297 |
| Hoffman, Ari, MA, LPC                                   | Couples and Family<br>Therapist, Licensed<br>Professional Counselor | Teletherapy<br>Only                        | 072-397-1398 |
| Hoffman, Elisheva (Elie), PhD                           | Clinical Psychologist   | Tel Aviv                                   | 072-397-1345 |
| Isaacs, Lauren, LMSW                                    | Clinical Social Worker  | Tel Aviv                                   | 072-397-1267 |

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|--|--|--|--------------|
| Jacobs, Batya, BSW                             | Social Worker  | Modiin   | 072-397-6562 |
| Jacobson, Binyomin<br>(see profile pg.68)      | Mental Health Counselor,<br>Psychotherapist                    | Ramat Beit<br>Shemesh,<br>Jerusalem,<br>Beitar Illit | 072-397-1375 |
| Kainan, Lisa, PhD                              | Psychoeducational<br>Consultant                                | Jerusalem  | 072-397-6493 |
| Karten, Elan, PhD                              | Clinical Psychologist  | Jerusalem  | 072-397-6534 |
| Kassel Brief, Hazel, MSW,<br>PCC               | ADHD Coach   | Modiin   | 072-397-1287 |
| Katalan, Cenyá, MA                             | Child/Adolescent<br>Psychologist, Psychologist                 | Tel Aviv   | 072-397-6551 |
| Kav L'Noar Center<br>(see profile pg.83)       | Variety of Therapists,<br>Psychologists, and Social<br>Workers | Jerusalem,<br>Ramat Beit<br>Shemesh                  | 072-397-1321 |
| Kessler, Dina, MSC                             | Psychotherapist  | Jerusalem, Efrat                                     | 072-397-1354 |
| Klein, Motti, MA, PsyD                         | Child/Adolescent<br>Psychologist                               | Jerusalem,<br>Beit Shemesh                           | 072-397-1425 |
| Klempner, Binyamin, LMSW                       | Clinical Social Worker   | Tiberias   | 050-413-7056 |
| Kovac Littwin, Karen, MSW                      | Clinical Social Worker   | Tel Aviv   | 072-397-1300 |
| Landau, Melanie, MA<br>(see profile pg.84)     | Relationship and<br>Attachment Coach                           | Jerusalem  | 072-397-6523 |
| Landau, Yehoshua, MSC<br>(see profile pg.85)   | Mental Health Counselor  | Jerusalem  | 072-397-1283 |
| Lando, Shulamit, MA<br>(see profile pg.105)    | Body/Mind<br>Psychotherapist, Medical<br>and Life Coach        | Jerusalem  | 072-397-1247 |
| Langenauer, Hillel, MSW<br>(see profile pg.86) | Clinical Social Worker   | Jerusalem  | 072-397-1413 |

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|--|--|--|--------------|
| Lankin, Jeanne S., LCSW<br>(see profile pg.87)             | Clinical Social Worker                           | Jerusalem                                | 072-397-1296 |
| Lavin-Pell, Micki, MA, MFT,<br>MSC                         | Couples and Family<br>Therapist                  | Jerusalem                                | 072-397-1355 |
| Lederer, Chava, MSC  | Individual, Marital, and<br>Family Therapist     | Jerusalem                                | 072-397-1358 |
| Lefkowitz, Dasi, LMSW                                      | Psychotherapist                                  | Jerusalem                                | 072-397-1291 |
| Lessin, Dovid, PsyD<br>(see profile pg.105)                | Individual and Couples<br>Therapist              | Jerusalem,<br>Modiin                     | 072-397-1306 |
| Levi, Danielle Sharon, MA                                  | Couples and Family<br>Therapist, Psychotherapist | Pardes Hana-<br>Karkur                   | 072-397-1319 |
| Levin, Judith, PsyD  | Clinical Psychologist                            | Ramat Beit<br>Shemesh,<br>Jerusalem      | 072-397-1257 |
| Levitas, Cynthia, LMFT                                     | Couples and Family<br>Therapist, Psychotherapist | Modiin                                   | 072-397-1378 |
| Levy, Renana, MSW<br>(see profile pg.88)                   | Clinical Social Worker                           | Jerusalem                                | 072-397-6540 |
| Lewis, Susan, MSW, PhD<br>(see profile pg.106)             | Couples and Family<br>Therapist, Social Worker   | Jerusalem                                | 072-397-1295 |
| Lieblich-Bracha, Nathalie,<br>MA<br>(see profile pg.36)    | Psychotherapist                                  | Ramat Gan,<br>Rishon Letzion,<br>Netanya | 072-397-1292 |
| Lopian, Pearl, Dip Couns<br>(see profile pg.89)            | Mental Health Counselor,<br>Psychotherapist      | Jerusalem                                | 072-397-1418 |
| Ludman, Batya L., PsyD, F.T.<br>(see profile pg.54)        | Clinical Psychologist                            | Raanana                                  | 072-397-1246 |
| Malamet, Leah, MA, MEd,<br>C. Psych<br>(see profile pg.90) | Psychologist                                     | Jerusalem                                | 072-397-1250 |
| Mark, Joshua, MSW, PhD<br>(see profile pg.91)              | Clinical Social Worker                           | Jerusalem                                | 072-397-1326 |

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|--|---|--|--------------|
| Mayer, Phyllis, MSW<br>(see profile pg.92)                   | Psychotherapist                               | Jerusalem                                | 072-397-6564 |
| Mende-Janco, Michaela, MA<br>(see profile pg.118)            | Expressive Arts Therapist,<br>Psychotherapist | Pardes Hana-<br>Karkur                   | 072-397-6555 |
| Menora, Sima, PsyD<br>(see profile pg.106)                   | Psychologist                                  | Jerusalem,<br>Beit Shemesh               | 072-397-1338 |
| Miller Gutman, Natasha, MA                                   | Expressive Arts Therapist                     | Tel Aviv, Herzliya                       | 072-397-1387 |
| Moran, Ian, PsyD   | Psychotherapist                               | Tel Aviv                                 | 072-397-1339 |
| Moses, Ahuva, LCSW-R<br>(see profile pg.107)                 | Social Worker                                 | Jerusalem                                | 072-397-6566 |
| Moss-Samuelson, Pamela,<br>MSW, LISW<br>(see profile pg.119) | Psychotherapist                               | Zichron Yaakov                           | 072-397-1301 |
| Newman, Robert, LCSW,<br>MSW, MBA                            | Couples and Family<br>Therapist               | Tzfat,<br>Pardes Hana,<br>Zichron Yaakov | 072-397-6584 |
| Oppenheimer, Susan, MSW                                      | Clinical Social Worker                        | Jerusalem                                | 072-397-6496 |
| Ozick, Rachel, MSW   | Clinical Social Worker                        | Binyamina,<br>Zichron Yaakov             | 072-397-1347 |
| Packer, Leora, MA, PhD<br>(see profile pg.38)                | Psychologist                                  | Petach Tikva,<br>Givat Shmuel            | 072-397-1359 |
| Penkower, Ariel, PsyD  | Clinical Psychologist                         | Jerusalem                                | 072-397-1432 |
| Popovitz, Yannah, MA<br>(see profile pg.93)                  | Expressive Arts Therapist                     | Jerusalem, Ramat<br>Beit Shemesh         | 072-397-1241 |
| Port, David, MA  | Psychologist                                  | Beit Shemesh,<br>Jerusalem               | 072-397-1388 |
| Prochko, Tanya, MEd, MFT<br>(see profile pg.94)              | Psychotherapist                               | Jerusalem                                | 072-397-1256 |
| Raz, Galit Naor, PhD, LICSW<br>(see profile pg.55)           | Clinical Social Worker                        | Raanana                                  | 072-397-1349 |

