

Prof. Sigal Zilcha-Mano is a clinical psychologist and professor at the School of Psychological Sciences, the University of Haifa. She heads the Psychotherapy Research Lab, which investigates the intrapersonal and interpersonal mechanisms that transform mental health treatments into effective ones. Among her contributions to science is the trait-like/state-like theory she developed, enabling a comprehensive understanding of the individual-specific mechanisms behind effective treatments. These mechanisms are based on a thorough characterization of the individual before treatment begins, providing a foundation for personalized, effective treatments.

Prof. Zilcha-Mano has published over 200 articles in leading journals in clinical psychology and psychiatry. Her research has been funded by international and national grants, including a European Research Council (ERC) consolidator grant, the Israel Science Foundation, the U.S.-Israel Binational Science Foundation, the MIT-Israel Zuckerman, the National Institute for Psychobiology, the NIMH, and the American Psychological Association.

Prof. Zilcha-Mano has received many prestigious awards for her scientific contributions, including the International Society for Psychotherapy Research Outstanding Early Career Achievement Award, the American Psychological Foundation's 2019 Division 29 Early Career Award, the International Society for the Exploration of Psychotherapy Integration New Researcher Award, and the Dusty and Ettie Miller Fellowship for Outstanding Young Scholars.

She served as a Visiting Associate Professor at the College of Physicians and Surgeons at Columbia University. She is an associate editor and on the editorial board of a dozen leading journals in clinical psychology.

Prof. Zilcha-Mano lives in Zichron Ya'akov with her husband, Roy, and her children, Daniel and Ronnie.

The laboratory website: <https://psychotherapy.haifa.ac.il/?lang=en>