

July 2021

Curriculum Vitae

1. Personal Data

Name in Hebrew: ד"ר שפיצר נעמה
Name in English: Naama Spitzer, Ph.D.
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2. Education Certificates and Degrees

Education	Institute	Department	From - To
First Degree and teaching certificate	The Jerusalem Academy of Music and Dance, Israel	Movement and Movement-Notation	1996-2000
Second Degree	Coventry University, UK	Art and Design	2008-2011
Third Degree	Haifa University, Israel	Gerontology	2013-2018
Post-doctoral research	Haifa University, Israel	Gerontology	2019 - 2020
MBSR (mindfulness based stress reduction) teacher	IDC Herzlia, Israel	School of Psychology, Muda Centre	2018
MBCT (mindfulness based cognitive therapy)	IDC Herzlia, Israel	School of Psychology, Muda Centre	2019
CBT Psychotherapy	University of Haifa	Psychology	2019 - 2021

3. **Title of Master's Thesis:** Dancing and Talking: Exploring the Value of Talk within Dance Improvisation Practice

Supervisor: Professor Sarah Whatley

Title of Doctoral Thesis: Examining the Relationship between Care-receivers' Emotion Recognition and Caregivers' Burden among Main Caregivers of Persons with Mild Cognitive Impairment and Early Alzheimer's Disease: Expanding Pearlin's Stress Process Model

Supervisors: Professor Perla Werner and Doctor Tal Shafir

4. Academic Ranks

Rank	% Position	From - To	Institute
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Lecturer in Education department and Theatre department, teaching movement and mindfulness	30-40	2012-present	Western Galilee College
Course coordinator, lecturer and pedagogical guide in a 2 year Mindfulness for therapists course	30	2012-2019	Oranim Academic College of Education
Lecturer in mindfulness	20	2019	Haifa University, Integrative Psychotherapy studies

5. Grants and Awards

From-To	Funding Agency	Title of Research
2018	Irgun Ha'Morim (teachers' organization)	Doctoral research
2018	The centre for research and study of aging (CRSA), Haifa University, Israel and JDC (the Joint), Israel	Doctoral research
2013-2016	The Israeli ministry of Aliya and Integration	Doctoral research
2013-2016	Advanced Studies scholarship for research students	Doctoral research

6. Active Participation in Conferences

Date	Name of Conference	Place of Conference	Subject of Lecture/Discussion	Role
2009	C-DaRe research seminar	Coventry University, UK	Dance artists working with older people	Speaker
2011	C-DaRe research seminar	Coventry University, UK	Dance Transformations – Dance and disability	Organizer and Speaker
2013	Israeli dance association conference	Acre, Israel	None	Organizer of conference
2013	Dance and Somatic Practices	Coventry University, UK	A practical lecture on Somatic Experiences in Private and Public Spaces	Speaker
2016	Israeli Gerontology association	Tel Aviv, Israel	Recognizing facial and bodily emotional expressions among healthy older people	Presenter of poster

Date	Name of Conference	Place of Conference	Subject of Lecture/Discussion	Role
2016	Art Therapies Research centre, Haifa University	Haifa, Israel	Recognizing facial and bodily emotional expressions among healthy older people	Presenter of poster
2020	Israeli Gerontology association	Tel Aviv, Israel	Close Social Relationships and Loneliness: The Role of Subjective Age	Speaker

7. Additional Professional Experience

2009, Coventry University, UK. Assessor for BA module: Performing Arts in the community context. Responsible for observing dance, drama and music students' teaching, provide feedback, read students' written work and mark it.

2009 – 2012, research consultant in C-DaRE (Centre for dance research), Coventry University, UK. Projects: Dance Transformations, an artist-led training program for emerging dance artists, with and without disabilities, Dance Connections, a training project for dance artists working with older people.

2017- 2018, Dance composition teacher for A level students, 4 weekly hours for 2 years, Leo Baeck High school, Haifa

2019 - Content writer for Introduction to Gerontology – an online course by JDC (The Joint)

2019 -2020 movement and mindfulness teacher for school children, 2 weekly hours, Leo Baeck school, Haifa

2019 – Ongoing, therapist in CBT clinic, Haifa

8. Miscellaneous

Teaching - Courses Taught in Recent Years

Years	Name of Course	Type of Course	Level	Number of Students
2012, 2013,2014	Movement as a therapeutic tool	Introduction course	Psychotherapy studies	15,10,20, 15
2014, 2017, 2018, 2019	Community dance	Lecture and workshop	BA	12, 10, 26, 42
2015, 2016, 2017, 2018, 2019	Mindfulness as a therapeutic tool	Lecture and workshop	Ministry of Education 2-year course	30, 32, 26, 55
2018, 2019	Movement games in early years	Lecture and workshop	BA	35, 21
2018	Mindfulness in education	Lecture and workshop	BA	40, 78
2019	Mindfulness in old age	Introduction course	Psychotherapy studies	13
2020	Contemplative Pedagogy	Mandatory course	BA	40, 63, 20

Publications

A. Refereed Publications

Articles

1. Spitzer, N., Segel-Karpas, D., Palgi, Y. (2019) Close Social Relationships and Loneliness: The Role of Subjective Age, *International Psychogeriatrics* doi: 10.1017/S1041610219001790
2. Spitzer, N., Shafir, T., Lerman Y., & Werner, P. (2019). The Relationship between Caregiver Burden and Emotion Recognition Deficits in Persons with MCI and early AD: The Mediating Role of Caregivers' Subjective Evaluations. *Alzheimer Disease & Associated Disorders*, 33, 266-271. doi: 10.1097/WAD.0000000000000323
3. Werner, P., Kalaitzaki A. Spitzer N., Raviv-Turgeman L., Koukouli S. Tziraki, C. (2019) Stigmatic beliefs towards persons with dementia: Comparing Israeli and Greek college students, *International Psychogeriatrics*, 31, 1393-1401 doi: 10.1017/S104161021900070X
4. Coaten, R., Heeley, T., & Spitzer, N. (2013). Dancemind's 'Moving Memories': Evaluation and analysis in context; a UK based dance and health project for people living with dementia and their care-staff, *UNESCO Observatory Multi-Disciplinary Journal in the Arts*, 3, 1-17. ISSN 1835 - 2776

B. non-refereed publications

5. Spitzer, N. (2018). Community dance. *Dance voices, volume 32* (in Hebrew)

C. Reviews of Books in periodicals

6. Spitzer, N. (2014), Introduction to community dance practice - and–Age and dancing – both edited by Diane Amans. *Academic Journal of Creative Arts Therapies*, volume 4 issue 2.
7. http://ajcat.haifa.ac.il/images/dec_2014/Naama%20Spitzer%20-%20book%20review%20-%20english%20-%20formatted.pdf