

BAR ILAN UNIVERSITY FACULTY OF SOCIAL SCIENCE
DEPARTMENT OF EDUCATION

CURRICULUM VITAE

Name: Zeev Appel

PERSONAL DATA

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LD : 051011021

Place of Birth: Israel

Date of Birth: 24.11.51

Marital status: Married + 3

EDUCATION

Year	Degree	Institution
1977	B.A.	Bar Ilan University
1985	M.A.	Bar Ilan University
1996	Ph.D.	Bar Ilan University

M.A. THESIS Leisure among disadvantaged adolescents in residential schools

SUPERVISOR Prof. Mordechai Bar Lev

Ph.D. THESIS: **Differentiation of self, its measurement and contribution to marital satisfaction**

SUPERVISOR: Prof. Arieh Cohen

ACADEMIC AFFILIATIONS/APPOINTMENTS

Year	Appointment	(Work Percentage)
2010-to present	Teaching fellow B, Bar Ilan University	50%
1991-to present	Lecturer, Orot Academic College	50%

PROFESSIONAL FUNCTIONS: (Memberships/Editorial Activities)

1990- Board member of the Israel Association of Educational Counselors
1999

1990- Member of the accreditation committee for family and couple therapists,
2004 Israeli Association for Family and Marital Therapy

AWARDS/GRANT/HONORS

2005 Institute for Education and Community Research NIS 8000

	Bar Ilan University	
2005	Certificate of Distinction Israel Prison Service, Treatment and Rehabilitation Authority	
2004	Daphna Izraeli Chair of Gender Studies, Bar Ilan University	\$ 500
2000	Institute for Education and Community Research Bar Ilan University	NIS 5,000
2000	Orot Israel College	NIS 12,000
1996	Ministry of Education and Culture	NIS 90,000
1987	Tel Aviv University, School of Social Work	\$ 1,500
1987	Tel Aviv University and Pairs Institute (U.S.)	\$ 1,500
	Outstanding student award	

COURSES TAUGHT/TEACHING EXPERIENCE

Undergraduate

B.A.

Preventive counseling

Communication between the educational system and the family

Practical work counseling

Interviewing theory

Qualitative research

Graduate

M.A.

Educational Counseling:

Group facilitation

The family: counseling and educational aspects (4 hours weekly)

Family counseling (2 hours weekly)

Introduction to educational counseling

Understanding the individual from the perspective of educational counseling

MAIN RESEARCH INTERESTS

1. Examination of processes for improvement of family and couple relationships (see items 2 ,3 ,4, 5, 6,7,8 in **ARTICLES**), (see items, 3 **in CHAPTERS IN BOOKS**) (see items 1,2, 3, 4,5,9,11,14,16, 22. in Conferences).

2. . Construction of a diagnostic tool for examining the concept "differentiation of self". Study of the BOEN theory (see item 1, 2 . in the section **CHAPTERS IN BOOKS** and also Conferences 1997, 2001, 2003.).

3. The meaning of gender in counseling and in education (see items 4 in the section **CHAPTERS IN BOOKS**, see items 1, 3 in **ARTICLES** and see items Conferences, 2008, 2007,2006. 2005)

ADDITIONAL INFORMATION

Special projects contributing to the community:

I have specialized in therapeutic work with families since the 1980s. I introduced a change in approach in my counseling work, moving from focusing on the individual to a systemic approach based on family therapy theories. This new approach required family studies, research on family-child relations, and a new understanding of the reciprocal relations between the family sphere and the educational system. I have also become more aware of the importance of the marital relationship to the strength of the family and have developed these areas research, writing, conferences and seminars. I hope that, in the framework of the counseling studies track, a center for family studies

will develop in order to meet the needs of family counseling in parent-child relations, teacher-parent-child relations, and intimate relationships leading to family strengthening. Such a center would develop relevant curricula for the educational system to enable work with children, youth and adults in these areas.

2003 to present:

Development of consciousness-raising programs for educational counselors on the subject of gender in their work.

1989 to present:

Development of a marriage enrichment program. A training program for facilitators was developed at Bar-Ilan University, during which students carry out practical work in the community under supervision provided by the university. The program is based on the PAIRS approach to the family.

1996 to present:

Development of an enrichment program for families and couples among prison inmates. In recent years the program has been accompanied by research.

