

Yuval Hadash, Ph.D.

Health and Human Performance Lab, Department of Psychology, Carnegie Mellon University

4615 Forbes Avenue, Pittsburgh, PA 15213, USA

yhadash@andrew.cmu.edu

+972-545-300177

[Google Scholar](#)**POSITIONS**

Postdoctoral Fellow, Health and Human Performance Lab, Carnegie Mellon University	2024 – present
Mentor: Prof. J. David Creswell	
Data Science Research Center Postdoctoral Fellow, University of Haifa	2022 – 2024
Mentor: Prof. Amit Bernstein	

EDUCATION

Ph.D. in Clinical Psychology, University of Haifa	2022
Mentor: Prof. Amit Bernstein	
Dissertation: Illuminating the Mindful Mind Through Behavior: Novel Behavioral Measures of Mindfulness	
M.A. in Clinical Psychology <i>with Highest Honor</i> , University of Haifa	2015
B.A. in Psychology <i>with Highest Honor</i> and “Ofakim” Honors Program, University of Haifa	2013

RESEARCH GRANTS

Varela Award Grant, Mind and Life Institute, “The Meta-Awareness Task (MAT): A Novel Behavioral Measurement Methodology of Mindfulness”, Role: PI., \$15,000	2015 – 2018
--	-------------

FELLOWSHIPS AND AWARDS

Rothschild Postdoctoral Fellowship, Yad Hanadiv Foundation	2024 – 2026
Faculty of Social Sciences Postdoctoral Fellowship, University of Haifa	2023 – 2024
Data Science Research Center Postdoctoral Fellowship, University of Haifa	2022 – 2023
Graduate Studies Authority Postdoctoral Fellowship, University of Haifa	2022 – 2023
Doctoral Candidate Honors Award in remembrance of Dr. Galit Armon Ben-Yaacov (1 st place), Department of Psychology, University of Haifa	2019
International Symposium for Contemplative Research Scholarship, Mind and Life Institute	2018
Conference Travel Awards, University of Haifa	2015 – 2018
Department Chair Doctoral Candidate Award, Department of Psychology, University of Haifa	2017
Outstanding, Underrepresented, and International Groups Scholarship, Mind and Life Institute	2017
Travel Scholarship, Mind and Life Institute	2017
President's Scholarship for Direct Ph.D. Track students, University of Haifa	2012 – 2017

Paper Publication Awards, University of Haifa	2015 – 2017
Graduate Student Research Support Grant, University of Haifa	2015
Outstanding Israeli Citizenship Award, University of Haifa	2014
BA excellence scholarship for “Ofakim” Honors Program students, University of Haifa	2009 – 2012

PEER-REVIEWED PAPERS

18. **Hadash, Y.**, Veksler, T., Dar, O., Oren-Schwartz, R., & Bernstein, A. (2024). Peak experiences during insight mindfulness meditation retreats and their salutary and adverse impact: A prospective matched-controlled intervention study. *Journal of Consulting and Clinical Psychology*, 92(4), 213-225.
<https://doi.org/10.1037/ccp0000875>
17. **Hadash, Y.**, Ruimi, L., & Bernstein, A. (2023). Looking inside the black box of mindfulness meditation: Investigating attention and awareness during meditation using the Mindful Awareness Task (MAT). *Psychological Assessment*, 35(3), 242–256. <https://doi.org/10.1037/pas0001194>.
16. Amir, I., Aizik-Reebs, A., Yuval, K., **Hadash, Y.**, & Bernstein, A. (2023). Cognitive inhibition in trauma recovery among asylum seekers: Test in a randomized trial of mindfulness-based trauma recovery for refugees. *Clinical Psychological Science*. Advance online publication.
<https://doi.org/10.1177/21677026231164958>.
15. Ruimi, L., Amir, I., **Hadash, Y.**, Goldstein, P, Dar, O., & Bernstein, A. (2023). Meta-awareness and control of internal attention: A simulated thoughts paradigm investigation. *Mindfulness*, 14(1), 6-18.
<https://doi.org/10.1007/s12671-022-02027-x>.
14. Oren-Schwartz, R., Aizik-Reebs, A., Yuval, K., **Hadash, Y.**, & Bernstein, A. (2023). Effect of mindfulness-based trauma recovery for refugees on shame and guilt in trauma recovery among African asylum-seekers. *Emotion*, 23(3), 622–632. <https://doi.org/10.1037/emo0001126>.
13. Aizik-Reebs, A., Amir, I., Yuval, K., **Hadash, Y.**, & Bernstein, A. (2022). Candidate mechanisms of action of Mindfulness-Based Trauma Recovery for Refugees (MBTR-R): Self-compassion and self-criticism. *Journal of Consulting and Clinical Psychology*, 90(2), 107-122. <https://doi.org/10.1037/ccp0000716>.
12. Aizik-Reebs, A., Yuval, K., **Hadash, Y.**, Gebreyohans Gebremariam, S., & Bernstein, A. (2021). Mindfulness-Based Trauma Recovery for Refugees (MBTR-R): Randomized waitlist-control evidence of efficacy and safety. *Clinical Psychological Science*, 9(6), 1164-1184.
<https://doi.org/10.1177/2167702621998641>.
11. Aizik-Reebs, A., Shoham, A., **Hadash, Y.**, & Bernstein A. (2021). A network modeling approach to mindfulness mechanisms: A proof-of-concept investigation. *Mindfulness*, 12, 1115–1126.
<https://doi.org/10.1007/s12671-020-01580-7>.

