

Eleanor Pardess

4 Rachel Hameshoreret St, Raanana, Israel
Cell: 972-52-4203889
Email: epardess@gmail.com

EDUCATION

- | | |
|-------------|---|
| 2005 - 2008 | Bar-Ilan University, Ph.D. Psychology. Supervisor: Prof. M. Mikulincer. Thesis title: "Attachment Security & Compassion Fatigue- An Attachment Theory Perspective." |
| 1982 - 1985 | Tel Aviv University, M.A. Clinical Psychology. Awarded with excellence. |
| 1977 - 1980 | Tel Aviv University, B.A. Psychology. Awarded with excellence. |

CLINICAL EXPERIENCE

- | | |
|----------------|--|
| 2016 - present | Clinical supervision, The Baruch Ivcher School of Psychology clinic at Reichman University, Herzliya |
| 2014 - 2017 | Clinical psychologist, Psychogeriatric Department. Lev-Hasharon Mental Health Center, including individual, family & group therapy and supervision of clinical psychologists |
| 1990 - present | Clinical psychologist, private practice, Raanana, including individual, couple and family psychotherapy and supervision |
| 1987 - 1990 | Clinical psychologist, Mental Health Clinic, Geva Optimizing hospital, Petach Tikva |
| 1986 - 1987 | Clinical psychologist, Adult Outpatient Mental Health Clinic, Hadera. |
| 1985 - 1987 | Clinical psychologist (intern) including facilitating groups of family caregivers and a trauma-informed group program for holocaust survivors. Rehabilitation Center, Shaar Menashe, Hadera. |
-

TEACHING EXPERIENCE

- 2006 - present **Baruch Ivcher School of Psychology, Reichman University.**
Courses taught- 1. Applied Positive Psychology. 2. Clinical Psychology Practicum.
- 2003 - present **Tel Aviv University, Bob Shapell School of Social Work, The Continuing education unit.** Courses taught- 1. Family Life Cycle- Clinical applications. 2. Trauma and Resilience: Integrative Therapy
- 2007 - 2013 **Telem, Post –Graduate program in psychodynamic psychotherapy, Tel Aviv,**
Courses taught: “Winnicott: The Facilitating Environment and Potential Space; Cultivating Compassion; Psychodynamic Approaches. Intensive workshops facilitated- Facing "Otherness" in Therapeutic Encounter; Clinical Implications of Attachment Theory: Clinical Hospitality.
- 1997 - 1999 **Lesley College (Israeli extension of the Lesley University, Boston, Massachusetts), M.A. Program for Expressive Therapies, Lecturer.** Course taught- Introduction to psychodynamic approaches. Individual and Group Supervision
- 1992 - 1994 **Tel Aviv University Bob Shapell School of Social Work, The Continuing education unit.** Courses taught-Psychodynamic approaches (Freud, Klein, Winnicott) (part of training program for facilitators of parent support groups).
- 1985 - 1996 **Tel Aviv University, Department of Psychology, Assistant Lecturer in M.A. Program for Child Clinical Psychology (taught by Prof Yona Teichman).** Course- Clinical assessment & psycho-diagnostic testing.

COMMUNITY WORK

- 1990 - present **Maccabi Health Organization** –Including facilitating workshops for cultivating compassion and preventing compassion fatigue among healthcare professionals.
- 2025 - present **Head of the "Zahav" Resilience Program, 5D Resilience Center.** Reichman University. Development and leadership of community-based initiatives promoting resilience, connection, and psychological well-being among older adults.
-

2023 - Present	Facilitating crisis intervention workshops and compassion-fatigue prevention programs for frontline healthcare providers, mental health officers, and community caregivers in the shadow of war. Consultant for community-based support initiatives for bereaved families and affected communities. Work with the Casualties and Bereaved Families Department Playback Theatre & Expressive Arts in Community Resilience Programs
1993 - 2023	I.C.M.C- Israel Crisis Management center: Selah - -Consultant and group facilitator in workshops and interventions for trauma survivors and bereaving families, including grandparents raising orphaned grandchildren -Supervisor of psychotherapists (working on behalf of The Israel Trauma Coalition).
2001-2009	IsrA.L.S., the Association for ALS research - Facilitating workshops for medical teams and support compassion focused programs for family caregivers
2002 - 2004	The Israel Center for Adoptive Families - Facilitator of parent training programs. -Supervision of individual and family therapists working with adoptive families
1983 - 2001	Welfare Departments, Ha'Sharon District -Consultant, evaluator, and supervisor of social workers working with traumatized children (families of domestic violence and abuse). Facilitating seminars for trauma informed practice and interviewing skills through one-way mirror.