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|--|--|-------------------------------------|--------------|
| Resnick, Justin, MA, PhD<br>(see profile pg.95)            | Psychologist   | Jerusalem                           | 072-397-1335 |
| Richman, Rafael, PhD<br>(see profile pg.96)                | Couples and Family<br>Therapist, Psychologist                          | Jerusalem,<br>Tel Aviv              | 072-397-1389 |
| Rine, Perle, MA  | Clinical Psychologist  | Tel Aviv                            | 072-397-6546 |
| Romanelli, Assael, MFT,<br>MSW, PhD<br>(see profile pg.56) | Clinical Social Worker,<br>Couples and Family<br>Therapist, Life Coach | Kfar Saba                           | 072-397-1318 |
| Ronen, Fredda, PhD<br>(see profile pg.39)                  | Clinical Psychologist  | Savyon                              | 072-397-6490 |
| Root, Ally, MA   | Expressive Arts Therapist  | Tel Aviv                            | 072-397-1285 |
| Rosen, Ephraim, MEd  | Couples and Family<br>Therapist, Psychotherapist                       | Ramat Beit<br>Shemesh,<br>Jerusalem | 072-397-6560 |
| Rosen, Odeya Emma<br>Weizman, MA<br>(see profile pg.107)   | Couples and Family<br>Therapist, Expressive Arts<br>Therapist          | Jerusalem                           | 072-397-6518 |
| Rosenblatt, Lisa, LCSW<br>(see profile pg.97)              | Psychotherapist  | Jerusalem                           | 072-397-6569 |
| Roth, Talya, MA<br>(see profile pg.98)                     | Clinical Psychologist  | Jerusalem                           | 072-397-1279 |
| Rotter, Batya, PhD   | Clinical Psychologist  | Jerusalem                           | 072-397-1278 |
| Rubin, Lizzie, MA, RN                                      | Couples and Family<br>Therapist, Sex Therapist                         | Jerusalem                           | 072-397-6541 |
| Rubinstein, Haim, PsyD<br>(see profile pg.60)              | Child/Adolescent<br>Psychologist, Clinical<br>Psychologist             | Raanana                             | 072-397-1381 |
| Sacks, Avraham, MA   | Psychotherapist  | Pardes Hana                         | 072-397-1342 |
| Schefres, Leora, PhD                                       | Clinical Psychologist  | Haifa                               | 072-397-1282 |

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|--|---|----------------------------|--------------|
| Schiff, Jackie D., PsyD<br>(see profile pg.57)       | Psychologist  | Raanana                    | 072-397-1371 |
| Schlager, Shamshy, PsyD<br>(see profile pg.63)       | Clinical Psychologist   | Modiin                     | 072-397-1369 |
| Schochet, Karen, PsyD<br>(see profile pg.64)         | Clinical Psychologist   | Modiin                     | 072-397-6531 |
| Schondorf, Raphael, MSC                              | Psychotherapist   | Modiin Illit,<br>Jerusalem | 072-397-1243 |
| Schorr, Yonit, PhD<br>(see profile pg.108)           | Clinical Psychologist   | Jerusalem                  | 072-397-1395 |
| Schwartz, Nancy, LMSW<br>(see profile pg.99)         | Clinical Social Worker  | Jerusalem                  | 072-397-1261 |
| Shapiro, Rochelle, LMFT                              | Psychotherapist   | Efrat                      | 072-397-1414 |
| Shidlo, Ruth, PhD, SEP                               | Clinical Psychologist,<br>Trauma Therapist                                | Tel Aviv                   | 072-397-1370 |
| Shlider, Deborah, MSW<br>(see profile pg.40)         | Clinical Social Worker  | Tel Aviv                   | 072-397-1437 |
| Shor,Carolynn, MA, PsyD                              | Psychotherapist   | Tel Aviv                   | 072-397-6494 |
| Silver, Ami, MSW<br>(see profile pg.100)             | Clinical Social Worker,<br>Psychotherapist                                | Jerusalem                  | 072-397-1274 |
| Silverberg, Ruth, MA<br>(see profile pg.108)         | Mental Health Counselor   | Jerusalem                  | 072-397-6537 |
| Simmonds, Chana, MSW,<br>LCSW<br>(see profile pg.45) | Clinical Social Worker,<br>Couples and Family<br>Therapist, Sex Therapist | Rehovot                    | 072-397-1439 |
| Slifkin, Tali, MSW<br>(see profile pg.71)            | Clinical Social Worker  | Ramat Bet<br>Shemesh       | 072-397-1270 |
| Smith, Mika, LCSW, PhD<br>(see profile pg.41)        | Clinical Social Worker,<br>Behavioral Specialist                          | Tel Aviv                   | 072-397-1332 |
| Smith, Nicole, BSW                                   | Mental Health Counselor   | Raanana, Pardes<br>Hana    | 072-397-1324 |



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|---|---|--------------------------------------|--------------|
| Spungin, Aaron Roy, MSW, PhD                        | Clinical Social Worker, Psychotherapist       | Tel Aviv, Hadera                     | 072-397-6504 |
| Serman, Danielle, MSW                               | Clinical Social Worker                        | Tel Aviv, Modiin                     | 072-397-1259 |
| Stern, Ziva, MA, PsyD<br>(see profile pg.58)        | Clinical Psychologist                         | Raanana                              | 072-397-6563 |
| Sternberg, Naomi, MSC, LCMFT<br>(see profile pg.72) | Couples and Family Therapist                  | Ramat Beit Shemesh, Jerusalem        | 072-397-1317 |
| Sterne, Abram, PhD, PsyD                            | Child/Adolescent Psychologist                 | Jerusalem                            | 072-397-6524 |
| Strano, Yonatan, MA                                 | Psychologist, Psychodynamic and CBT Therapist | Tel Aviv                             | 054-808-9812 |
| Strocovsky, Aida, MD<br>(see profile pg.123)        | Psychotherapist                               | Be'er Sheva                          | 054-773-4272 |
| Swimmer, Gershon, MSC                               | Couples and Family Therapist, Psychotherapist | Jerusalem                            | 072-397-1385 |
| Tabib, Simone, MA, PhD<br>(see profile pg.120)      | Expressive Arts Therapist                     | Caesarea                             | 072-397-6538 |
| Tischler, Randy, MSW, MFT                           | Couples and Family Therapist, Psychotherapist | Tel Aviv                             | 072-397-6568 |
| Tuchband, Ceri, MSC<br>(see profile pg.59)          | Cognitive Behavioural Therapist               | Tel Aviv, Raanana                    | 072-397-1366 |
| Turgeman, Jennifer, MA                              | Creative Arts Therapist                       | Tel Aviv, Herzliya Pituach, Herzliya | 072-397-1435 |
| Ugowitz, Yaakov Jonathan, LMHC, MA, PhD             | Mental Health Counselor, Psychologist         | Jerusalem                            | 072-397-1329 |
| Vogel, Tamar, MA                                    | Clinical Psychologist                         | Haifa, Zichron Ya'akov               | 072-397-6530 |
| Wachs, Gabi, LMSW                                   | Clinical Social Worker                        | Jerusalem                            | 072-397-6525 |
| Wajnryt, Elisabeth, PsyD<br>(see profile pg.72)     | Clinical Psychologist                         | Beit Shemesh, Jerusalem              | 072-397-1429 |

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|---|--|---|--------------|
| Wald, Avraham, MFC                                    | Couples and Family Therapist                                 | Beit Shemesh, Ramat Beit Shemesh, Jerusalem | 072-397-1415 |
| Weinstein, Rachel, LCSW<br>(see profile pg.69)        | Clinical Social Worker                                       | Beit Shemesh                                | 072-397-6492 |
| Weisz, Abby, MA, MSW<br>(see profile pg.73)           | Individual and Couples Therapist                             | Ramat Beit Shemesh                          | 072-397-1353 |
| Weitz, Avraham, MSC<br>(see profile pg.101)           | Couples and Family Therapist                                 | Jerusalem                                   | 072-397-1269 |
| Wiesen, Shira, PhD<br>(see profile pg.115)            | Psychologist   | Efrat, 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, Modiin                           | 072-397-1417 |
| Wolfe, Miriam A., MA<br>(see profile pg.124)          | Licensed Professional Counselor, Psychoanalyst, Psychologist | Be'er Sheva                                 | 072-397-1386 |
| Wolfe, Simcha Dov, LCSW, MSW<br>(see profile pg.46)   | Clinical Social Worker, Sex Therapist                        | Givat Shmuel                                | 072-397-1376 |
| Yasgur, Yedida (Phyllis), LCSW<br>(see profile pg.70) | Play Therapist, Psychotherapist                              | Bet Shemesh                                 | 072-397-6587 |
| Yellin-Weil, Dalia, MSC<br>(see profile pg.109)       | Psychotherapist  | Jerusalem                                   | 072-397-1308 |
| Zadaka, Avi-Natan, LICSW                              | Psychotherapist  | Jerusalem                                   | 072-397-6572 |
| Zahavi-Asa, Aviva, MSW, LCSW<br>(see profile pg.115)  | Clinical Social Worker, Couples and Family Therapist         | Jerusalem                                   | 072-397-1383 |
| Zeff, Joel, DMin<br>(see profile pg.114)              | Mental Health Counselor, Clinical Pastoral Counselor         | Alon Shvut                                  | 072-397-1308 |
| Zolotariov, Bettina, MSW                              | Clinical Social Worker                                       | Tel Aviv                                    | 072-397-1310 |