10. Hanley, A. W., Bernstein, A., Nakamura, Y., **Hadash, Y.**, Rojas, J., Tennant, K. E., Jensen, R. L., & Garland, E. L. (2020). The metacognitive processes of decentering scale: Development and initial validation of trait and state versions. *Psychological Assessment*, 32(10), 956–971. <https://doi.org/10.1037/pas0000931>.
9. **Hadash, Y.**, & Bernstein A. (2019). Behavioral assessment of mindfulness: Defining features, organizing framework, and review of emerging methods. *Current Opinion in Psychology*, 28, 229-237. <https://doi.org/10.1016/j.copsyc.2019.01.008>.
8. Bernstein A., **Hadash, Y.**, & Fresco, D. M. (2019). Metacognitive processes model of decentering: Emerging methods and insights. *Current Opinion in Psychology*, 28, 245-251. <https://doi.org/10.1016/j.copsyc.2019.01.019>.
7. Harel, O., **Hadash, Y.**, Levi-Belz, Y., & Bernstein, A. (2019). Does early emotional responding to initial mindfulness training impact intervention outcomes? *Mindfulness*, 10(4), 616-626. <https://doi.org/10.1007/s12671-018-1018-9>.
6. Ruimi, L., **Hadash, Y.**, Zvielli, A., Amir, I., Goldstein, P., & Bernstein, A. (2018). Meta-awareness of dysregulated emotional attention. *Clinical Psychological Science*, 6(5), 658-670. <https://doi.org/10.1177/2167702618776948>.
5. Shoham, A., **Hadash, Y.**, & Bernstein, A. (2018). Examining the decoupling model of equanimity in mindfulness training: An intensive experience sampling study. *Clinical Psychological Science*, 6(5), 704-720. <https://doi.org/10.1177/2167702618770446>.
4. **Hadash, Y.**, Lichtash, Y., & Bernstein, A. (2017). Measuring decentering and related constructs: Capacity and limitations of extant assessment scales. *Mindfulness* 8(6), 1674–1688. <https://doi.org/10.1007/s12671-017-0743-9>.
3. **Hadash, Y.**, Plonsker, R., Vago, D. R., & Bernstein, A. (2016). Experiential self-referential and selfless processing in mindfulness and mental health: Conceptual model and implicit measurement methodology. *Psychological Assessment*, 28(7), 856-869. <https://doi.org/10.1037/pas0000300>.
2. **Hadash, Y.**, Segev, N., Tanay, G., Goldstein, P., & Bernstein, A. (2016). The decoupling model of equanimity: Theory, measurement, and test in a mindfulness intervention. *Mindfulness*, 7(5), 1214–1226. <https://doi.org/10.1007/s12671-016-0564-2>.
1. Bernstein, A., **Hadash, Y.**, Lichtash, Y., Tanay, G., Shepherd, K., & Fresco, D. M. (2015). Decentering and related constructs: A critical review and meta-cognitive processes model. *Perspectives on Psychological Science*, 10(5), 599-617. <https://doi.org/10.1177/1745691615594577>.