PUBLICATIONS

Pardess, E. (In press). *Self-Compassion in Psychotherapy with the Elderly* in Liora Bar-Tur & Daniela Shafran-Eisenberg (Eds.), *Psychotherapy with Older Adults*. Eshel-Joint

Pardess, E. (2025). The Hall of Mirrors on Stage: Psychotherapy in Playback Theatre. *Sichot: The Israeli Journal of Psychotherapy*, 39 (2), April 2025, 193-195. [Book

Review; in Hebrew]

Pardess, E. (2023). A Place to Breathe: Professional Burnout and Expanding the Therapist's Bases of Safety. *Professional Journal of Psychotherapy*, 30. [In Hebrew]

Pardess, E., & Aroch, I. (2023). Resilience Pathways in the Therapeutic Space: Crises as an Opportunity to Update Our Maps. *Journal of Psychotherapy*, 30. [In Hebrew]

Tolmacz, R., & Pardess, E. (2022). Supporting family dementia carers in balancing compassion for others with compassion for self. *Professional Psychology: Research and Practice*, 53(5), 504–510

Pardess, E. (2022). Regeneration in Relationships with Ourselves and Others. *The New Age*, 42, February 2022, 18-22. [In Hebrew]

Pardess E, & Tolmacz R. (2020). Implications for clinical practice with Alzheimer family caregivers. *Gerontology & Geriatrics Vol 47 (2)*, 123-142 [Hebrew].

Pardess, E. (2020). Updating the Road Map: How Shall We Navigate the River of Our Lives? *Dorot: Magazine for the Advancement of Services for the Older Population*, 213, November 2020, 40-42. [In Hebrew]

Pardess, E. (2020). Islands of Safety: Challenges Facing the Therapist in a Shared Traumatic Reality. *Psychoactualya*, 78, April 2020, 27-32. [In Hebrew]

Pardess, E. (2019). Promoting compassion satisfaction and regeneration. In I. Serlin, S. Krippner, & K. Rockefeller (Eds.), *Integrated care of the traumatized* (pp. 189-202). CA, US: Rowman and Littlefield.

Muhlbauer, V. Pardess, E., Haruvi, H.P. (2018). Redefining Gendered- Old Age: A Feminist and Power Perspective. In C. B. Travis & J. W. White (Eds.), *APA Handbook of the Psychology of Women*. (pp. 21-38). Washington, D.C. : American Psychological Association.

Pardess, E., Mikulincer, M., Dekel, R & Shaver, P. (2014). Dispositional attachment orientations, contextual variations in attachment security and compassion fatigue among volunteers working with traumatized individuals. *Journal of Personality*. 82 (5), p. 355-366.

Pardess, E. & Ben-Nunn, Y. (2014) Compassion fatigue- prevention and treatment. *Gerontology & Geriatrics: Journal of Aging Studies*. 41 (1). 75-92.

Pardess, E. (2016) Self-compassion as a therapeutic resource. *Psychoactualya- Israel Association of Psychology*. (In Hebrew) April

Pardess, E. & Katz, A., (2012). Mutual empowerment in a support group for widows, *Psychoactualya- Israel Association of Psychology*. (In Hebrew) April, pp 10-15.

Pardess, E. Katz, A., & Kowalski, S. (2011). Ruptures and repair - Strengthening L.G.B.T Families- *An attachment perspective*. *Psychoactualya- Israel Association of*

Psychology. Nov, pp 21-30.

Pardess, E. Katz, A., & Kowalski, S. (2011). Parents as a secure base - An attachment perspective on the "coming out" process. *Mifgash: Journal of Social – Educational Work* (In Hebrew) No 22, pp. 17-38.

Pardess, E., (2005). Training and mobilizing volunteers for emergency and long term support. Y. Danieli, D. Brom & J Sills (Eds). *The Trauma of Terrorism: Sharing Knowledge and Shared Care, An International Handbook*. Haworth Press, pp. 335-347.

Pardess, E. (2005). Building bridges between past, present and future- Supporting Traumatized Immigrants, *Psychoactualya- Israel Association of Psychology*. (In Hebrew) Dec, pp 5-11.