## Hadar Marom Harel, MD

Psychiatrist, Psychotherapist

**Office Location:**

City Center  
Tel Aviv

**Phone:**

072-397-1252

**I Work With:**

Adults, Men, Women

**Languages:**

Hebrew, English

**Specialties:** Adjustments, Anxiety / Panic, ADHD, Bipolar Disorder, Borderline Personality Disorder, Depression, Executive / Career / Life Coaching, Family Issues, Grief, Infertility, Life Transitions, Mood Disorders, Obsessive Compulsive Disorder (OCD), Personality Disorders, Postpartum Depression, Psychosomatic Disorders, Schizophrenia / Psychosis, Self-Esteem, Trauma / Post Traumatic Stress Disorder PTSD

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## Dana Salomy, MD

Psychiatrist

**Office Location:**

Prof. Schorr 19  
Tel Aviv

**Phone:**

072-397-1341

**I Work With:**

Adults, Men, Women

**Languages:**

Hebrew, English

**Specialties:** Attention Deficit Hyperactivity Disorder (ADHD), Bipolar Disorder, Depression, Mood Disorders, Postpartum Depression, Anxiety / Panic, Obsessive Compulsive Disorder (OCD), Trauma / Post Traumatic Stress Disorder PTSD



## Sol Adelsky, MD

Child/Adolescent Psychiatrist, Psychiatrist

**Office Location:**

Raanana

**Email Only:**

soladelskymd@gmail.com

**I Work With:**

Children, Adolescents, Adults, Families

**Languages:**

Hebrew, English

**Specialties:** Anxiety / Panic, Attention Deficit Hyperactivity Disorder (ADHD), Mood Disorders

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## Avivit Fuchs, MD

Psychiatrist

**Office Location:**

12 Ramat Yam Street  
Herzliya

**Phone:**

072-397-6512

**I Work With:**

Adults

**Languages:**

Hebrew, English

**Specialties:** Abuse, Academic, Addictions, Alzheimer's / Dementia, Bipolar Disorder, Adjustments, Anxiety / Panic, Bipolar Disorder, Depression, Mood Disorders, Psychosomatic Disorders, Sleep / Insomnia



## Zippora F. Razin, MD

Psychiatrist

### Office Locations:

Rechov Yigael Yadin, Modiin

Nachal Dolev, Ramat Beit Shemesh

### Phone:

072-397-1434

### I Work With:

Adults, Couples, Men, Women

**Languages:** Hebrew, English

## ABOUT

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I am an American trained and Board Certified Psychiatrist practicing as a *psichiatrit 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 kupa cholim Leumit allowing Leumit Zahav patients to see me and be reimbursed for a limited number of sessions.

## QUALIFICATIONS

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### Education:

New York College of Osteopathic Medicine

### Year of Graduation:

2002

### Licensed in Israel:

1-2220

## TREATMENT APPROACH

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Cognitive Behavioral Therapy (CBT)

Dialectical Behavior Therapy (DBT)

Comprehensive Psychiatric Evaluation

Medication Management

Close collaboration with all therapists and physicians treating a patient

## SPECIALTIES

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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, Couples / Relationship / Marriage 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

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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

**I Work With:**

Adults, Men, Women, Geriatric

**Languages:**

English, Yiddish

### ABOUT

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I treat adults for a wide range of psychiatric conditions ranging from adjustment problems to schizophrenia. I am skilled but conservative in the use of medications, and always treat in a psychotherapeutic context. I have decades of experience practicing psychodynamic psychotherapy and particular skill with Cognitive Behavior Therapy, having trained under Aaron and Judith Beck.

I am Professor Emeritus of Psychiatry at the Wright State University School of Medicine, and have directed the training of hundreds of psychiatrists in the US. I am widely published and have taught internationally.

You can view more details of my profile at: <https://people.wright.edu/david.bienenfeld>

### QUALIFICATIONS

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**Education:**

University of Cincinnati College of Medicine

**Year of Graduation:**

1978

**License No. and State:**

1-37724 - Israel

35.043542 - Ohio

### SPECIALTIES

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

### ADDITIONAL CREDENTIALS

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Certified, American Board of Psychiatry and Neurology: Psychiatry, Geriatric Psychiatry, Forensic Psychiatry

Distinguished Life Fellow, American Psychiatric Association

### TREATMENT APPROACH

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Cognitive Behavioral Therapy (CBT)  
Psychodynamic Therapy





## 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

### I Work With:

Adults, Couples, Men, Women

**Languages:** Hebrew, English

## ABOUT

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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

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### 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

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Psychoanalysis

Psychodynamic Therapy

## SPECIALTIES

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Anxiety / Panic, Depression, Mood Disorders, Sleep / Insomnia, Adjustments, Bipolar Disorder, Couples / Relationship / Marriage Counseling, Grief, Obsessive Compulsive Disorder (OCD), Postpartum Depression, Schizophrenia / Psychosis, Self-Esteem, Sex Therapy, Sexual Issues, Spiritual Concerns, Trauma / Post Traumatic Stress Disorder PTSD

## ADDITIONAL CREDENTIALS

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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

**I Work With:**

Adolescents, Adults, Men, Women, Geriatric

**Languages:**

Hebrew, English

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

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## Yehuda Oppenheim, MD

Psychiatrist

**Office Location:**

4 Menashe St.  
Jerusalem, 9350804

**Phone:**

072-397-1362

**I Work With:**

Adults, Couples, Men, Women, Geriatric

**Languages:** Hebrew, English, Yiddish, German

**Specialties:** Alzheimers / Dementia, Attention Deficit Hyperactivity Disorder (ADHD), Bipolar Disorder, Depression, Schizophrenia / Psychosis, Anxiety / Panic, Behavioral Concerns In Children, Couples / Relationship / Marriage Counseling, Grief, Mood Disorders, Obsessive Compulsive Disorder (OCD), Phobias, Postpartum Depression, Psychosomatic Disorders, Sleep / Insomnia

## Center Region

|                        |                                  |          |              |
|------------------------|----------------------------------|----------|--------------|
| Somlai, Judit, MD, MSC | Psychiatrist,<br>Psychotherapist | Tel Aviv | 072-397-6506 |
|------------------------|----------------------------------|----------|--------------|

## Beit Shemesh

|   |              |                    |              |
|---|--------------|--------------------|--------------|
| Razin, Zippora F., MD<br>(see profile pg.142) | Psychiatrist | Ramat Beit Shemesh | 072-397-1434 |
|---|--------------|--------------------|--------------|

## Jerusalem Region

|                   |              |           |              |
|-------------------|--------------|-----------|--------------|
| Davis, Hillel, MD | Psychiatrist | Jerusalem | 072-397-1290 |
|-------------------|--------------|-----------|--------------|

|                             |              |           |              |
|-----------------------------|--------------|-----------|--------------|
| Jubas, Rachel Goldstein, MD | Psychiatrist | Jerusalem | 072-397-1356 |
|-----------------------------|--------------|-----------|--------------|

|                      |  |           |              |
|----------------------|--|-----------|--------------|
| Najman, Naomi S., MD | Child/Adolescent<br>Psychiatrist, Psychiatrist | Jerusalem | 072-397-1331 |
|----------------------|--|-----------|--------------|