PEER-REVIEWED BOOK CHAPTERS

2. **Hadash, Y.**, & Bernstein A. (2022). Single Experience and Self-Implicit Association Test (SES-IAT). In O. N. Medvedev, C. U. Krägeloh, R. J. Siegert, & N. N. Singh (Eds.), *Handbook of assessment in mindfulness research*. Springer. https://doi.org/10.1007/978-3-030-77644-2_50-1

1. Ruimi, L., **Hadash, Y.**, Tanay, G., & Bernstein, A. (2022). State Mindfulness Scale (SMS). In O. N. Medvedev, C. U. Krägeloh, R. J. Siegert, & N. N. Singh (Eds.), *Handbook of assessment in mindfulness research*. Springer. https://doi.org/10.1007/978-3-030-77644-2_25-1

MANUSCRIPTS SUBMITTED FOR PUBLICATION

1. **Hadash, Y.**, Dar, O., Amir, I., & Bernstein, A. (2024). *The Mindfulness Internal Attention (MIA) framework: Uncovering attentional mechanisms of mindfulness*. Invited submission to *Annual Review of Psychology*. Preprint: <https://psyarxiv.com/s34nh>
2. Aviad, N., **Hadash, Y.**, Amir, I., & Bernstein, A. (2024). *Advancing mindfulness science through dynamical systems theory and research: Progress depends on embracing complexity*. Submitted to *American Psychologist*.

MANUSCRIPTS IN PREPARATION

1. **Hadash, Y.**, Dar, O., Veksler, T., Oren-Schwartz, R., & Bernstein, A. (2024). *The Effects of Insight Mindfulness Meditation Retreats on Mental Health: Evidence of Effectiveness and Safety from a Prospective Matched-Controlled Intervention Study*. Paper in preparation.
3. **Hadash, Y.** & Bernstein, A. (2024). *Understanding the objects of awareness during mindfulness meditation using the Mindful Awareness Task (MAT)*. Paper in preparation
1. **Hadash, Y.** & Bernstein, A. (2024). *The effects of awareness and disidentification on reactivity to hedonic tone during mindfulness meditation*. Paper in preparation

UNPUBLISHED MANUSCRIPTS

1. **Hadash, Y.**, Aizik-Reebs, A., Yuval, K., Bernstein, A. (2020). *Mindfulness-Based Trauma Recovery for Refugees (MBTR-R): Intervention manual*.

PEER-REVIEWED CONFERENCE ORAL PRESENTATIONS

19. Bernstein, A., **Hadash, Y.**, Veksler, T., Dar, O., & Oren-Schwartz, R. (February 2023). *Peak Experiences During Mindfulness Meditation Retreats and their Salutary and Adverse Impact: A Prospective Matched-Controlled Study*. Paper presented at the International Society of Contemplative Research Inaugural Annual Conference, San Diego, California.
18. Bernstein, A., Aizik-Reebs, A., Yuval, K., **Hadash, Y.**, et al. (February 2023). *Finding Refuge, One Moment at a Time: Mindfulness-Based Trauma Recovery for Refugees*. Paper presented at the International Society of Contemplative Research Inaugural Annual Conference, San Diego, California.
17. Zohar, S., Yuval, K., Aizik-Reebs, A., Gebreyohans Gebremariam, S., Blay Benzaken, Y., Phung, Y., Reem, O., **Hadash, Y.**, Aviad, N., & Bernstein, A. (November 2022). *Protective Dose-Response Effects of a Mobile Mindfulness Intervention for Refugees: A Nonrandomized Open Trial Pilot*. Paper presented at the International Conference on Mindfulness Asia-Pacific, Melbourne, Australia.