Pardess, E. (2005). Training and mobilizing volunteers in the aftermath of terrorist attacks. *Journal of Aggression, Maltreatment and Trauma*, 9, (No. 3/4), pp. 10 (1) 23-46.

Pardess, E. (2004). Pride and prejudice in the helping encounter - A narrative lens. In: C. Rabin (Ed). *Understanding Gender and Culture in the Helping Process*, (pp. 191-216). Brooks/Cole Publishing: New York

Pardess, E., Finzi, R., & Sever, J. (1993) Evaluating the Best Interests of the Child- A Model of Interdisciplinary Work. *The International Journal of Medicine and Law*, 12, 205-211.

SELECTED PRESENTATIONS

Intergenerational Communication and Its Contribution to Personal, Family, and Community Resilience. *Resilience Conference*, Reichman University, November 2025

Fear of Compassion and the Courage to Cultivate Compassion. National Conference, Casualties and Bereaved Families Department, June 2025.

Supervision as an Anchor in a Shared Reality of War and National Trauma. "Holding the Center", Mental Health Officers Conference, IDF, Tel Hashomer, September 29, 2024.

The Therapist's Experience of Loneliness through the Lens of Attachment Theory. *23rd Biennial Conference of the Israel Gerontological Society*. Jerusalem, 2022

Shame in the Therapeutic Encounter. *Conference of the Israel Gerontological Society*, September 2024, International Convention Center, Jerusalem.

The Capacity for Concern in Therapeutic and Rehabilitation Processes. Conference: Love, Compassion, Rehabilitation and Everything in Between, *District Rehabilitation Conference*. September 19, 2024.

Compassionate Understanding in Encounters with Otherness in End-of-Life Care. *22nd Biennial Conference of the Israel Gerontological Society*. Jerusalem, 2022

Paradoxes in the Development of the Self as Therapist and Supervisor: Toward the Encounter. Supervisors' Seminar, Child Psychiatry Division Conference, Tel Hashomer. 2022

Cultivating self-compassion with the elderly. *Conference of the Israel Gerontological Society, Tel Aviv, January 2016*

Compassion for our future selves: An attachment perspective to supporting elders and their families. *Conference of the Israel Gerontological Society, Tel Aviv, January 2014*

Cultivating self-compassion and promoting resilience through nature connectedness. *Series on optimizing health and well-being*. Institute for Holistic Health Studies. San Francisco State University. March 2021

The cost of caring and the cost of not caring – An attachment perspective. *Conference on Trauma and the Family*. Bar-Ilan University, A Life Span Perspective, January 2014

Cultivating compassion and combatting compassion fatigue: Research and clinical aspects. *Conference on secondary traumatization among professional and family caregivers*. Herzliya Interdisciplinary Center, January 2014

Caring & caring forward; The build and broaden cycle of caring. *International Conference on Traumatized Children*. Hebrew University of Jerusalem, July, 2013

Empathy: A double-edged sword? Burnout and compassion fatigue. Key Regenerationnote lecture at *Conference on Compassion and Coping with Chronic Illness*. Tel Aviv University, February, 2013

Islands of Security- Fostering a sense of belonging in the face of adversity-An attachment framework, at the *International Conference: Migration and Well-Being: Research Frontiers* at Tel Aviv University, January, 2013

Attachment, affect regulation and compassion fatigue in the encounter with suicidality. *The 14th European Symposium of Suicide and Suicidal Behavior (ESSSB)* in Tel-Aviv. September 3-6, 2012

Paradoxes in becoming a psychotherapist and developing a voice of one's own. *The Israel Annual Conference for Psychotherapy*, Haifa University, June 2012.

Circles of security and exploration: An attachment perspective across the life span. *The Conference on the Interface of Work and Family Life*, The Israel Association for Family Therapy, Ramat Efal, June 2012.

Growth through the encounters with “otherness” Making connections with culturally diverse clients: Challenges in trauma therapy. EUTOPA-IT -European *Guideline for Target Group Oriented Psychosocial Aftercare* – 2 day workshop facilitated at Mashabim Center, Kiryat Shmona, March 2012.

Grandparents raising grandchildren- Unique challenges. EUTOPA-IT - European *Guideline for Target Group Oriented Psychosocial Aftercare* conference, Tel Aviv March 2012.

Challenging homophobia: The experience of lesbian, gay & bisexual, and queer clients in psychotherapy. *The 3rd Conference on LGBT Psychology*, Tel Aviv University, Tel Aviv, October 2011.

