

**CURRICULUM VITAE****1. Personal Details**

Name: Efrat Hadar

Current Office Address: Departments of the MA Program in School Counseling and Education, The Max Stern Yezreel Valley College

Office Telephone Number: 972-4-6423870

Electronic Address: efrath@yvc.ac.il, ehadar@edu.haifa.ac.il

Website: [https://yedion.yvc.ac.il/yedion/fireflyweb.aspx?prgname=Show\\_Teacher\\_Card&arguments=-N1601,-AE](https://yedion.yvc.ac.il/yedion/fireflyweb.aspx?prgname=Show_Teacher_Card&arguments=-N1601,-AE)

ORCID: 0000-0002-8982-8378

**2. Higher Education****a. Undergraduate and Graduate Studies**

<b>Name of Institution and Department</b>	<b>Degree</b>	<b>Year of Approval of Degree</b>
Clinical Psychology, CSPP, Alameda, CA, USA	Ph.D.	2003
Clinical Psychology, California School of Professional Psychology (CSPP), Alameda, CA, USA	M.A.	1999
School Counseling, University of Haifa	M.A.	1997
Psychology, Special Education, University of Haifa	B.A.	1994

**b. Post-Doctoral Studies**

<b>Period of Study</b>	<b>Name of Institution, Department and Host</b>	<b>Degree</b>	<b>Year of Completion</b>
2003-2005	Psychological Services Center, Oakland, CA, USA. Dr. Carol Huffine	Post-Doctoral Fellow	2005

**3. Academic Ranks and Tenure in Institutes of Higher Education**

<b>Dates</b>	<b>Name of Institution and Department</b>	<b>Rank/Position</b>
2019-2025	School Counseling and Education Departments, The Max Stern Yezreel Valley College	Senior lecturer-proposed rank
2011-2018	Art Therapy Certification Program, Tel Hai Academic College	Adjunct Faculty
2011-2015	School Counseling Program, Sakhnin Teachers College	Adjunct Faculty
2009-2021	School Counseling Program, Education Department, The Max Stern Yezreel Valley College	Adjunct Faculty

2008-2009 2015-2016	Behavioral Studies Program, The Max Stern Yezreel Valley College	Adjunct Faculty
2007-2025	Multidisciplinary Studies and the Women and Gender Program, Faculty of Humanities, University of Haifa	Adjunct Faculty
2007-2008	Art Therapy Certification Program, Continuing Education Department, Faculty of Education, University of Haifa	Adjunct Faculty
2005-2019	School Counseling Program, Counseling and Human Development Department, Faculty of Education, University of Haifa	Adjunct Faculty

#### **4. Participation in Scholarly Conferences**

##### **a. Active Participation in International Conferences**

<b>Date</b>	<b>Name of Conference</b>	<b>Place of Conference</b>	<b>Subject of Lecture/Discussion</b>	<b>Role</b>
8/25	12 <sup>th</sup> European Association of Family Therapy	Lyon, France	<ol style="list-style-type: none"> <li>1. When Family Patterns Meet Digital Pressures: Mapping an Underlying Pathway to the Risk of Eating Disorders in Emerging and Young Adults</li> <li>2. To Share or Not to Share: Adolescents' Experience with Sharenting</li> </ol>	<p>Presenter with Prof. Ora Peleg. Additional author Lior Gendelman</p> <p>Presenter and co-chair with Prof. Ora Peleg. Additional author Dr. Dorit Hadar-Suval</p>
7/25	19 <sup>th</sup> European Congress of Psychology	Virtual	When Family Patterns Meet Digital Pressures: Mapping an Underlying Pathway to the Risk of Eating Disorders in Emerging and Young Adults	Presenter with Lior Gendelman and Prof. Ora Peleg
9/24	European Association for Research on Adolescence	Limassol, Cyprus	<ol style="list-style-type: none"> <li>1. Training Educational Counseling Students to Deliver Intervention Programs Among Adolescents: A Parallel Process Model</li> <li>2. Sharenting: Adolescents' Experience With Parents' Posting Information About Them on Social Media</li> </ol>	<p>Presenter with Prof. Ora Peleg</p> <p>Presenter with Prof. Ora Peleg. Additional author Dr. Dorit Hadar-Suval</p>

