

Date: 18.7.21

## Curriculum Vitae

### 1. Personal Data

Name in Hebrew: ד"ר ענת אשד  
Name in English: Anat Eshed, Ph. D  
  
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### 2. Education Certificates and Degrees

<b>Education</b>	<b>Institute</b>	<b>Department</b>	<b>Year</b>
First Degree	Bar Ilan University	Criminology	1995-1998
Second Degree	Bar Ilan University	Criminology	1998-2000
Third Degree	Bar Ilan University	Criminology	2000-2004
Certificate Studies	Bar Ilan University	Criminology	2008-2010
Certificate Studies	Bar-Ilan University & The Israel Assosiation for Behavior & Cognitive Psychotherapy	CBT	2018-2020
Certificate Studies	Clinical Criminology Association	Supervision Course	2020
Certificate Studies	International Society of Schema Therapy	Schema Therapy	2020

### 3. **Title of Doctoral Thesis:** Empathic Communication as Part of a Dialogue: Facilitation of Self-Centered Vs Other-Oriented Responses

**Supervisor:** Prof. Yuval Wolf

#### 4. Academic Ranks

<b>Rank</b>	<b>% Position</b>	<b>From - To</b>	<b>Institute</b>
Teacher	50	July 2014-Today	Western Galilee College

#### 5. Grants and Awards

<b>Year</b>	<b>Name of Grant/Award</b>
2000-2004	Presidents' Doctoral Scholarship, Bar Ilan University, given to 150 doctoral excellent students per year

#### 6. Positions Held

<b>From-To</b>	<b>Institute</b>	<b>Position</b>	<b>% Position</b>
2006-today	Western Galilee College	Staff member	50
2009-today	Bar Ilan University	Teacher Part-Time	
2008-2010	Beit Berl College		
2005-2008	Max Stern Yezreel Valley College		
2006	Netanya Academic College		

#### 7. Scientific Areas of Specialization

Developing tools for measurement of empathic and non-empathic communication, helpful to training programs in the helping professions (medical, as well as para-medical).

#### 8. Miscellaneous

**2008-2010** – Certificate studies, Diagnosis and treatment of sex offenders, Bar Ilan University. Studies qualify students for treatment of sex offenders and assessing their risk level.

**2010-today** – Writing criminological-psychological expert opinions, rehabilitation programs and risk assessments for offenders in general and sex offenders specifically.

**2014** – Applied Behavior Analysis Studies

**2017-today** – Group and individual treatment of sex offenders.

**2018-2020** - CBT (Cognitive Behavioral Treatment) training (2 academic years), Tel-HaShomer Hospital, Bar Ilan University & The Israeli Association for Behavioral and Cognitive Psychotherapy.

**2020** – Supervision Course, Tel Hashomer Hospital, Clinical Criminologists Association.

**2020** – Schema Therapy for BPD, NPD & Cluster C Advanced Course, International Society of Schema Therapy.

**2020-today** – Private Clinic.

**2021** – ACT-FACT Course, School of CBT.

## **9. Academic Profile**

The Doctoral paper examined the influence of empathic input (by Party B) on the object of such input (Party A) in conversations aimed at helping a distressed person and in instrumental conversations (radio and TV shows). A correlation was found between empathic input and Party's A orientation and an exponential-like acceleration in this correlation as the conversations advance.

The research raises the notion that measuring method and its outcomes have an innovative significance for the conceptualization of empathy and for its impact.

**Publications**  
Anat Eshed, Ph.D

אשד, ע., ו-וולף, י. (2017). תקשורת אמפתית כחלק מדיאלוג : האם היא מובילה להתמקדות של הנמען בעצמו או בזולתו? *מגמות, נ"א, גיליון 1*, 357-385.