## Telepsychiatry

|  |  |           |              |
|--|--|-----------|--------------|
| Alexander, Zev Jacob, MD,<br>MMSc.<br>(see profile pg.144) | Psychiatrist,<br>Psychotherapist,<br>Psychoanalyst | Jerusalem | 072-397-6513 |
|--|--|-----------|--------------|

|                   |              |           |              |
|-------------------|--------------|-----------|--------------|
| Davis, Hillel, MD | Psychiatrist | Jerusalem | 072-397-1290 |
|-------------------|--------------|-----------|--------------|

|   |              |          |              |
|---|--------------|----------|--------------|
| Fuchs, Avivit, MD<br>(see profile pg.141) | Psychiatrist | Herzliya | 072-397-6512 |
|---|--------------|----------|--------------|

|  |              |           |              |
|--|--------------|-----------|--------------|
| Harris, Shmuel, MD<br>(see profile pg.145) | Psychiatrist | Jerusalem | 072-397-1320 |
|--|--------------|-----------|--------------|

|                             |              |           |              |
|-----------------------------|--------------|-----------|--------------|
| Jubas, Rachel Goldstein, MD | Psychiatrist | Jerusalem | 072-397-1356 |
|-----------------------------|--------------|-----------|--------------|

|  |                                  |          |              |
|--|----------------------------------|----------|--------------|
| Marom Harel, Hadar, MD<br>(see profile pg.140) | Psychiatrist,<br>Psychotherapist | Tel Aviv | 072-397-1252 |
|--|----------------------------------|----------|--------------|

|                      |  |           |              |
|----------------------|--|-----------|--------------|
| Najman, Naomi S., MD | Child/Adolescent<br>Psychiatrist, Psychiatrist | Jerusalem | 072-397-1331 |
|----------------------|--|-----------|--------------|

|   |              |           |              |
|---|--------------|-----------|--------------|
| Oppenheim, Yehuda, MD<br>(see profile pg.145) | Psychiatrist | Jerusalem | 072-397-1362 |
|---|--------------|-----------|--------------|

|  |              |          |              |
|--|--------------|----------|--------------|
| Salomy, Dana, MD<br>(see profile pg.140) | Psychiatrist | Tel Aviv | 072-397-1341 |
|--|--------------|----------|--------------|

|                        |                                  |          |              |
|------------------------|----------------------------------|----------|--------------|
| Somlai, Judit, MD, MSC | Psychiatrist,<br>Psychotherapist | Tel Aviv | 072-397-6506 |
|------------------------|----------------------------------|----------|--------------|



## Sasha Weiss, MA, MEd

Life Coach

**Office Location:**

Hahistadrut  
Raanana

**Phone:**

072-397-6520

**I Work With:**

Adolescents, Adults, Women

**Languages:**

Hebrew, English

**Specialties:** Academic, Adjustments, Executive / Career / Life Coaching, Life Transitions, Self-Esteem, Stress Management, Vocational Counseling, Work Issues

### Sharon Region

|                      |  |           |              |
|----------------------|--|-----------|--------------|
| Hayman, Lydia        | Life Coach   | Raanana   | 072-397-6583 |
| Romanelli, Galit, MA | Life Coach,<br>Mother empowerment/<br>Infant feeding counselor | Kfar Saba | 072-397-1249 |

### Gush Etzion Region

|                           |   |       |              |
|---------------------------|---|-------|--------------|
| Schriger, Tamar           | Life Coach,<br>Holistic Nutrition Coach | Efrat | 072-397-6508 |
| Weiser, Nechama, CHC, CLC | Health and Life Coach                   | Efrat | 072-397-6561 |

### Haven't found what you're looking for?

Visit [www.gethelpisrael.com](http://www.gethelpisrael.com) or contact GHI at [support@gethelpisrael.com](mailto: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/>



## Leah Gniwesch, PhD

Life Coach, Psychologist

**Office Location:**

Rechov Caspi 12  
Jerusalem

**Phone:**

072-397-1328

**I Work With:**

Adults, Couples, Men, Women, Geriatric

**Languages:** Hebrew, English

### ABOUT

---

Something isn't feeling quite right about how you are living your life. Perhaps you are feeling stuck or like you are not living into your full potential. You may be feeling unsure of yourself or lacking direction. Perhaps you are feeling more sadness, anxiety or anger than you want to feel.

With coaching, in a short period of time you will move forward towards where you want to be.

- You will feel more clear, more confident and more empowered.
- You will love yourself more and take better care of yourself.
- You will create more balance in your life and discover and apply your self- healing potential.

Your short term, cost- effective coaching program will be tailored specifically for your needs based on my 23 years of experience. We will work in an emotionally safe environment where you will be supported and ultimately learn to support YOURSELF.

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

**Registered in Pinkas Hapsichologim:**

27-83724

### ADDITIONAL CREDENTIALS

---

EMDR Level 2 certification 2016  
June 2002-Life Coach Certification, Dynamic  
Wellness Strategies

### SPECIALTIES

---

Career/Life Coaching, Life Transitions, Self-Esteem, Stress Management, Anger Management, Anxiety / Panic, Attention Deficit Hyperactivity Disorder (ADHD), Codependency, Depression, Family Issues, Mood Disorders, Postpartum Depression, Sleep/Insomnia, Spiritual Concerns, Vocational Counseling

### TREATMENT APPROACH

---

Body-Mind Psychotherapy, CBT, EMDR, Neuro-Linguistic Programming (NLP), Life Coaching, Positive Psychology, Relaxation techniques, Stress management



## Judy Markose, MSW, EdD

Life Coach

*Couples Counseling, Career Coaching*

**Office Location:**

Armon Hanetziv, Jerusalem

**Phone:**

072-397-1289

**I Work With:**

Adults, Couples, Men, Women

**Languages:**

Hebrew, English

**Specialties:** Adjustments, Executive / Career / Life Coaching, Life Transitions, Couples/ Relationship / Marriage Counseling, Vocational Counseling, Family Issues, Holistic, Self-Esteem

### Jerusalem Region

|                 |                              |           |              |
|-----------------|------------------------------|-----------|--------------|
| Hazan, Johanna  | Life Coach                   | Jerusalem | 072-397-1391 |
| Portnoy, Joel   | Life Coach                   | Jerusalem | 072-397-1322 |
| Portnoy, Ruthie | Life Coach, EFT Practitioner | Jerusalem | 072-397-1304 |
| Studley, Chana  | Life Coach                   | Jerusalem | 072-397-6545 |

### Haven't found what you're looking for?

Visit [www.gethelpisrael.com](http://www.gethelpisrael.com) or contact GHI at [support@gethelpisrael.com](mailto: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/>





## Nurit Amichai

Life Coach

*Health Coach*

**Office Location:**

Chasida 12

Apt #14

Zichron Yaakov

**Phone:**

072-397-6489

**I Work With:**

Adults, Couples, Men, Women

**Languages:** Hebrew, 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

### SPECIALTIES

---

Eating Disorders, Holistic, Life Transitions, Self-Esteem, Adjustments, Anxiety/ Panic, Attention Deficit Hyperactivity Disorder (ADHD), Codependency, Executive / Career / Life Coaching, Obsessive Compulsive Disorder (OCD), Stress Management

### ADDITIONAL CREDENTIALS

---

Certified Health Coach, 2017

Certified Vegetarian Mastery, 2015

Completing Certification for CBT - present

### TREATMENT APPROACH

---

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

## Telecoaching

|   |  |                |              |
|---|--|----------------|--------------|
| Amichai, Nurit<br>(see profile pg.150)          | Life Coach   | Zichron Yaakov | 072-397-6489 |
| Gniwesch, Leah, PhD<br>(see profile pg.148)     | Life Coach,<br>Psychologist                                    | Jerusalem      | 072-397-1328 |
| Hayman, Lydia                                   | Life Coach   | Raanana        | 072-397-6583 |
| Hazan, Johanna                                  | Life Coach   | Jerusalem      | 072-397-1391 |
| Markose, Judy, MSW, EdD<br>(see profile pg.149) | Life Coach   | Jerusalem      | 072-397-1289 |
| Portnoy, Joel                                   | Life Coach   | Jerusalem      | 072-397-1322 |
| Portnoy, Ruthie                                 | Life Coach,<br>EFT Practitioner                                | Jerusalem      | 072-397-1304 |
| Romanelli, Galit, MA                            | Life Coach,<br>Mother empowerment/<br>Infant feeding counselor | Kfar Saba      | 072-397-1249 |
| Schriger, Tamar                                 | Life Coach,<br>Holistic Nutrition Coach                        | Efrat          | 072-397-6508 |
| Weiser, Nechama, CHC, CLC                       | Health and Life Coach  | Efrat          | 072-397-6561 |
| Weiss, Sasha, MA, MEd<br>(see profile pg.147)   | Life Coach   | Raanana        | 072-397-6520 |

## Gap Year Therapy Program

Gap year students face unique challenges during their year abroad. The therapists below are well-versed in this population with a wide range of specialties including but not limited to anxiety, adjustment, eating disorders, mood disorders, personality disorders, addictions, stress management, trauma/PTSD, and gender identity concerns.