7/24	The 33 <sup>rd</sup> International Congress of Psychology	Prague, Czech Republic	<p>1. Parental loss in childhood and women's attachment and partner separation Anxiety</p> <p>2. Sharenting: Adolescents' experience with parents' posting information about them on social media</p>	<p>Chair and presenter with Prof. Ora Peleg. Additional author Dr. Ronit Shalev</p> <p>Presenter with Prof. Ora Peleg. Additional author Dr. Dorit Hadar-Suval</p>
7/24	EDULEARN	Virtual	Adolescents' perspectives on sharenting: Social media disclosure of their personal information by parents	Presenter with Prof. Ora Peleg
10/23	International Workgroup on Death, Dying and Bereavement	Halifax, Nova Scotia, Canada	The experience in school after the loss of a parent: Children, adolescents and young adults	Poster presented by my co-author Dr. Ronit Shalev. Additional author Prof. Ora Peleg
7/23	Stress Trauma Anxiety and Resilience Society	Virtual	Children, adolescents and young adults who have lost a parent: Their coping in the school setting a few years after the parent's death	Presenter with Prof. Ora Peleg. Additional author Dr. Ronit Shalev
5/23	17 <sup>th</sup> Annual International Conference on Psychology	Virtual	Children and adolescents who have lost a parent: Their coping in the school setting a few years after the parent's death	Presenter with Prof. Ora Peleg and Dr. Ronit Shalev
5/23	Consortium of European Research on Emotion	University of Haifa, Israel	How is the loss of a parent in childhood related to attachment and adult separation anxiety among women?	Presenter with Prof. Ora Peleg and Dr. Ronit Shalev
8/22	European Association for Research on Adolescence	Dublin, Ireland	Children and adolescents who have lost a parent: Their coping in the school setting a few years after the parent's death	Presenter with Prof. Ora Peleg and Dr. Ronit Shalev
5/22	16 <sup>th</sup> Annual International Conference on Psychology	Athens, Greece  Virtual	<p>1. The Relationship between Type 2 Diabetes, Differentiation of Self, And Emotional Distress: Jews and Arabs in Israel</p> <p>2. Parental and Familial Patterns of Mothers who experienced Ongoing Military Events during Childhood: A Mixed-Methods Study</p>	<p>Presented by my co-author prof. Ora Peleg</p> <p>Presenter with Prof. Ora Peleg</p>
7/21	Stress Trauma Anxiety and Resilience Society	University of Haifa, Israel	Individuals with type 2 diabetes: Their experience of family relationships and coping with the illness	Presenter and session Chair with Prof. Ora Peleg

7/21	Higher Education in the Post Corona Era	Virtual	The "Day After" the COVID-19 outbreak: What can we learn from the experience of college students and instructors transitioning to distance learning?	Presenter with Prof. Ora Peleg. Additional author Dr. Dorit-Hadar Shoval
6/21	International Association for Relationship Research	Virtual	Individuals with Type 2 diabetes: An exploratory study of their experience of family relationships and coping with the illness	Poster presenter with Prof. Ora Peleg and Dr. Ami Cohen
3/21	International Family Therapy Association	Virtual	Parenting among mothers exposed to ongoing military conflict in childhood: An exploratory study	Presenter with Prof. Ora Peleg
12/20	The Osaka Conference on Education	Virtual	The experience of college students and lecturers transitioning to online learning during the COVID-19 pandemic	Presented with Prof. Ora Peleg. Additional author Dr. Dorit-Hadar Shoval
12/19	International Conference on Research into Higher Education	Newport, Wales, United Kingdom	Graduating together: The experience in graduate school of a group of Arab Israeli women from families with no- or limited academic background	Presented by my co-author Dr. Lubna Tannous Haddad
7/06	International Association for Relationship Research	Rethymno, Crete, Greece	Heterosexual egalitarian couples with young children: Relationship characteristics contributing to equality	Poster presenter