16. Oren-Schwartz, R., Aizik-Reebs, A., Yuval, K., **Hadash, Y.**, & Bernstein, A. (July, 2021). *Effects of Mindfulness-Based Trauma Recovery (MBTR-R) on shame and guilt among traumatized refugees*. Paper presented at the online International Conference on Mindfulness.
15. Dar, O., **Hadash, Y.**, Veksler, T., Oren-Schwartz, R., Levy-Kornbluth, M., Amir, I., Goldstein, P., & Bernstein, A. (2021, July). *Exploring interoceptive attention to bodily sensations in mindfulness*. Paper presented at the online International Conference on Mindfulness.
14. Dar, O., **Hadash, Y.**, Veksler, T., Oren-Schwartz, R., Levy-Kornbluth, M., Amir, I., Goldstein, P., & Bernstein, A. (2021, June). *Interoceptive attention to bodily sensations in mindfulness*. Paper presented at the virtual Association for the Scientific Study of Consciousness meeting.
15. Ruimi, L., Amir, I., **Hadash, Y.**, Goldstein, P., & Bernstein, A. (2020, November). *Meta-Awareness and Control of Internal Attention: A Simulated Thoughts Paradigm Investigation*. Paper presented at the online Contemplative Research Conference.
13. **Hadash, Y.**, Ruimi, L., Harel, O., & Bernstein, A. (2018, November). *A novel behavioral measure of attention and awareness in mindfulness meditation: The Mindful Awareness Task (MAT)*. Paper presented at the International Symposium for Contemplative Research, Phoenix, Arizona.
12. **Hadash, Y.**, Ruimi, L., Harel, O., & Bernstein, A. (2018, July). *A novel phenomenological and behavioral measure of attention and awareness in mindfulness meditation: The Mindful Awareness Task (MAT)*. Paper presented at the International Conference on Mindfulness, Amsterdam, Netherlands.
11. Bernstein, A., Shoham, A., & **Hadash, Y.** (2018, July). *Assessment of equanimity: Conceptual model and an experience sampling study*. Paper presented at the International Conference on Mindfulness, Amsterdam, Netherlands.
10. **Hadash, Y.**, Ruimi, L., Harel, O., Gretchin, O., & Bernstein, A. (2018, February). *Measuring internal attention and awareness in mindfulness meditation: A novel behavioral measure*. Paper presented at the Fifth Conference on Cognition Research of the Israeli Society for Cognitive Psychology, Acre, Israel.
9. **Hadash, Y.**, Plonsker, R., & Bernstein, A. (2016, December). *Experiential self-referential processing: Conceptual model & implicit measurement methodology*. Paper presented at the conference for doctoral candidates in social psychology and social neuropsychology, Haifa, Israel.
8. **Hadash, Y.**, Plonsker, R., Vago, D. R., & Bernstein, A. (2016, May). *Experiential self-referential and selfless processing in mindfulness and mental health*. Paper presented at the 2nd International Conference on Mindfulness, Rome, Italy.
6. Ruimi, L., Zvielli, A., **Hadash, Y.**, & Bernstein, A. (2016, May). *Meta-awareness of attentional bias*. Paper presented at the 2nd International Conference on Mindfulness, Rome, Italy.
5. **Hadash, Y.**, Plonsker, R., & Bernstein, A. (2015, September). *Experiential selfless processing in mindfulness: Conceptual model and implicit behavioral measurement*. Paper presented at the 45th Annual European Association for Behavioral and Cognitive Therapies Congress, Jerusalem, Israel.

4. Segev, N., **Hadash, Y.**, Tanay, G., & Bernstein, A. (2015, September). *Equanimity in mindfulness training: Conceptual model & empirical test*. Paper presented at the 45th Annual European Association for Behavioral and Cognitive Therapies Congress, Jerusalem, Israel.
3. Ruimi, L., Zvielli, A., **Hadash, Y.**, & Bernstein, A. (2015, September). *Mechanisms underlying attentional bias dynamics: The role of meta-awareness*. Paper presented at the 45th Annual European Association for Behavioral and Cognitive Therapies Congress, Jerusalem, Israel.
2. Bernstein, A. Shoham, A., Oren, R., Spivak, D., **Hadash, Y.**, Plonsker, R., Tanay, G., & Yuval, K. (2014). *Intensive prospective experience sampling study of a mindfulness preventive intervention: Illuminating the development and mechanisms of present moment attention and awareness over time*. Paper presented at the 44th Annual European Association for Behavioral and Cognitive Therapies Annual Conference, The Hague, Netherlands.
1. Bernstein, A., Shoham, A., Oren, R., Spivak, D., **Hadash, Y.**, Plonsker, R., Tanay, G., & Yuval, K. (2014). *Intensive prospective experience sampling study of a mindfulness preventive intervention: Illuminating the development and mechanisms of present moment attention and awareness over time*. Paper presented at the 43rd British Association for Behavioral and Cognitive Therapies Annual Conference, Birmingham, U.K.