Contact the therapist directly to set up an appointment.

### Beit Shemesh

|  |                        |              |              |
|--|------------------------|--------------|--------------|
| Weinstein, Rachel, LCSW<br>(see profile pg.69) | Clinical Social Worker | Beit Shemesh | 072-397-6492 |
|--|------------------------|--------------|--------------|

### Center Region

|   |                       |        |              |
|---|-----------------------|--------|--------------|
| Ronen, Fredda, PhD<br>(see profile pg.39) | Clinical Psychologist | Savyon | 072-397-6490 |
|---|-----------------------|--------|--------------|

|  |                        |          |              |
|--|------------------------|----------|--------------|
| Shlider, Deborah, MSW<br>(see profile pg.40) | Clinical Social Worker | Tel Aviv | 072-397-1437 |
|--|------------------------|----------|--------------|

|   |  |          |              |
|---|--|----------|--------------|
| Smith, Mika, LCSW, PhD<br>(see profile pg.41) | Clinical Social Worker,<br>Behavioral Specialist | Tel Aviv | 072-397-1332 |
|---|--|----------|--------------|

### Jerusalem Region

|                           |                       |           |              |
|---------------------------|-----------------------|-----------|--------------|
| Bellin, Elisheva, MA, PhD | Clinical Psychologist | Jerusalem | 072-397-1360 |
|---------------------------|-----------------------|-----------|--------------|

|  |                       |                                  |              |
|--|-----------------------|----------------------------------|--------------|
| Eisen, Ethan, PhD<br>(see profile pg.77) | Clinical Psychologist | Jerusalem, Ramat<br>Beit Shemesh | 072-397-1392 |
|--|-----------------------|----------------------------------|--------------|

|                   |                       |           |              |
|-------------------|-----------------------|-----------|--------------|
| Friedman, Ian, MA | Clinical Psychologist | Jerusalem | 072-397-1294 |
|-------------------|-----------------------|-----------|--------------|

|  |                        |           |              |
|--|------------------------|-----------|--------------|
| Greenfield, Yocheved, MSW<br>(see profile pg.82) | Clinical Social Worker | Jerusalem | 072-397-1426 |
|--|------------------------|-----------|--------------|

|                    |                        |  |              |
|--------------------|------------------------|--|--------------|
| Hait, Tzipora, MSW | Clinical Social Worker | Jerusalem,<br>Tsur Hadassa,<br>Gush Etzion | 072-397-1344 |
|--------------------|------------------------|--|--------------|

|                    |                        |           |              |
|--------------------|------------------------|-----------|--------------|
| Helman, Margo, MSW | Clinical Social Worker | Jerusalem | 072-397-1424 |
|--------------------|------------------------|-----------|--------------|

|                    |                 |                  |              |
|--------------------|-----------------|------------------|--------------|
| Kessler, Dina, MSC | Psychotherapist | Jerusalem, Efrat | 072-397-1354 |
|--------------------|-----------------|------------------|--------------|

|   |                                  |                         |              |
|---|----------------------------------|-------------------------|--------------|
| Lavin-Pell, Micki, MA, MFT, MSC                 | Couples and Family Therapist     | Jerusalem               | 072-397-1355 |
| Lawrence, Lisa, MA                              | Couples and Family Therapist     | Jerusalem, Gush Etzion  | 072-397-1361 |
| Lessin, Dovid, PsyD<br>(see profile pg.105)     | Individual and Couples Therapist | Jerusalem, Modiin       | 072-397-1306 |
| Mark, Joshua, MSW, PhD<br>(see profile pg.91)   | Clinical Social Worker           | Jerusalem               | 072-397-1326 |
| Menora, Sima, PsyD<br>(see profile pg.106)      | Psychologist                     | Jerusalem, Beit Shemesh | 072-397-1338 |
| Prochko, Tanya, MEd, MFT<br>(see profile pg.94) | Psychotherapist                  | Jerusalem               | 072-397-1256 |
| Schwartz, Nancy, LMSW<br>(see profile pg.99)    | Clinical Social Worker           | Jerusalem               | 072-397-1261 |
| Silverberg, Ruth, MA<br>(see profile pg.108)    | Mental Health Counselor          | Jerusalem               | 072-397-6537 |
| Yellin-Weil, Dalia, MSC<br>(see profile pg.109) | Psychotherapist                  | Jerusalem               | 072-397-1308 |
| Zadaka, Avi-Natan, LICSW                        | Psychotherapist                  | Jerusalem               | 072-397-6572 |

## Modiin Region

|                         |   |                         |              |
|-------------------------|---|-------------------------|--------------|
| Bailey, Alex, PsyD      | Child/Adolescent Psychologist, Couples and Family Therapist, Psychologist | Modiin, Jerusalem       | 072-397-6535 |
| Schondorf, Raphael, MSC | Psychotherapist   | Modiin Illit, Jerusalem | 072-397-1243 |

## Sharon Region

|  |  |           |              |
|--|--|-----------|--------------|
| Aviv, Alyson, PhD, ABPdN<br>(see profile pg.49)            | Clinical Psychologist,<br>Neuropsychologist                            | Raanana   | 072-397-1303 |
| Herskovitz, Aharon, MA<br>(see profile pg.60)              | Child/Adolescent<br>Psychologist, Psychologist                         | Netanya   | 072-397-1281 |
| Romanelli, Assael, MFT,<br>MSW, PhD<br>(see profile pg.56) | Clinical Social Worker,<br>Couples and Family<br>Therapist, Life Coach | Kfar Saba | 072-397-1318 |
| Smith, Nicole, BSW   | Mental Health Counselor  | Raanana   | 072-397-1324 |

## South Region

|  |  |             |              |
|--|--|-------------|--------------|
| Gang, Rachel, LMSW<br>(see profile pg.125)   | Clinical Social Worker   | Be'er Sheva | 072-397-1419 |
| Wolfe, Miriam A., MA<br>(see profile pg.124) | Licensed Professional<br>Counselor, Psychoanalyst,<br>Psychologist | Be'er Sheva | 072-397-1386 |

## Zichron Yaakov/Binyamina Region

|  |                 |                |              |
|--|-----------------|----------------|--------------|
| Moss-Samuelson, Pamela,<br>MSW, LISW<br>(see profile pg.119) | Psychotherapist | Zichron Yaakov | 072-397-1301 |
|--|-----------------|----------------|--------------|

You may learn more about the above participating therapists online at [www.gethelpisrael.com](http://www.gethelpisrael.com).

Click on Find a Therapist. On the left side filter, select Quick Search, Gap Year Therapy Program. When you click on the profile of the therapist, you'll find details about his/her experience working with gap year students on the right side of the profile.

## Lone Soldier Program

**GHI is working with lone soldier organizations to provide quick access to qualified English-speaking mental health professionals.**

Participating GHI verified therapists offer a reduced rate for lone soldiers in accordance with the Lone Soldier Program (LSP)\*. Individual private sessions for lone soldiers are offered at a reduced rate of 150 ILS per session. LSP participating therapists are knowledgeable in working with the lone soldier population and are supported by specialists who are currently active in the IDF.

