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Background. I received a B.A. with Honors as a Phi Beta Kappa and Hilldale Fellow in psychology from the University of Wisconsin-Madison and a Ph.D. in clinical psychology as a National Institute of Mental Health Research Service Award Fellow at the University of Vermont. I completed an APA-accredited pre-doctoral clinical psychology internship at the Palo Alto Veterans Affairs Health Care System, and Postdoctoral Research Fellowship at the Department of Psychiatry and Behavioral Sciences at Stanford University School of Medicine and the Center for Health Care Evaluation at the VA Palo Alto. In 2008, I was privileged to join the Department of Psychology at the University of Haifa, where I am currently an Associate Professor and recently completed a term as Director of Clinical Training. I was recently privileged to enjoy a sabbatical in Toronto as a Ben and Hilda Katz Foundation Visiting Scientist at the Rotman Research Institute as well as a Visiting Clinical Fellow at the EBT3 clinical institute.. I am particularly proud of my recent appointment to the Israel Young Academy, and earlier honors including the Distinguished PhD Research Award from the American Psychological Association Society for Clinical Psychology, the Yigal Alon Outstanding Early Career Research Fellowship from the Israeli Council of Higher Education, and the Psychology Beyond Borders Mission Award. And, more important (and challenging!) than all of the above, I am the proud father of Yonatan and twins Mia and Noga.

Research Mission. People often have good reason to suffer – life is riddled with trauma, loss, and uncertainty. Yet, paradoxically, these forms of suffering are often amplified by people's *own* thoughts, memories, prospection, and fear of our own mind and body. My work has thus focused on how mental (ill)health is shaped by the ways in which people experience and respond to their own internal states (e.g., thought, emotion, physical sensation). More specifically, my lab strives to understand, measure, and therapeutically target the psychological processes that engender and maintain prevalent forms of mental suffering such as anxiety and depression. To do so, my students and I are currently working on 3 inter-related lines of research: (I) Delineating the nature and function of attentional (dys)regulation in mental (ill)health, and the translation of this knowledge for novel therapeutic intervention. (II) Elucidating mechanisms through which mindfulness (present moment attention and awareness) contributes to mental health, and the development of methods to measure these phenomena. (III) Understanding and improving the mental health of survivors of mass atrocities and violent conflict such as refugees and asylum seekers.

Lab Group. I have been extremely fortunate to work with many talented and motivated students. Our research is housed within my lab at the University of Haifa (<https://irca-haifa-6h5e.squarespace.com/#>). My research team also runs a small satellite laboratory from the South Tel Aviv Central Bus Station – where we study asylum seekers and refugee survivors of traumatic atrocities and violent conflict. We have been able to do this work due to the

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Publications. https://scholar.google.com/citations?hl=en&user=UZdD_ncAAAAJ&view_op=list_works&citft=1&citft=2&email_for_op=abernstein%25psy.haifa.ac.il%40gtempaccount.com