PEER-REVIEWED CONFERENCE POSTER PRESENTATIONS

11. Aviad, N., **Hadash, Y.**, Amir, I., & Bernstein, A. (2023, October). *Mindfulness as a Dynamical System: Theory and Study*. Poster presented at the Mindfulness Mechanisms and Methods Meeting (M4), St. Louis, Missouri.
10. Aviad, N., **Hadash, Y.**, Amir, I., & Bernstein, A. (2023, August). *Dynamical Systems Theory and Study of Mindfulness*. Poster presented at the Mind & Life Europe, European Summer Research Institute, Pomaia, Italy.
9. Dar, O., **Hadash, Y.**, Veksler, T., Oren-Schwartz, R., Goldstein, P., & Bernstein, A. (2022, August). *Mapping Interoception and Embodied Thinking and Emotion among Meditators*. Poster presented at the Mind & Life Europe, European Summer Research Institute, Pomaia, Italy.
8. Aizik-Reebs, A., Yuval, K., **Hadash, Y.**, & Bernstein, A. (2019, June). *Mindfulness-Based Trauma Recovery for Refugees: Preliminary outcomes*. Poster presented at Mind & Life's Summer Research Institute, Garrison, New York.
7. **Hadash, Y.**, Plonsker, R., Vago, D. R., & Bernstein, A. (2018, November). *Experiential self-referential and selfless processing in mindfulness and mental health: Conceptual model and implicit measurement*. Poster presented at the International Symposium for Contemplative Research, Phoenix, Arizona.
6. **Hadash, Y.**, Plonsker, R., Vago, D. R., & Bernstein, A. (2018, July). *Experiential self-referential and selfless processing in mindfulness and mental health: Conceptual model and implicit measurement methodology*. Poster presented at the International Conference on Mindfulness, Amsterdam, Netherlands.

5. **Hadash, Y.**, Ruimi, L., Harel, O., Gretchin, O., & Bernstein, A. (2017, June). *The Meta-Awareness Task (MAT): A novel behavioral measure of attention and awareness in mindfulness meditation*. Poster presented at the Mind and Life Summer Research Institute, Garrison, New-York.
4. Amir, I., Ruimi, L., **Hadash, Y.**, Zvielli, A., & Bernstein, A. (2017, August). *Dysregulation of internal-external attention in mental health*. Poster presented at the Mind and Life Europe Summer Research Institute, Chiemsee, Germany.
3. **Hadash, Y.**, Plonsker, R., Vago, D. R., & Bernstein, A. (2016, August). *Experiential self-referential and selfless processing in mindfulness and mental health: Conceptual model and implicit measurement*. Poster presented at the Mind and Life Europe Summer Research Institute, Chiemsee, Germany.
2. **Hadash, Y.**, Plonsker, R., & Bernstein, A. (2015, June). *Experiential self-referential processing of fear: Conceptual model & implicit measurement*. Poster presented at the Mind and Life Summer Research Institute, Garrison, New-York.
1. Shoham, A., Oren, R., Spivak, D., **Hadash, Y.**, Plonsker, R., Tanay, G., & Bernstein, A. (2013). *Intensive prospective experience sampling study of a mindfulness preventive intervention: Illuminating present moment attention and awareness over time*. Poster presented at the Israeli Association for Behavior and Cognitive Therapies Annual Conference, Acre, Israel.

ORGANIZATION OF CONFERENCE SESSIONS

4. **Hadash, Y.** (Chair) (2018, November). *Cognitive mechanisms and effects of mindfulness*. Paper session at the International Symposium for Contemplative Research, Phoenix, Arizona.
3. Bernstein, A. (Chair), & **Hadash, Y.** (Convenor) (2018, July). *Integrating first-person and third-person perspectives in contemplative science*. Symposium at the International Conference on Mindfulness, Amsterdam, Netherlands.
2. Bernstein, A., & **Hadash, Y.** (Co-Chairs) (2016, May). *Meta-cognitive mechanisms in mindfulness*. Symposium at the 2nd International Conference on Mindfulness, Rome, Italy.
1. Bernstein, A., & **Hadash, Y.** (Co-Chairs) (2015, September). *How does mindfulness work? Investigating mindfulness mechanisms across measurement methods*. Symposium at the 45th Annual European Association for Behavioral and Cognitive Therapies Congress, Jerusalem, Israel.

INVITED TALKS

7. **Hadash, Y.** (2020, January). *Mindfulness for depression*. Invited talk for the treatment of depression training group at the Emek medical center, Israel.
6. **Hadash, Y.** (2020, January). *Mindfulness-based interventions*. Invited talk for clinical staff at the Emek medical center mental health adult outpatient clinic, Israel.