\*GHI MAINTAINS AND PUBLICIZES A LIST OF PARTICIPATING LSP THERAPISTS WHO ARE OFFERING TO PROVIDE SERVICES TO LONE SOLDIERS AT THEIR OWN LIABILITY. GHI PROVIDES A FORUM FOR FACILITATING THERAPY SESSIONS AGREED UPON BETWEEN THE THERAPIST AND CLIENT AND IS NOT RESPONSIBLE FOR ANY OF THE SERVICES THAT THE THERAPISTS PROVIDE DIRECTLY TO THEIR CLIENTS.

If you're an active lone soldier, you may contact a therapist from the list below to get started.

**The specialties listed below are specific to the lone soldier population. To view the therapists' professional profiles with their full list of specialties, please visit [www.gethelpisrael.com](http://www.gethelpisrael.com).**

Note: The therapist will request identification that indicates your status as a lone soldier.

| THERAPIST   | SPECIALTIES  | CITY                  | PHONE #      |
|---|--|-----------------------|--------------|
| <b>Beit Shemesh</b>   |  |                       |              |
| Weisz, Abby, MA, MSW<br><i>Individual &amp; Couples Therapist</i><br>(see profile pg.73)              | Anxiety/Panic, Depression, Grief,<br>Trauma/PTSD                     | Ramat Beit<br>Shemesh | 072-397-1353 |
| <b>Center Region</b>  |  |                       |              |
| Avitan, Linda, MSW<br><i>Couples and Family Therapist,<br/>Psychotherapist</i><br>(see profile pg.32) | Grief  | Rehovot               | 072-397-1264 |
| Berger, David, PhD<br><i>Psychologist</i><br>(see profile pg.44)                                      | Depression, Stress Management  | Tel Aviv              | 072-397-1323 |
| Friedman, Avraham, MSW<br><i>Clinical Social Worker</i>   | Anxiety/Panic, Depression, Grief                                     | Bnei Brak,<br>Raanana | 072-397-1288 |
| Garay, Timi, BSW, MSW<br><i>Psychotherapist</i>   | Addiction, Anxiety/Panic,<br>Depression, Grief,<br>Stress Management | Ramat Gan             | 072-397-1258 |
| Gordon, Wendy, MSW<br><i>Clinical Social Worker</i>   | Anxiety/Panic, Depression, Stress<br>Management, Trauma/PTSD         | Tel Aviv              | 072-397-1263 |



| THERAPIST   | SPECIALTIES  | CITY      | PHONE #      |
|---|--|-----------|--------------|
| Katalan, Cenya, MA<br><i>Child/Adolescent Psychologist,<br/>Psychologist</i>  | Anxiety/Panic, Depression, Grief,<br>Trauma/PTSD                                   | Tel Aviv  | 072-397-6551 |
| Kovac Littwin, Karen, MSW<br><i>Clinical Social Worker</i>                    | Anxiety/Panic, Depression,<br>Stress Management                                    | Tel Aviv  | 072-397-1300 |
| Rivkin, Judy, MA<br><i>Clinical Psychologist</i><br>(see profile pg.45)       | Anxiety/Panic, Depression, Grief,<br>Trauma/PTSD                                   | Givatayim | 072-397-1266 |
| Shlider, Deborah, MSW<br><i>Clinical Social Worker</i><br>(see profile pg.40) | Anxiety/Panic, Depression,<br>Trauma/PTSD  | Tel Aviv  | 072-397-1437 |
| Zolotariov, Bettina, MSW<br><i>Clinical Social Worker</i>                     | Anxiety/Panic, Depression,<br>Self Harm/Suicide, Stress<br>Management, Trauma/PTSD | Tel Aviv  | 072-397-1310 |

## Gush Etzion Region

|  |  |       |              |
|--|--|-------|--------------|
| Rothstein, Lynn, PsyD<br><i>Neuropsychologist,<br/>Rehabilitation Psychologist</i><br>(see profile pg.113) | Anxiety/Panic, Depression, Grief,<br>Stress Management | Efrat | 072-397-1393 |
|--|--|-------|--------------|

## Jerusalem Region

|   |  |                           |              |
|---|--|---------------------------|--------------|
| Brand, Chaya Sara, MSW<br><i>Clinical Social Worker</i><br>(see profile pg.103) | Trauma/PTSD  | Jerusalem                 | 072-397-1390 |
| Gar, Natalie, MA, PhD<br><i>Psychologist</i>                                    | Anxiety/Panic, Depression, Grief,<br>Trauma/PTSD                       | Jerusalem,<br>Gush Etzion | 072-397-1350 |
| Malamet, Leah, MA, C. Psych<br><i>Psychologist</i><br>(see profile pg.90)       | Anxiety/Panic, Depression, Grief,<br>Trauma/PTSD                       | Jerusalem                 | 072-397-1250 |
| Schorr, Yonit, PhD<br><i>Clinical Psychologist</i><br>(see profile pg.108)      | Anxiety/Panic, Depression,<br>Grief, Stress Management,<br>Trauma/PTSD | Jerusalem                 | 072-397-1395 |

## Modiin Region

|   |   |        |              |
|---|---|--------|--------------|
| Heuberger, Chaya, LMSW<br><i>Couples and Family Therapist,<br/>Social Worker</i><br>(see profile pg.65) | Anxiety/Panic, Depression,<br>Trauma/PTSD | Modiin | 072-397-1297 |
|---|---|--------|--------------|

| THERAPIST | SPECIALTIES | CITY | PHONE # |
|-----------|-------------|------|---------|
|-----------|-------------|------|---------|

## North Region

|  |   |               |              |
|--|---|---------------|--------------|
| Blitz, Pnina, MSW<br><i>Clinical Social Worker</i><br>(see profile pg.121) | Anxiety/Panic, Depression,<br>Grief, Stress Management,<br>Trauma/PTSD                    | Kiryat Bialik | 072-397-1428 |
| Pourrabani, Linda, LMSW<br><i>Clinical Psychologist</i>                    | Addiction, Anxiety/Panic,<br>Depression, Stress Management                                | Haifa         | 072-397-1309 |
| Schefres, Leora, PhD<br><i>Clinical Psychologist</i>                       | Anxiety/Panic, Depression,<br>Grief, Self Harm/Suicide, Stress<br>Management, Trauma/PTSD | Haifa         | 072-397-1282 |

## Sharon Region

|  |  |   |              |
|--|--|---|--------------|
| Baum, Daniel, MSW<br><i>Clinical Social Worker, Licensed<br/>Alcohol/Drug Abuse Counselor</i><br>(see profile pg.50) | Addiction, Anxiety/Panic,<br>Depression, Stress Management | Zur-Yigal,<br>Rishon Letzion,<br>Tel-Aviv,<br>Raanana | 072-397-1373 |
| Jacobovici, Sara, MCAT<br><i>Creative Arts Psychotherapist</i><br>(see profile pg.52)                                | Anxiety/Panic, Depression, Grief,<br>Trauma/PTSD           | Hod HaSharon  | 072-397-1330 |

## South Region

|   |  |             |              |
|---|--|-------------|--------------|
| Burke, Ronnie, MSW<br><i>Clinical Social Worker,<br/>Individual &amp; Couple Therapist</i>                                  | Depression, Grief                                | Gedera      | 072-397-6536 |
| Gang, Rachel, LMSW<br><i>Clinical Social Worker</i><br>(see profile pg.125)   | Anxiety/Panic, Grief,<br>Trauma/PTSD             | Be'er Sheva | 072-397-1419 |
| Wolfe, Miriam A., MA<br><i>Licensed Professional<br/>Counselor, Psychoanalyst,<br/>Psychologist</i><br>(see profile pg.124) | Anxiety/Panic, Depression, Grief,<br>Trauma/PTSD | Be'er Sheva | 072-397-1386 |

## Zichron Yaakov /Binyamina Region

|   |  |                              |              |
|---|--|------------------------------|--------------|
| Ozick, Rachel, MSW<br><i>Clinical Social Worker</i> | Anxiety/Panic, Depression, Stress<br>Management, Trauma/PTSD | Binyamina,<br>Zichron Yaakov | 072-397-1347 |
|---|--|------------------------------|--------------|



## AZ House

Inpatient Treatment Facility  
for Addictions and Substance Abuse

**Location:**

23 Nahum Ehrenfeld Street, Jerusalem

**Phone:**

072-397-1409 Contact: Eric Levitz

**Population Served:** Men

**Languages:** English

### ABOUT

---

There are many treatment centres that 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 in developing self-sufficiency and during their search for 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 to the Jewish community, especially pertaining to 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 proselytize Judaism, we do not believe in forcing people into religion if they don't 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

### AMENITIES

Kosher Food

### TREATMENT APPROACH

---

12 Steps, Group Therapy, Holistic, Social Support, Spiritual

## 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: Meiram Fischer

**Population Served:** Adolescents

**Languages:** Hebrew, English

## ABOUT

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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 a nutritionist in 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. Please be in touch by email or phone.

