

Anna Aizik

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POST-DOCTORAL RESEARCH FELLOW

Researcher in clinical psychology with vast experience in conceptualization of research programs, their implementation, data analysis, data presentation, as well as team leadership and project management. In addition, I worked with diverse communities and non-profit organizations to develop, implement and deliver mental health interventions.

PROFESSIONAL EXPERIENCE

University of Haifa **2022 - Present**

Post-Doctoral Researcher and Project Manager "Moments of Refuge" Project

- Conceptualization, design, implementation and evaluation of clinical research trial and findings
- Project manager of clinical trial study, recruitment, training and supervision of diverse research team
- Development, implementation and ongoing support of online mental health intervention for traumatized refugees

University of Haifa **2019 - Present**

Adjunct Lecturer

Teaching a course about the "Social Brain" to undergraduate students at the International School in Haifa.

University of Haifa - Observing Minds Lab **2016 - 2021**

PhD. Candidate and Research Program Coordinator

- Implementation of group-based mindfulness intervention for traumatized refugees and asylum seekers
- Research program development, evaluation and data analysis with spss and R
- Scientific communication: publication of scientific papers in high-impact journals, conference presentations

Aid Organization for Refugees and Asylum Seekers (ASSAF), Tel Aviv **2016 - 2021**

Volunteer

- Consulting and psycho-social aid for refugees and asylum seekers in Israel
 - Delivery of group-based mental health intervention for survivors of torture
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EDUCATION

University of Haifa **2022**

Ph.D., Clinical Psychology

University of Munich, Germany

M.A., Political Science **2016**

M.Sc., Psychology **2015**

B.A., Psychology **2013**

SKILLS

- Strong analytic skills and understanding of inferential statistics (network analysis, predictive models, MLM)
 - Vast experience in data management and data analysis with SPSS, R (ggplot2, dplyr, lme4) and SQL
 - Microsoft Excel and Google Sheets (advanced skills, e.g. vlookup)
 - Strong organizational and project management skills, leadership and team management experience
 - Excellent written and verbal communication skills in English
 - Languages: German (mother tongue), English (full professional proficiency), Hebrew (advanced)
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HONORS AND AWARDS

- Awarded with **DSRC-Fellowship** for post-doctoral students in data science
- **MINDSS fellowship** of the Herta & Paul Amir Faculty of Social Science of the University of Haifa to fund post-doctoral research
- **Dafna and Aharon Eviatar Award** for dissertation research
- 3-year full-time **Minerva Fellowship of the Max-Planck Society** to fund dissertation research
- **European Varela Grant of Mind& Life** to fund dissertation research (15,000€)
- 1-year fulltime scholarship from the **Academic German Exchange Service (DAAD)** to study abroad

PEER-REVIEWED PUBLICATIONS

1. **Aizik-Reebs, A.**, Yuval, K., Kesete Beyene, Y., Lurie, I., & Bernstein, A. (2022). Prevalence and Prevention of Suicidal Ideation among Asylum Seekers in a High-Risk Urban Post-Displacement Setting. *Epidemiology and psychiatric sciences*, 31, e76.

IF 2020= 6.892

R 2022= Medicine, Psychiatry and Mental Health: 30/529 (Q1)

2. **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.

IF 2015= 4.713

R 2015= Psychology, Clinical: 9/122 (Q1)

3. Oren-Schwartz, R., **Aizik-Reebs, A.**, Yuval, K., Hadash, Y., & Bernstein, A. (2022). Effect of Mindfulness-Based Trauma Recovery for Refugees (MBTR-R) on Shame and Guilt in Trauma Recovery among African Asylum-Seekers. *Emotion*.

IF 2020= 4.329

R 2020 = Psychology, Experimental: 12/90

4. Blay-Benzaken, Y., Zohar, S., Yuval, K., **Aizik-Reebs, A.**, Gebreyohans Gebremariam, S., Bernstein, A. (2022). COVID-19 and Mental Health among Forcibly Displaced People: The Role of Socio-Economic Insecurity in an Unstable High-Risk Urban Post-Displacement Setting. *Psychiatric Services*.