**b. Active Participation in Local Conferences**

<b>Date</b>	<b>Name of Conference</b>	<b>Place of Conference</b>	<b>Subject of Lecture/Discussion</b>	<b>Role</b>
10/21	Loss, Bereavement and Resilience	The Inter-Organization Forum: Mourning and Bereavement in Israel	Coping in school of children and adolescents who lost a parent a few years after the loss	Presenter with Prof. Ora Peleg and Dr. Ronit Shalev
4/21	First Generation in Academia: Critical Viewpoints	Tel Aviv University, Israel	Graduating together: The experience of a group of Arab students who are first-generation in academia	Presenter. Additional author Dr. Lubna Tannous Haddad
6/19	Research Fair	The Max Stern Yezreel Valley College, Israel	1. Type 2 diabetes patients: How do they experience difficulty in the family and coping with the illness? 2. An Israeli school that serves Arab working class and	Presenter with Prof. Ora Peleg  Presented by my co-author Dr. Yoad Eliaz

			poor populations: A case study	
6/06	The Second Conference for Qualitative Research Methods	Tel-Aviv, Israel	Egalitarian and Egalitarian Leaning Couples with Young Children: Satisfaction with the Division of Labor, Marriage and Paid Work	Poster presenter
2/06	Israeli Sociological Association	Bnei-Brak, Israel	Heterosexual egalitarian couples with young children: How do they divide work at home?	Presenter

**c. Organization of Conference**

Date	Name of Conference	Place of Conference	Subject of Conference	Role
12/19	Future oriented pedagogy	The Max Stern Yezreel Valley College	Contemporary approaches to teacher-student relationships	Organizer with Prof. Ora Peleg and Tomader Switat

**5. Research Grants**

**a. Grants Awarded-External Funding**

Role in Research	Co-Researchers	Topic	Funded by/ Amount	Year
PI		Grant for courses involving work in the community. Group intervention programs, MA Program in School Counseling, The Max Stern Yezreel Valley College	Council for Higher Education, Planning and Budgeting Committee/ 14,000 NIS	2023-2024
PI		Grant for courses involving work in the community. Group intervention programs, MA Program in School Counseling, The Max Stern Yezreel Valley College	Council for Higher Education, Planning and Budgeting Committee/ 20,000 NIS	2022-2023
Co-PI	Ora Peleg (PI), Meyran Boniel-Nissim (Co-PI)	The Contribution of Digital and Emotional Factors to T2DM Self-Management: A Mixed Methods Study	The Israel National Institute for Health Policy Research/200,000 NIS	2022-2025
Co-PI	Ora Peleg	Grant for courses involving work in the community.	Council for Higher Education, Planning and	2019-2020

		Counseling intervention programs, School Counseling Program, The Max Stern Yezreel Valley College	Budgeting Committee/ 40,000 NIS	
Co-PI	Ora Peleg, Mirit Sinai	Grant for courses involving work in the community. Counseling intervention programs, School Counseling Program, The Max Stern Yezreel Valley College	Council for Higher Education, Planning and Budgeting Committee/ 40,000 NIS	2018-2019
Co-PI	Ora Peleg, Mirit Sinai	Grant for courses involving work in the community. Counseling intervention programs, School Counseling Program, The Max Stern Yezreel Valley College	Council for Higher Education, Planning and Budgeting Committee/ 40,000 NIS	2017-2018

**b. YVC Research Grants (Mobility and Teaching Grants)**

<b>Role in Research</b>	<b>Co-Researchers</b>	<b>Topic</b>	<b>Funded by/ Amount</b>	<b>Year</b>
PI		Grant for courses involving work in the community. Counseling intervention programs, School Counseling Program, The Max Stern Yezreel Valley College	Students' Dean Office, The Max Stern Yezreel Valley College/12,000 NIS	2024-2025
Co-PI	Ronit Shalev (PI), Ora Peleg (Co-PI)	The experience in school of adults who lost a parent that was serving in the IDF, a few years after the loss and currently: An exploratory study	Research Committee, The Max Stern Yezreel Valley College/14,790 NIS	2023-2024
Co-PI	Ronit Shalev (PI), Ora Peleg (Co-PI)	The experience of adolescents who lost a parent in the school environment: An exploratory study	Research Committee, The Max Stern Yezreel Valley College/14,962 NIS	2021-2022

## 6. Scholarships, Awards and Prizes

Awarded by	Awarded for	Topic	Amount	Co-Researchers	Year
IDF Widows and Orphans Organization	Excellence in research	The experience of adult and adolescent IDF orphans in school, a few years after the loss and in adult life: An exploratory study	20,000 NIS	Ronit Shalev, Ora Peleg	2023