Looking forward to partnering with you,  
Meiram Fischer, Manager

## SPECIALTIES

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Eating Disorders, Mental Illness

## TREATMENT APPROACH

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Animal Assisted Therapy, Art Therapy, Dialectical Behavioral Therapy (DBT), Expressive Arts



## Crossroads

Outpatient Facility for Adolescents

**Location:**

2 HaHavatzelet Street, Jerusalem

**Phone:**

072-397-6580 Contact: Robbie Sassoon, MSW

**Population Served:** Adolescents

**Languages:** Hebrew, English

### ABOUT

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**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 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

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

### TREATMENT APPROACH

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



## Koli - The Jerusalem Center for Recovery from Eating Disorders

Outpatient Facility for Eating Disorders

**Location:**

12 Hagedud Haivri Street, Jerusalem

**Phone:**

053-230-4823 Contact: Prof. Rachel Bachner-Melman

**Population Served:** All

**Languages:** Hebrew, English

### ABOUT

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**Koli**, led by Dr Rachel Bachner-Melman, aims to help clients of all ages improve their quality of life by healing their connection with food, body, self and others. This includes restoring physical health and nutritional balance - implementing healthy eating habits - changing destructive behaviors - building cognitive, emotional and behavioral coping skills that nourish a healthy 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.

**Koli's Individual Treatment Program**

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. Treatment programs are tailored to individual needs, and usually include psychotherapy, nutritional therapy, medical management, meetings with family members, and psychiatric medications if needed.

**Koli's Group Treatment Program**

Groups are available from time to time in English and include 8-10 weekly sessions that focus on topics relevant to recovery from eating disorders, such as body image, emotional regulation, nutrition and recovery skills. When available, groups can be a stand-alone treatment, or an adjunct to individual therapy provided by Koli or another treatment provider. Koli's staff collaborates with clients individual treatment team. Groups for family members and carers are also offered.

**Involvement of family and carers**

Family members, partners and friends can be powerful agents of change for people with eating disorders. Koli offers Family Based Therapy, a particularly effective intervention for adolescents with anorexia nervosa, designed to train parents to restore their child to health.

**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 adults with eating disorders, supporting them in the demanding and often overwhelming task of helping their loved ones.

### TREATMENT APPROACH

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



## Machon Dvir - The Dvir Institute

### Outpatient DBT Treatment Facility

**Locations:**

16 Derech Beit Lechem, Jerusalem

Raanana

**Phone:**

072-397-1438 Contact: Dr. Shmuel Harris

**Population Served:** Men & Women

**Languages:** Hebrew, English

## ABOUT

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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 current joint head of Psychiatry at Hadassah University Hospital - Mt. Scopus, Dr. Shmuel Harris MD, and DBT expert Dr. Tzachi Fried PhD. 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 treatment program (if any) is most suited to the client's needs.

## SPECIALTIES

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Addictions, Eating Disorders, Mental Illness, Personality Disorders, Substance Abuse, Trauma DBT

## TREATMENT APPROACH

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Dialectical Behavioral Therapy (DBT), Group Therapy, Mindfulness





## Metiv - The Israel Psychotrauma Center

Outpatient Facility for the Treatment of Trauma

**Location:**

Hasadna 4, Jerusalem

**Phone:** 072-397-6542 Contact: Shoshana

**Population Served:** Children, Men, Women

**Languages:** Hebrew, English

### ABOUT

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Metiv's vision is an Israeli society that gives voice to, cares and empowers those affected by psychological trauma. Our center provides clinical and other interventions that heal and empower 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

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Trauma and Grief

### TREATMENT APPROACH

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



## The Selective Mutism Treatment Center

Outpatient Facility for the Treatment of Selective Mutism

**Location:**

Rehov Halamed Hey 7, Jerusalem

**Phone:**

072-397-6528 Contact: Atara / Ruth Perednik

**Population Served:** Children, Adolescents

**Languages:** Hebrew, English

### ABOUT

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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 wherever 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

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Selective Mutism and Social Anxiety

### TREATMENT APPROACH

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Cognitive Behavioral Therapy (CBT)



**אברבנאל**  
מרכז לבריאות הנפש

## Abarbanel Mental Health Center

Bat Yam  
03-5552626  
[www.abarbanel.health.gov.il](http://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](http://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](http://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.



## Bnai Zion Medical Center

Haifa  
04-8359359  
[www.b-zion.org.il](http://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

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](http://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](http://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 psychological problems and psychosomatic phenomena.



## Mayanei Hayeshua Medical Center

Bnei Brak  
03-577-1111  
[www.tinyurl.com/mayanei](http://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 removes the stigma of mental illness.



## Mazra Mental Health Center

Acre  
04-9559595  
[www.mazorhealth.co.il](http://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](http://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](http://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](http://www.tinyurl.com/shalvatamhc)

Therapy of 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. Shalvata 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](http://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 ECT), 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](http://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](http://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](http://www.amcha.org/english)

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

Amcha is a worldwide leader in developing psychosocial support for Holocaust trauma.

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](http://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

6 clinics around the country

1599-510-550

[www.bayit-cham.org.il/en/page/mental-health-tr](http://www.bayit-cham.org.il/en/page/mental-health-tr)

*Population: Adults and Children*

Bayit Cham operates 6 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.



## Ben-Gurion University's Community Clinic

Beer Sheva

08-647-7002 | [www.bgucommunityclinic.com](http://www.bgucommunityclinic.com)

*Population: Adults 18+*

Ben-Gurion University's Community Clinic is a training clinic which provides subsidized psychotherapy. The clinic is led by a staff of national and international experts in the fields of CBT, dynamic therapy, experiential therapy and couples and family therapy. These experts provide intensive ongoing supervision to advanced psychologists-in-training.





### Bishvil Hahayim

03-748771 | For support only: 054-4493113  
[www.path-to-life.org](http://www.path-to-life.org)

*Population: Bereaved by suicide, homicide and traffic accidents*

Bishvil Hahayim has assisted thousands of suicide bereaved families for the last twenty years and operates four support centers for families grieving loss by suicide, traffic accident and homicide on behalf of the Ministry of Welfare. The families receive long term support including individual, couples and family counseling, support groups, spiritual care and a closed support group on Facebook.



THE EVELYNE BARNETT  
**בשבילן**  
**BISHVILAYCH**  
 WOMEN'S MEDICAL CENTER

### Bishvilaych

Jerusalem  
 02-502-1096  
[www.bishvilaych.org](http://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](http://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.



### Crossroads

Jerusalem  
 02-624-6265  
[www.crossroadsjerusalem.org](http://www.crossroadsjerusalem.org)

*Population: Teens and Young Adults*

Crossroads provides essential prevention and intervention programs for Anglo teens and young adults in Israel in order to reach their potential and thrive. We help our clients build a personal philosophy of life through helping them resolve past issues, integrate their disparate influences and experiences, and create a system for understanding the world, functioning within it, and forging a successful & healthy life.



## El HaLev

Jerusalem

02-6781764 | [www.eng.elhalev.org](http://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](http://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](http://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 איל"ם, 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](http://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](http://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](http://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](http://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.israeelwyn.org.il/en/profile](http://www.israeelwyn.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.

**קו לנוער**  
**KAV L'NOAR**

Education - Intervention - Support



### Kav L'Noar

Jerusalem, Beit Shemesh

02-622-3039 | [www.kavlnoar.org](http://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](http://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/en/who-are-we/](http://www.ksharim-center.org/en/who-are-we/)

*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](http://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.