The M.O.V.I.N.G Model : Promoting caregiver satisfaction and caregiver regeneration. A skill- building workshop facilitated with Ilene Serlin, Charles Figley, and Kathryn Norsworthy at the *American Psychological Association Annual Convention*, Washington, D.C., August 2011.

The M.O.V.I.N.G Model: Cultivating compassion - A multimodal approach. *The Humanistic Psychology Division Meeting: American Psychological Association Annual Convention*, Washington, D.C., August 2011.

Making room for diversity and promoting growth through adversity: An attachment perspective. *International Conference on Trauma and Resilience*, University of Nottingham, England, June 2010.

Unpacking negative identity conclusions. Workshop facilitated at the 1st Annual Conference for LGBT psychology. The Bob Shapell School of Social Work, Tel-Aviv University, October 2009.

Families of choice, multiple selves and diverse identities: The challenges of working with LGB families. Workshop for the *Conference on Diversity*, Telem, Raanana, July 2009.

Re-membering Conversations I.T.C.-Israel Trauma Coalition Seminar on Bereavement, Jerusalem, June, 2009

Grandparents raising their orphaned grandchildren: An attachment-based perspective. *The International Conference on Childhood Bereavement*, Jerusalem, Israel, March 2007.

The wounded healer: an integrative model of supervision for family therapists. Co- presented with Claire Rabin and Yona Bresler at *The Meeting of the Israel Association for Marriage and Family Therapy*, Ramat Efal, June 2007.

The M.O.V.I.N.G Model: Weaving connections in the wake of trauma. *The Conference on Trauma and Immigration*. Schneider Hospital, Petach Tikva, Israel March 2007.

Joy through the lens of a tear: Emotional regulation in the wake of trauma. *The ITC Conference on Trauma*, Jerusalem, Israel, March 2006.

Moving Encounters: A multimodal model of facilitating post-traumatic growth. *The Meeting of the International Society of Traumatic Stress Studies*, Toronto, Canada, December 2005.

Harnessing the power of metaphors in group work with bereaved families. The Global Conference -*Making Sense of Death and Dying: Probing the Boundaries*, Vienna University, Vienna, December 2004.

Uprooted twice- Challenges in working with older trauma survivors and their families. *The Conference on Multiculturalism, Conflict and Belonging*, Vienna, December 2004.

Promoting hope using metaphors in "the classroom of nature" in group-work with bereaved families. *The 21st International Conference on Death and Bereavement*, Eilat, Israel, March 2004.

Landscapes of action and landscapes of identity in the wake of trauma and loss. *The Annual Conference of the Israel Horticultural Therapy Association*, Rechovot, Israel, April 2004.

Siblings raising siblings: Building bridges using narrative techniques combined with expressive arts. *Conference on Diversity*, Department of Social Work, Jerusalem, Israel, June 2004.

Listening with one's eyes- A Modular Approach to Supporting Traumatized Families. *The Bi-national Conference for Treating Traumatized Children*- Schneider Hospital- Israel, June 2002.

Giving Sorrow Shape- Nature Therapy, Visual Imagery and the Expressive Arts in Supporting Families Coping with Traumatic Loss. Invited Lecture. *Annual Conference of the Israel Association for Psychotherapy*, Tel Aviv University, May 2002.

"Stronger at the broken places": Growth through adversity. *The Annual Conference of the Israeli Association for Group Psychotherapy*. Tel Aviv, Israel, September 2001.

Evaluating the best interests of the child – A Model of Interdisciplinary Teamwork. *The Israel Psychological Association Congress*, Ben Gurion University, Be'er-Sheva University, Israel, October, 1995.

Growing through giving: Mobilizing volunteers in the aftermath of the terror attacks. *The Israel Psychological Association Congress*, Ben Gurion University Beer-Sheva, Israel, October, 1995.

Challenges in treating families of immigrants in the aftermath of a terror attack. *The International Conference on the Family in the Threshold of the 21st Century*, Binyanei Hauma, Jerusalem, June, 1995.

Resilience and vulnerability: Guidelines for the prevention, assessment, and case-management of children in families of drug addicts. *The Israel Psychological Association Convention*, Bar-Ilan University, Ramat Gan, Israel, October, 1994.

Bonding and boundaries: Challenges faced by adoptive parents. *The Israel Psychological Association Convention*, Bar-Ilan University, Ramat Gan, Israel, October, 1994.