1998 to present:

Development of an enrichment program on friendship among high school adolescents. Program graduates implement the curriculum among students, and in the context of in-service training for educational counselors (Shefi).

1996:

Development of a program for improving relations between the educational system and students' families.

Conferences:

2005: Chairman of the Steering Committee of the seminar "Families and Couples in Situations of Separation" Bar Ilan University.

2004: Member of the committee of the first Israeli conference on narrative therapy in community work and treatment: "Writing Favorite Stories Together"

SUPERVISION OF GRADUATE STUDENTS

M.A. Students

In the past:

Efrati, Sh. (2001). The relationship between spouse similarities and marriage adjustment. School of Education, Bar-Ilan University.

Hershkovitch, A. (2002). Comparison between residential and external students who study at the same school, in terms of social values, social skills, and social anxiety. School of Education, Bar-Ilan University.

Kurat, A. (2004). Types of self-differentiation similarities between spouses and the connection between these similarities and adjustment to married life and marriage longevity

Aharon, A. (2005) The effect of a PAIRS-based intervention program for marriage enrichment on self-differentiation, differentiation from one's family of origin, anxiety and marital adjustment among prison inmates. School of Education, Bar Ilan University.

Izak-Kerner R. (2005) Attachment patterns, level of differentiation, and satisfaction in marriage. School of Education, Bar Ilan University

Kamisha, A. (2007) The relationship between the differentiation level and humor, and marital satisfaction.

Azulai, Madmoni, M. (2007) The relationship between differentiation and the level of stress in the role of parent and division of roles in the family following the birth of the first child.

Glaz, Z. (2010) The relationship between equality and quality of married life among religious couples with young children. (Joint supervision together with Prof. Arieh Cohen)

Dayan, Hani (2012). The relationship between the experience of pain and hope and growth, following separation between couples of different ages. (Joint supervision together with Shlomo Romi)

Klein, Meirav (2012). The relationship between exposure to sex programs on the Internet and the views of adolescents on sexual abuse. (Joint supervision together with Prof. Arieh Cohen)

Harris, Lee (2012). The relationship between sensitivity to social rejection and the ability to resolve conflicts among adolescent couples. (Joint supervision together with Prof. Arieh Cohen)

Axelroyd, Charney Alexandra (2013). The relationship between hetero-social competency and the ability to resolve conflicts among adolescent couples.

Being supervised today:

Theses in advanced stages of preparation (proposals accepted). School of Education, Bar-Ilan University

1. Nadav, Ruth. The relationship between empathy, self-differentiation and family triangles.
2. Ravivo, Natalie Malka. Self-distinction and equality in marriage and the connection to marriage satisfaction among young couples.
3. Dahouah Halevi, Hadar. The influence of a training program for instructors in couple enrichment, based on the PAIRS method, on self-differentiation and the ability to manage conflicts among participants in the program.
4. Samah, Halihel. The relationship between empathy and the ability to resolve conflicts among adolescent couples in Israel's Arab sector.

LIST OF PUBLICATIONS

I. UNTIL LAST PROMOTION

CHAPTERS IN BOOKS

1. Appel, Z., Elizur, D. & Cohen, E. (2001). Facets of differentiation of self. In D. Elizur (Ed.), *Facet Theory: Integrating Theory Construction with Data Analysis*. Prague: Matfyzpress.
2. Appel, Z. & Shalom, H. (2003). Analyzing the Structure of the Concept of "Assertiveness": A facet analysis based on the Gambrill and Richey Assertion Inventory. In S. Levy. & D. Elizur (Eds.), *Facet Theory, Toward Cumulative Social Science*, pp. 381-391. University of Ljubljana.
3. Rabin, C. & Appel, Z. (2004). Psycho-educational treatment of stressed and traumatized couples. In D. Catherall (Ed), *Handbook of Stress, Trauma and the Family*. pp 453-471. Brunner-Routledge Pub, New-York.
4. Rabin, C. & Appel, Z. (2004) The significance of gender in the work of the educational counselor. In A. Klingman & R. Erhard (Eds.), *School Counseling in a Changing Society*. pp 135-158. Ramot Publishing, Tel Aviv University (in Hebrew).

