# 

# BAR ILAN UNIVERSITY FACULTY OF SOCIAL SCIENCE

**DEPARTMENT OF EDUCATION**

# CURRICULUM VITAE

# Name: Zeev Appel

Zeev Appel, PHD

Head of the Skills Training Programs in Martial and Family Therapy

School of education

Bar-Ilan university

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**PERSONAL DATA**

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| **Address:** | 5, Hatanaim Street, Netanya, 42474 |
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| **E-mail:** | [apelze@mail.biu.ac.il](mailto:apelse@mail.biu.ac.il) [zeevapel@gmail.com](mailto:zeevapel@gmail.com) |
|  |  |
| **Place of Birth:** | Israel |
| **Date of Birth:** | 24.11.51 |
| **Marital status:** | Married + 3 |

**EDUCATION**

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| **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 AFFILATIONS/APPOINTMENTS**

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| **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)**

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| **1990-1999** | Board member of the Israel Association of Educational Counselors |
| **1990-2004** | Member of the accreditation committee for family and couple therapists, Israeli Association for Family and Marital Therapy |

**AWARDS/GRANT/HONORS**

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| --- | --- |
| 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, $ 500  Bar Ilan Univerity |
| 2000 | Institute for Education and Community Research NIS 5,000  Bar Ilan University |
| 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**

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| 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 2490263. 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-Differentiaiton – 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**

**IFTA's 2020 World Family   Therapy Congress March 12 - 14,**

Using PAIRS tools to Enhance Differentiation of Self, which has been **accepted** for the upcoming IFTA Congress Conference.

**IFTA's 2018 World Family   Therapy Congress March 7 - 10,**

The narrative in the service of reconstruction of the self:

# Marital relationships

**IFTA's 25**th**World Congress**

**March 15 - 18,  2017**

The Dimensionality of the Differentiation of Self

**Island, Hawaii IFTA's**   24th

**March 30 - April 2,**

2016 IFTA CONFERENCE PROGRAM

PAIRS training effect on Differentiation, and Conflict Resolution on trainee's leaders

Psychoeducational Treatment of Stressed and Traumatized Couples within the Prison

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

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| Year | **Conference** **organizers** | **Paper** |
| 2012 | Haifa University, Faculty of Law. Seminar on the family in the 21st century – treatment, ethics and law. | Methods for enriching marital life in the family in contemporary society |
| 2011 | 1st 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: 5th international conference on gender identity training for teacher-counselors | Work, family and gender identity – the religious school counselor |
| 2005 | 4th Kolech international conference: women and Judaism | Work and family – integration of the teacher-counselor in religious schools |
| 2005 | 9th 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 | 9th International Facet Theory Conference  Ljubljana, July 20-23, 2003 | Analyzing the structure of the concept "Assertiveness": a facet analysis based on the Gambrill and Richey Assertion Inventory.  Zeev Appel and Haim Shalom, Israel |
| 2002 | Israeli Association for Research in Jewish Education .A.Y.A.L.A. | 13th 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. 7th 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, 26th 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, 5th 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”. A*l-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”. *Pnimiot*, 23: 23-43.

8. Appel, Z. & Jossman, L. (1997). “Parents’ involvement in residential school education". *Manhe Le’manh*e, 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. Appe, 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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