IF 2020= 2.88

5. **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.

IF 2020= 7.169

R 2020= 6/131 in Clinical Psychology (Q1)

6. **Aizik-Reebs, A.**, Shoham, A., & Bernstein, A. (2021). First, do no harm: An intensive experience sampling study of adverse effects to mindfulness training. *Behaviour research and therapy*, 145, 103941.

IF 2020= 4.473

R 2020= Psychology, Clinical: 12/173 (Q1)

7. **Aizik-Reebs, A.**, Shoham, A., Hadash, Y., & Bernstein, A. (2021). A Network Modeling Approach to Mindfulness Mechanisms: a Proof-of-Concept Investigation. *Mindfulness*, 12(5), 1115-1126.

IF 2020= 4.684

R 2020= Psychology, Clinical: 22/131 (Q1); Psychiatry: 29/143 (Q1)

8. Yuval, K., **Aizik-Reebs, A.**, Lurie, I., Demoz, D., & Bernstein, A. (2021). A Functional Network Perspective on Posttraumatic Stress in Refugees: Implications for Theory, Classification, Assessment, and Intervention. *Transcultural Psychiatry*, 58(2), 268-282.

IF 2020= 2.221

9. **Reebs, A.**, Yuval, K., & Bernstein, A. (2017). Remembering and Responding to Distressing Autobiographical Memories: Exploring Risk and Intervention Targets for Posttraumatic Stress in Traumatized Refugees. *Clinical Psychological Science*, 5(5), 789-797.

IF 2020= 7.169

R 2020= 6/131 in Clinical Psychology (Q1)

PAPERS IN PREPARATION

1. Amir, I., **Aizik-Reebs, A.**, Yuval, K., Hadash, Y., & Bernstein, A. *Cognitive Inhibition in Trauma Recovery among Refugees.*
2. **Aizik-Reebs, A.**, Yuval, K., Hadash, Y., & Bernstein, A. *Cultivating Mindfulness for Trauma Recovery among Refugees: An Experience Sample Study.*
3. **Aizik-Reebs, A.**, Phung, Y., Yuval, K., Hadash, Y., & Bernstein, A. *Moral Injury and Trauma Recovery among Refugees: Exploring the Role of Mindfulness and Compassion Training.*
4. Oren-Schwartz, R., **Aizik-Reebs, A.**, Yuval, K., Hadash, Y., & Bernstein, A. *The effects of Mindfulness on Experiential Avoidance and Trauma Recovery in Refugees.*

CONFERENCE PRESENTATIONS

1. 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. Poster presented at International Conference on Mindfulness – Equality and Diversity, Aarhus University, Denmark.
2. **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 in Garrison, New York, USA.
3. **Reebs, A.**, Yuval, K., & Bernstein, A. (2018, May). How to Remember the Unforgettable? Autobiographical Memory and Posttraumatic Stress in Traumatized Refugees. Talk presented at the 5th Ruppiner Conference on Immigration and Social Integration, Ruppiner Academic Center, Emek Hefer, Israel.
4. Yuval, K., Peleg, R., Tekle, K., Mark, H., **Reebs, A.**, Segal, S. & Bernstein, A. (2018, May). Mental (ill) health in Eritrean asylum seekers in detention: Documenting risk and resilience, informing policy, and guiding therapeutic intervention. (Paper presented at the 5th Ruppiner International Conference on Immigration and Social Integration, Ruppiner Academic Center, Emek Hefer, Israel).
5. **Reebs, A.**, Shoham, A., & Bernstein, A. (2017). Mechanisms of Mindfulness: A Network Perspective. Poster presented at the European Summer Research Institute of Mind & Life, Frauenwörth, Germany.
6. **Reebs, A.**, Yuval, K., & Bernstein, A. (2016). Self-Immersion and Self-Distancing in Response to Traumatic Memories: A Laboratory Investigation of Refugees. Poster presented at the European Summer Research Institute of Mind & Life, Frauenwörth, Germany.