## 7. Teaching

### a. Courses Taught in Recent Years

Year	Name of Course	Type of Course Lecture/Seminar/ Workshop/High Learn Course/ Introduction Course (Mandatory)	Degree	Number of Students
2022	Learning Counseling Skills	Workshop	M.A.	16
2020-2021	Wellness in the School Community: Students, Educators and Parents	Seminar	B.A.	Up to 25
2018-2019	Coping with Stress in the Family and in School among School Counselors, Parents and Teachers	Seminar	M.A.	15
2018, 2019-2025	Theories of Personality	Lecture	B.A.	10-15
2016, 2019-2024	Introduction to Educational Psychology	Lecture	B.A.	15
2015-2017 2019-2025	Group Counseling Intervention Programs: Planning and Implementation	Workshop	M.A.	15
2015, 2017-2025	Introduction to Counseling Interviewing Techniques	Workshop	B.A.	Up to 23
2014-2015 2019-2025	Advanced Interviewing Processes	Workshop	M.A.	24
2014-2017 2018-2025	Mental Health and Gender	Lecture	B.A.	Up to 70
2013	Wellness Counseling for Children and Youth	Seminar	M.A.	14
2012-2015	Fundamentals of Wellness in School Counseling	Lecture	M.A.	Up to 30
2012-2013	Theories of Adolescence	Lecture	M.A.	34
2011-2013	Coping with Stress, Trauma and Loss	Seminar	B.A.	Up to 40

2011-2012 2015-2016	Preschool Counseling	Lecture	M.A.	Up to 40
2009-2014	The Individual in the Family: Work and Parenting	Lecture	B.A.	Up to 65
2009 2011-2015	Counseling Theories	Lecture	B.A. M.A.	Up to 55 Up to 30
2008-2009 2016	Psychopathology Abnormal Psychology	Seminar Lecture	B.A. B.A.	60 15
2008-2009 2011-2013 2015-2021	Introduction to Counseling	Lecture	B.A.	Up to 75
2007-2025	Violence in the Family	Lecture	B.A., M.A.	Up to 80
2007-2010 2013-2014 2017-2018 2019-2020	Violence against Women	Lecture	B.A. M.A.	Up to 70 24
2006-2007	Field Experience (Practicum)	Workshop	B.A.	12
2005-2013	Psychodiagnostic Tests, Educational Tests	Lecture	B.A.	Up to 83
2005-2025	Short-term Counseling, Short-term Therapy	Lecture + Workshop (Twice also as a seminar)	M.A., Art Therapy Certifica tion Program	15-44

**b. Supervision of Graduate Students – MA Project**

School counseling graduate students – supervised 30 students, 2012-2025.

**c. Supervision of Graduate Students – MA Thesis**

School counseling graduate students – co-supervised 5 students, 2023-2025.

**8. Professional Experience**

2012-2025 Clinical Psychologist, Private Practice, Haifa

2007-2011 Clinical Psychologist, Berman Psychological Clinic, University of Haifa, Haifa

**PUBLICATIONS**

**A. Ph.D. Dissertation**

*Heterosexual Egalitarian Couples with Young Children*, 2003, p. 243,  
English, California School of Professional Psychology, Alameda, CA, USA,  
Dissertation Chair: Dalia Ducker, Ph.D.

**B. Scientific Books (Refereed)**

**B1. Edited Books and Special Journal Issues - Accepted for Publication**

1. Peleg, O., Shalev, R., & Hadar, E. (Eds.) (in press). *Between despair and hope: Counseling and treatment in times of stress, crisis, and emergency.*