ARTICLES IN REFEREED JOURNALS/PERIODICALS

1. Appel, Z., Shlasky, S., (2007). Work, Family and Gender Identity: The place of the religious female teacher-counselor? In Cohen, T. ed., *To Be a Religious Woman* (4) pages 249-263. Kolech publishers – Religious Women's Forum, Jerusalem
2. Appel, Z., Shalom, H., Aharon, A. (2011) Self-Differentiation, differentiation of the family of origin, anxiety and adjustment to marriage – among prisoners. In Rabin, C, Lans, O., (Eds), *Self-Differentiaton – Theory, Research and Practice* (pages 175-194), Ach Publishers, Even Yehuda.
3. Appel, Z., Shalom, H., (Talaleh Orot 12, 2006). Men are from Mars and women from Venus? : ways of expressing assertiveness and the connection with marital satisfaction among young religious couples.

4. Appel, Z., Appel, Y., Mickler, E (Talaleh Orot 13, 2007). There is nothing more whole than a broken heart: the connection between pain and hope and growth following divorce.
5. Appel, Z., Shalom, H., Aharon, A. (Talaleh Orot 14, 2008). An intervention program for enriching couple relationships among prisoners, pages 273-286.
6. Appel, Z, Shalom, H. (2010). Remote control relationships - enriching marital life in Israeli prisons as per the PAIRS approach, *Tzoar LeBet Hasohar* 13, 77-90.
7. Shlasky, S., Appel, Z. (2010). Narratives among a group of inmates – reconstructing the self: inmates talk about their partners. In Tuval-Mashiah, R. and Spector-Marzel, G. (Eds) *Narrative Research: theory, creation, interpretation* (pages 349-378), Tel Aviv, Mofet Institute, Research, Curriculum and Program Development for Teacher Educators, Magnes Press, Hebrew University, Jerusalem.
8. Shlasky, S., Appel, Z. (2010). I have to learn a language which brings me closer to people: inmates practice a different form of speech with their partners, *Megamot* 47 (1) 130-148.

PAPERS PRESENTED AT SCIENTIFIC CONFERENCES

Year	Conference organizers	Paper
2014	March 5 - 8. IFTA. World Family Therapy Congress.	(1) A Measurement of Bowen's Concept "Differentiation of Self" and its Clinical Application (2) Using Psychoeducational Approach among Israeli Prisoners to Enhance Marital Relations

2012	Haifa University, Faculty of Law. Seminar on the family in the 21 st century – treatment, ethics and law.	Methods for enriching marital life in the family in contemporary society
2011	1 st International Conference on education for a happy marriage. Jerusalem	A PAIRS-based marriage enrichment program
2011	Bar Ilan University. Seminar on enriching marital life	Contribution of the Satir Model to a PAIRS-based marriage enrichment program
2008	Sapir College, Sderot. Group facilitation conference	Anxiety, belonging, longing – inmates talk about their personal relationships
2008	Orot College	Men talk about their personal relationships
2008	Maryland. International conference for promoting Jewish education	Work, family and gender identity – the religious school counselor
2008	Haifa University. Educational Counselors Conference – identity construction and multiple-identities in a changing reality.	The Family and gender identity: the role of the religious female teacher-counselor
2007	Bar Ilan University	Discourse and gender in Israel: inmates talk about their personal relationships
2006	Mofet Institute and Kay Religious College: 5 th international conference on gender identity training for teacher-counselors	Work, family and gender identity – the religious school counselor
2005	4 th Kolech international conference: women and Judaism	Work and family – integration of the teacher-counselor in religious schools
2005	9 th Annual Smart Marriages Conference	Marriage enrichment program for prisoners and their partners
2005	Mofet Institute: “Narratives and research: creation, interpretation and criticism”	Environmental constraints in narrative construction: narrative development in facilitated group meetings