5. **Hadash, Y.** (2019, May). *Understanding and measuring mindfulness and its mechanisms of action*. Invited talk for receiving an award at the Doctoral Candidate Honors Award ceremony in remembrance of Dr. Galit Armon Ben-Yaacov, Department of Psychology, University of Haifa, Israel.
4. **Hadash, Y.** & Bernstein, A. (2019, February). *Measuring experiential self-referential and selfless processing*. Invited talk at the Aviva Berkovich-Ohana Lab, University of Haifa, Israel.
3. **Hadash, Y.** (2018, May). *Introduction to mindfulness interventions*. Invited talk for clinical staff at the Sha'ar Mensahe Mental Health Center, Israel.
2. **Hadash, Y.** (2018, February). *Introduction to mindfulness-based stress reduction*. Invited talk for the CBT Center staff, Haifa, Israel.
1. **Hadash, Y.** (2015, November). *Mindfulness and decentering*. Invited talk at Jenny Kurmans' self & identity course, University of Haifa, Israel.

AD HOC JOURNAL PEER-REVIEWS

Clinical Psychology Review

Current Opinion in Psychology

Mindfulness

PeerJ

MEDIA COVERAGE

2. **Hadash, Y.,** Aviad, N., Osadchy, M., Bernstein, A. (2023). Looking Inside the Black Box of Meditation Using Artificial Intelligence. *University of Haifa Data Science Research Center Blog*. <https://dsrc.haifa.ac.il/?p=10717>
1. Bar On, D. (2022, January 12). We Know What You are Thinking About: A Research Lab in Haifa Can Get Inside Your Mind. *Haaretz*. <https://www.haaretz.co.il/magazine/2022-01-12/ty-article-magazine/.highlight/0000017f-e753-da9b-a1ff-ef7f28d00000>

TEACHING EXPERIENCE

<i>Teacher</i> , Mindfulness: Science, Theory, and Practice, Graduate Course, Department of Psychology, University of Haifa, Israel.	2021
<i>Teacher</i> , Mindfulness for Psychotherapists Course, Emek Medical Center Training Program for Clinical Mental Health Staff, Afula, Israel	2020 – 2021
<i>Teacher</i> , Mindfulness for Psychotherapists Course, Integrative CBT Training Program, Haifa	2016 – 2019
<i>Director and Teacher</i> , Advanced Mindfulness, Psychology, and Science Training Program, Muda Institute, Reichman University, Israel	2017 – 2018
<i>Teacher</i> , Mindfulness-Based Stress Reduction (MBSR), CBT Center, Haifa, Israel	2016 – 2018
<i>Teacher</i> , MBSR, Private Practice, Haifa, Israel	2015 – 2016

<i>Teacher</i> , MBSR and Mindfulness Meditation Sessions, University of Haifa, Israel	2012 – 2015
<i>Tutor</i> , Psychology and Social Work, Department for Academic and Personal Assistance, University of Haifa, Israel	2011 – 2013

SUPERVISION

Research Supervision of Undergraduate Students, Observing Minds Lab, University of Haifa	2013 – present
--	----------------

LICENSURE

Clinical Psychologist, Israeli License Number: 27-48647	2024
Psychologist, Israeli License Number: 27-131903	2015

CLINICAL TRAINING

<i>Clinical Psychology Inpatient Internship</i> , Adult Mental Health Inpatient Unit, Emek Medical Center, Afula	2021 - 2022
<i>Clinical Psychology Outpatient Internship</i> , Adult Mental Health Outpatient Clinic, Emek Medical Center, Afula	2018 – 2021
<i>Mindfulness-Based Cognitive Therapy (MBCT) Teacher Training</i> , Centre for Mindfulness Research and Practice, Bangor University, UK	2019
<i>Level 2 Training to Teach Mindfulness-Based Courses</i> , Centre for Mindfulness Research and Practice, Bangor University, UK	2017
<i>Level 1 Training to Teach Mindfulness-Based Courses</i> , Centre for Mindfulness Research and Practice, Bangor University, UK	2015
<i>Doctoral Clinical training</i> , Cognitive Behavioral Psychotherapy for Adults, Bridge Science-Practice Training Program, Observing Minds Lab and Tamuz Institute, Haifa	2014 – 2015
<i>Clinical Psychology Practicum</i> , Psychotherapy for Adults, Mental Health Outpatient Clinic, Rambam Hospital, Haifa	2013 – 2014
<i>Clinical Psychology Practicum</i> , Psychotherapy for children and Parent Guidance, Center for Psychological and Developmental Treatment, Haifa	2012 – 2013