



CURRICULUM VITÆ: ORIT HAREL (BRICKNER)

Research experience (selected):

- 2011 - 2017 Management of mixed methods research: "*Animal Assisted Group Therapy for Children*", as part of the doctorate.
- 2006 - 2007: Field research at the Hazeva Field School, as part of a thesis on personality and curiosity of the Arabian Babbler.
- 2004 - 2006 Research assistant for the department of psychology, Bar Ilan University. Including:
* Editing publications: proofreading, organizing references and research assistance.
* Preparation for lectures and presentations in academic conferences and classes.
- 2005 – 2006 Research assistant at Ichilov Hospital, Department of Nuclear Medicine, Sourasky Medical Center, Tel-Aviv.
- 2005 – 2006 Assistant in proofreading articles and doctoral proposals for students and new immigrants at Bar-Ilan University.

Teaching-related experience (selected):

- 2014 – 2017 "*Psychotherapy in populations of special needs*"; "*Seminar: Group therapy for children*".
David-Yellin College, Animal Assisted Therapy Department.
- 2009 – 2010 "*Parental Counselling*". Elbaum College, All programs.
- 2009 *Group Counselling for teachers* - Intel.
- 2006 – 2007 "*The Human-Animal Bond*"; "*Animal Behaviour*"
Elbaum College, Animal Assisted Therapy Program.
- 2006 TA for the course: "*Field Laboratory*", under Prof. Amotz Zahavi. Tel-Aviv University, the Faculty of Life Sciences, Zoology Department.
- 2004 – 2006 Training and guiding courses at the Safari Park Ramat-Gan.
- 2003 – 2007 Private teacher, mainly for students with learning disabilities, at various ages, from elementary school to preparatory to matriculation exams and academics.



Academic Education

- 2011 – 2019 Ph.D. with honors, under the supervision of Prof. Deborah Court at Bar-Ilan University (Magna cum laude).
- 2006 – 2008 M.A. with honors *in Psychology*, Bar-Ilan University, Department of Psychology, Under the supervision of Prof. Mario Mikulincer, Psychology, Bar-Ilan University, and Prof. Amotz Zahavi, Zoology, Tel-Aviv University (Magna cum laude).
- 2002 - 2005 B.Sc. with honors, in Brain Science program. Studying two majors: in psychology and in life sciences, at Bar-Ilan University (Magna cum laude).

Professional Education

- 2022
2020 ACT _ Acceptance Commitment Therapy – by Steven Hayes. Mindful Yoga-Based Acceptance & Commitment/Therapy (MYACT) – a combination of yoga and cognitive behavioral interventions, an evidence-based approach to treating anxiety, depression, stress and more.
- 2018 – 2019 Yoga teacher training course, The Kaya Studio, California; Mindfulness training, Zen, Buddhism, and meditations at the Spirit Rock center, California.
- 2009 – 2010 Graduate, Diploma Program in *Creative tools and the Jungian approach in Psychotherapy*, Tel-Aviv, Israel.
- 2008 – 2010 *Group leadership and the psychodynamics of organizations* (Tavistock institute), guided by: Dr. Avi Nutkiewicz and Dr. Shelly Ostorf.
During this course, I initiated and managed several projects for immigrating parents from Ethiopia throughout western Jerusalem.
- 2007 – 2012 *Educational Psychology Internship* in the Educational Psychology Service, Municipality of Jerusalem: Working in public schools and kindergartens, psycho-didactic diagnoses, psychotherapy, group therapy, educators and parental-counseling.



Employment

2019 – present

Facilitation and delivery of resilience & well-being programs.

Managing, planning, organizing, facilitating and delivering lectures, seminars, courses, and retreats for organizations and academic institutions on Resilience and Wellbeing in various topics:

<https://www.ori-harel.com/workshops>

Topics included: *“Improving academic skills”*; *“Cultivating resilience”*; *“Mindfulness and self-acceptance”*; *“Mindful parenting”*; *“International parenting”*; *“Psychological first aid”*; *“Time management”*; *“The opposite of stress”*; *“Goal settings”*- and more...