2004	Israel Association for Educational Research	Teacher-counselors: gender identity, family and work
2004	First Israeli conference on narrative therapy "Writing favorite stories together". June 22-24, 2004. Tel Hai College	Couple relationships in conditions of separation: prison inmates speak of their relationships
2003	9 th International Facet Theory Conference Ljubljana, July 20-23, 2003	Analyzing the structure of the concept "Assertiveness": a facet analysis based on the Gambrell and Richey Assertion Inventory. Zeev Appel and Haim Shalom, Israel
2002	Israeli Association for Research in Jewish Education .A.Y.A.L.A.	13 th conference: The effect of an intervention program for enrichment of couple relationships among prison inmates, based on the PAIRS method and focusing on differentiation of self, family of origin, and adjustment to marriage
2002	Center for Research on educational thought in Jewish philosophy. 7 th Annual Conference. "The family and the school as formative factors in religious education for girls"	Education for family life in an era of change
2001	International conference on facet theory	Facets of differentiation of self
1998	"Efshar" Association	Discussion on selection processes of youth counselors in residential schools
1997	Israel Psychological Association, 26 th Scientific Conference	Questionnaire for measuring differentiation of self
1997	International Conference on Family Therapy	Tool for evaluating level of differentiation of self among couples
1997	International Conference on Family Therapy	Training facilitators to work with couples
1994	Ministry of Social Welfare, 5 th Conference of Social Workers	Therapy in crisis situations
1994	Group Therapy Association	Working with couples

1994	Israel Association for Residential Education and Treatment	Coping with psychological problems in a residential setting
1993	Teachers Association	Coping with crisis events
1992	Association for Family Therapy	Marriage enrichment, P.A.I.R.S model
1991	Israel Association for Residential Education and Treatment	Leisure time among disadvantaged adolescents in an educational residential setting
1991	Israel Association for Residential Education and Treatment	Quality of life in a residential school as viewed by students
1991	Israel Association for Residential Education and Treatment	Group work with adolescent children of divorced parents

Non Refereed Publications

Articles (in Hebrew)

1. Rabin, C. & Appel, Z. (2003) "Cultural differences in the concept of equality in couple relationships" *Manhe Le'manhe* (10): 55-65, *Mishpacha Veda'at*, Vol. 2, Adult Education Department, Ministry of Education and Culture.
2. Appel, Z. (1998) "Residential schools: a view from within." *Hed-Ha'hinuch*, pp. 11-12. Association of Teachers in Israel.
3. Appel, Z. et al (1998) "The attitudes of youth towards the use of drugs." *Mifgash* Periodical for educational social work.
4. Appel, Z. & Jossman, L. (1997). "Parental involvement in residential school education". *Newsletter for Educational Counselors* 8., May. Psychological Counseling Service, Ministry of Education, Culture and Sport.
5. Appel, Z. & Shalom, H. (1996). "Evaluation of immigrant youth from the former Soviet Union in residential schools". *Mifgash* Periodical for Educational Social Work, 8-9, 149-165.
6. Appel, Z., Shalom, H. & Peles, D. (1996). "The attitudes of youth towards the use of drugs". *Al-Sam. Association for War on Drugs*.
7. Shalom, H. & Appel, Z. (1994). "Evaluation of the quality of life in a residential school as viewed by the students". *Pnimit*, 23: 23-43.

8. Appel, Z. & Jossman, L. (1997). "Parents' involvement in residential school education". *Manhe Le'manhe*, 8: 36-42. Journal of the Ministry of Education, Culture and Sport.
9. Appel, Z. (1981). "Preparation for the army." Chief Education Officer Publication.
10. Appel, Z., Rabin, K., Shalom, H. (2003). "Family education in an era of change." In: *Educating one's daughter today*, Lifshitz College, Center for the Advancement of Jewish Studies, pages 30-47.

ACADEMIC PROFILE

I have consistently combined my academic and practical skills in the field of counseling, in general, and family counseling specifically, with my work as a teacher. My main academic activity has thus involved interaction with clients (counseling) and with students (training of counselors).

For example, I built a diagnostic tool to diagnose family situations (my doctoral thesis).

I applied this tool in my work with clients and discussed it with students training in counseling (item 1, 2 in CHAPTERS IN BOOKS).

An additional field of specialization is in training teachers and educators to work with families and youth with the aim of improving family life and preserving marriages (see development of PAIRS program to train facilitators to work with couples and adolescents, (see items 2,3,4,5,6,7,8 in ARTICLES), (see item 3 in CHAPTERS IN BOOKS

A further area of specialization is counseling for children in need of care outside the family. I researched the subject of children and their environment in boarding schools and trained counselors and other professionals to counsel children in boarding schools (see for example nos. 2-8 in the list of publications and conferences: 93, 94, 98).

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