## Maagal Giborim (Heroes Circle) of Kids Kicking Cancer Israel

Throughout Israel

058-332-6637 | [kidskickingcancerisrael.org](http://kidskickingcancerisrael.org)

*Population: Children in the various stages of cancer, diagnosis and treatment*

Lessons for children with cancer and other chronic or serious illnesses that require coping with pain, anger and fear. We give sessions in hospitals, community classes and online classes also for their siblings. In each lesson the children learn different techniques using their body and mind through martial arts. Our trained martial artists help the children ease the pain by teaching them breathing, visualization and relaxation techniques.



## Magen for Jewish Communities

Throughout Israel

02-372-4073 | [www.magen-israel.org](http://www.magen-israel.org)

*Population: Survivors of sexual abuse and their loved ones*

Magen develops and implements programs and services that focus on well-being of victims, holds predators accountable, and eliminates the stigma surrounding SA. They advocate for survivors within their communities and through the justice system; raise awareness and promote safety through educational events, creating resources, and the mainstream and social media; and support SA survivors with necessary resources.



## Merkaz Panim

Jerusalem

050-430-0147

[www.merkazpanim-fertility.org.il/en](http://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

Throughout Israel

050-9741894 | [www.merkazyahel.org.il/en](http://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.



### Israel

### NEABPD

Jerusalem, Raanana, 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.



### Nefesh Achat Biyisrael (Just One Life)

Jerusalem

02-625-4973 | www.justonelife.org

*Population: Women in crisis during pregnancy or after birth*

Our clients struggle with a variety of challenges associated with their pregnancies including complications due to unexpected or high-risk pregnancies related or pre-existing medical, psychological and emotional conditions and financial difficulties. We work to provide a support system set up to empower, each and every client, by providing them with a multitude of diverse, yet complementary services.



**Nitza -**  
The Israel Center for Mental Health  
Throughout 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 who come to the homes of Nitza clients.



**One Family Together**

Throughout Israel  
02-5399000

[www.onefamilytogether.org](http://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](http://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](http://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.





שק"ל SHEKEL

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](http://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  
Group

### Shekulo Tov

Lod  
050-209-0900  
[www.s-tov.org](http://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.



Institute for Family & Couple Therapy  
Training Center

### Machon Shiluv

Jerusalem  
02-6251390  
[www.shiluv.org.il/en](http://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](http://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](http://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](http://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/biuclicin](http://www.tinyurl.com/biuclicin)

*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/](http://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](http://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.



The Summit Institute  
Foster Care for Children and Youth at Risk  
and Psychosocial Rehabilitation

## The Summit Institute

Jerusalem  
02-673-3548 | [www.summit-english.org](http://www.summit-english.org)  
*Population: at-risk children and mentally ill young adults*

Merkaz Mahut has been helping parents of teenagers in Jerusalem for the past 12 years through weekly parental guidance or family therapy sessions. Our therapists are highly trained with years of professional experience. We serve the various communities in Jerusalem (secular, religious, haredi) while ensuring cultural sensitivity and understanding.



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](http://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.



## Yedidim

Jerusalem, Beit Shemesh/RBS and Beitar  
02-540-9000  
[www.yedidim.org](http://www.yedidim.org)

*Population: Children, Teens, and Parents*

Yedidim provides support to children and teens that are struggling academically, emotionally, socially and/or with Aliya related issues through our professional mentoring program. We provide support and guidance to parents through webinars, workshops, support groups and one-on-one therapy and guidance.

## Anonymous Meetings

### Alcoholics Anonymous (AA) Meetings [www.aa-israel.org/meetings](http://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](http://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](http://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](http://www.oa-israel.org/meetings)

Throughout Israel

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

### Recoveries Anonymous [www.r-a.org](http://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](http://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](http://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.*

### Israel Cancer Association Support Groups 03-572-1678 | [www.bit.ly/ICAGroups](http://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](mailto: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

### Gray - Workshops and Support Groups for Survivors of Sexual Trauma

054-805-6091

[www.facebook.com/GraySupport](https://www.facebook.com/GraySupport)

Tel Aviv

*Gray Support Groups help those suffering internal and external PTSD from sexual assault after moving to Israel (open to anyone moving to Israel, regardless if Olim or not - along the spectrum from serious harassment to sexual assault and rape)*

*Small group sessions are held every 4 weeks/month which are co-facilitated by Leigh Livne, as the head of Gray, and Dr Tova Lane*

*There is no cost for the sessions, but in winter there is a small donation to help with the venue costs*

### NEABPD Family Connections Program or Peer-to-Peer Counselling

052-3791720

[meshulam.gotlieb@gmail.com](mailto: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](http://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.*

## 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/](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<br>Additional treatments - ₪13<br>Group therapy - ₪60<br>*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](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

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*(as stated by Clalit on their website [http://bit.ly/Clalit\\_1](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 9-12-2021)

First session: ₪62

Additional sessions ₪148

Group treatment session ₪68

## 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 ₪62

Additional sessions ₪148

Group treatment session ₪68

### 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.

[https://bit.ly/meuchedet\\_providers\\_2021](https://bit.ly/meuchedet_providers_2021)



**GET HELP** *Israel*

To place your ad in next year's Mental Health Resource Guide,  
email [directory@gethelpisrael.com](mailto:directory@gethelpisrael.com) or call 072-3976500

## Disability Pension

As stated by the National Insurance Institute of Israel on their website [http://bit.ly/bituach\\_leumi](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 Bituach Leumi: [https://www.btl.gov.il/Laws1/02\\_0001\\_150700.pdf](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.

**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](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 to 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](http://bit.ly/nii_appeal)



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To place your ad in next year's Mental Health Resource Guide, email [directory@gethelpisrael.com](mailto:directory@gethelpisrael.com) or call 072-3976500

## Sal Shikum - Rehabilitation Basket

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

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### 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 186)**

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. If it was not received within 2 months, the application will no longer be valid.
- An applicant may not carry out an eligibility test by one of the physicians on the list that is treating the applicant



## 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. Applying for a Rehabilitation Services Basket in a Personalized Program

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 himself, with all the filled in Rehabilitation Basket forms being sent to the District Health Bureau in the person's area of residence.

In the event where an individual is interested in rehabilitation services but does not wish to be recognized as disabled for mental reasons by the Ministry of Health, they may apply for a rehabilitation services basket in a personalized program.

Therefore, this person is required to fill out the application form for a personalized rehabilitation program (application can be viewed here: [https://www.health.gov.il/doclib/exam\\_psychiatrist.pdf](https://www.health.gov.il/doclib/exam_psychiatrist.pdf)) and to declare one of the following options:

1. Their disability is recognized by the National Insurance Institute of Israel
2. Their disability was previously recognized by the National Insurance Institute of Israel
3. Their previously-filed application for recognition of disability was denied
4. They have no intention of applying to the National Insurance Institute of Israel for recognition of disability the following year.

A current psychiatric medical report should be attached to the application form and submitted to Ms. Orit Cohen to her e-mail at [orit.cohen@moh.gov.il](mailto:orit.cohen@moh.gov.il).

Once the application form and the accompanying documents have been received in full, the applicant will be sent a confirmation to schedule an appointment with one of the approved psychiatrists to check their eligibility for rehabilitation in accordance with the Rehabilitation Law, without applying to the National Insurance Institute of Israel.

#### 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 165-168 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 Kupah 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 32-139. 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 169.

**Contact the Ministry of Health Call Center with medical/mental health questions or complaints: \*5400, 08-6241010**

# EMERGENCY TELEPHONE NUMBERS & HOTLINES



**100**  
**POLICE**



**101**  
**AMBULANCE**



**102**  
**FIRE**

|  |                               |
|--|-------------------------------|
| Revacha Hotline  | 118                           |
| Eran's National Suicide Hotline  | 1201<br>(dial 10 for English) |
| Natal's Anxiety and Trauma Victims Hotline   | 1-800363363                   |
| Crossroads Teen Hotline  | 050-HOTLINE<br>(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 165 for a facility in your area</i> |                               |

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