Clients include: The International Office - University of Konstanz; Academic Staff Development Unit- University of Konstanz; The Max Plank Institute; Science-abroad organization.

2019 - present

Founder of Nature-Power: A model of Eco-Mindfulness for the cultivation of resilience and well-being in psychotherapy and education. Facilitating and delivering intervention programs; workshops and counseling services for organizations and individuals. <https://www.educare.co.il/teva>

Clients include: The Ministry of education: The kindergarten supervision department, the Counseling department, the After-school care department, Educational agricultural farms, and Psychological services.

2019 - present

Yoga and mindfulness teaching.

2007 – present

Educational psychologist:

Private clinic & online: individual and group psychotherapy, Mindfulness-Based therapy, Parental counseling, Relocation counseling.

[2007-17] Jerusalem Municipality: public schools and kindergartens.

[2015-2017] The therapeutic department of the Biblical Zoo, Jerusalem.

[2012-2014] Sulam Institute - for children with autism.

2001 – 2002 Coordinator at Merkaz Shiluv – NGO for promoting liberal education.



Volunteering

- | | |
|----------------|---|
| 2020 – present | Support team of the Science Abroad Organization: Providing professional support and guidance to Israeli scientists ex-pats experiencing emotional distress. |
| 2019 – 2022 | Professional Supervisor – On-line Crisis line, Sahar Providing professional support and guidance to volunteers in one-on-one assistance to users experiencing emotional distress. Assessing immediate risk and critical situations and act as a liaison between users and authorities. |
| 2007-2010 | Dog accompanied visits to nursing homes, The Joint Project. |
| 2003– 2006: | Tutoring: <ul style="list-style-type: none">- Hospitalized children with eating disorders, Schneider Hospital.- Children with disabilities, "The Perach Tutorial Project". |
| 1998-2001 | Officer of education in IDF. |

Awards and scholarships

- 2017: The Rector's Award for Outstanding Doctoral Students.
- 2017: El-Al Scholarship for conferences abroad.
- 2011: The President's Scholarship for outstanding students.
- 2008: Master's degree honors.
- 2005: Bachelor's degree honors.



Publications

Harel, O. (2022). Nature power – a new model of eco-mindfulness for cultivating resilience and well-being. *Hebrew Psychologies online journal*.

Harel, O. (2021). Mindful-Parenting in Relocation – The mindfulness parenting model as a solution to the expats' challenges. *Hebrew Psychologies online journal*.

Harel, O. & Court, D. (in preparation). Therapeutic Factors in AA-Group Psychotherapy in primary schools– Theory and Research.

Harel, O. (2019). *The role of animals in Group Psychotherapy for Children*, Doctoral dissertation, Bar-Ilan University.

Harel, O. (2014). The Contribution of Animals to Group Therapy, *Animals and Society*, 50, 39-48.

Harel, O. (2013). Animal-Assisted Group Psychotherapy for Children. In: Parish- Plass (Ed), *Animal-Assisted Psychotherapy: Theory, Issues, and Practice*, (pp 413- 430), USA: Purdue University.

Weinstein, A., **Brickner, O.**, Lerman, H., Gremland, M., Bloch, M., Lester, H., & Even-Sapir, E. (2008). Brain imaging study of the acute effects of 99-tetrahydrocannabinol (THC) on attention and motor coordination in regular users of marijuana. *Psychopharmacology*, 196 (1), 119-131.

Conferences

Participation in the conference of SPR (Society of Psychotherapy Research) in Oxford, 2017 –

1- *Animal-Assisted Group-Psychotherapy for Children: Conceptualization and a Mixed Methods Research*.

2 - *Children's perceptions towards group-psychotherapy: meaning and process, and the contribution of animals*.

Participation in the Israeli Interdisciplinary Conference of Qualitative Research, 2016 -

Anthropology in the Service of Psychology: Investigating psychotherapy by qualitative methods in varied and quantitative ways.

Participation in the international conference EABCT (International Society for

Behavioral - Cognitive Therapy), 2015: *Should I bring my pet to the clinic? The contribution of animals to group therapy for children*.

Participation in the IAHO International Conference in Chicago, 2013 - Lecture on:

Animal-Assisted Group Psychotherapy for Children.