### **C. Other Scientific Publications**

1. Peleg, O, **Hadar, E.**, Boniel-Nissim, M., & Nakhleh, A. (2025). *The Contribution of Digital and Emotional Factors to T2DM Self-Management: A Mixed-Methods Study*. Final research report submitted to the Israel National Institute for Health Policy Research.
2. Peleg, O., **Hadar, E.** (2025). *Initial research report: The experience in school of adult IDF orphans a few years after the loss and currently in their lives-An exploratory study*. Submitted to the IDF Widows and Orphans Organization (Hebrew).
3. **Hadar, E.**, & Peleg, O. (2024). Sharenting: Adolescents' Experience with Parents' Posting Information About Them on Social Media. *Book of Abstracts* (Paper TS32.4), EARA Conference, Lymasol, Cyprus.
4. Peleg, O., & **Hadar, E.** (2024). Training Educational Counseling Students to deliver Intervention Programs among Adolescents: A Parallel Process Model. *Book of Abstracts* (Paper TS23.3), EARA Conference, Lymasol, Cyprus.
5. Peleg, O., **Hadar, E.**, & Boniel-Nissim, M. (2024). A novel questionnaire for evaluating digital tool use (DTUQ-D) among individuals with type 2 diabetes: Exploring the digital landscape. In Y. Shen, G. Hu, X. Zou (eds), *Digital technology in the management and prevention of diabetes* (pp. 23-35). Frontiers Media SA. doi: 10.3389/978-2-8325-5649-8
6. Peleg, O, & **Hadar, E.** (2024). Adolescents' perspectives on sharenting: Social media disclosure of their personal information by parents. *EDULEARN24 Proceedings*, 1144. doi: 10.21125/edulearn.2024.0388
7. Peleg, O., **Hadar, E.**, & Boniel-Nissim, M. (2024). *The contribution of digital and emotional factors to T2DM self-management: A mixed methods study*. A report on a study conducted with a research grant from the Israel National Institute for Health Policy Research (Hebrew).
8. Shalev, R., Peleg, O., & **Hadar, E.** (2024). *The experience of children and adolescents in the school setting a few years after the loss*. A report on a study conducted with a research grant from the Max Stern Yezreel Valley College Research Committee (Hebrew).
9. Peleg, O., **Hadar, E.**, & Boniel-Nissim, M. (2023). *The contribution of digital and emotional factors to T2DM self-management: A mixed methods study*. A report on the first part of the study as part of a grant received from the Israel National Institute for Health Policy Research (Hebrew).
10. Shalev, R., Peleg, O., & **Hadar, E.** (2022). *The experience of orphaned children and adolescents in school*. A report for the Hamaniot Association for orphaned children (Hebrew).
11. Shalev, R., Peleg, O., & **Hadar, E.** (2022). *The experience of orphaned children and adolescents in school*. A report on a study conducted with a research grant from the Max Stern Yezreel Valley College Research Committee (Hebrew).
12. Huffine, C. L., & **Hadar, E.** (1999). *An Evaluation of the Tri-Valley Haven Children's Program*. Unpublished report, California School of Professional Psychology, CA, USA.

### **D. Articles in Refereed Journals\***

1. #Haddad, L. T., & **Hadar, E.** (2025). Graduating together: The experience in graduate school of minority women who are first-generation students in Israel. *Humanities & Social Sciences Communications*. <https://rdu.be/eCUCx>
2. #Peleg, O., Hadar-Shoval, D., & **Hadar, E.** (2025). To share or not to share: Exploring adolescents' experience with parents' sharenting. *Children & Society*, 39(5), 960-961. DOI: 10.1111/chso.12963
3. Peleg, O., **Hadar, E.**, & Boniel-Nissim, M. (2024). A novel questionnaire for evaluating digital tool use (DTUQ-D) among individuals with type 2 diabetes: Exploring the digital landscape. *Frontiers in Public Health*. <https://doi.org/10.3389/fpubh.2024.1374848>

4. Peleg, O., Shalev, R., Cohen, A., & **Hadar, E.** (2024). How is the loss of a parent in childhood related to attachment and adult separation anxiety among women? *Stress & Health, 40*(3), e3356. <https://onlinelibrary.wiley.com/doi/10.1002/smi.3356>  
**Honored with a Certificate of Recognition by Wiley for having one of the top 10% most viewed articles in the journal *Stress and Health* a year after publication.**
5. **Hadar, E.**, & Eliaz, Y. (2024). A school for the poor? A case study of an Arab school in Israel serving the working class. *Child & Youth Care Forum, 53*(2), 293-313. <https://doi.org/10.1007/s10566-023-09755-8>
6. #**Hadar, E.**, Shalev, R., & Peleg, O. (2023). The experience of children and adolescents in the school setting a few years after losing a parent. *Death Studies, 48*(7), 719-728. <https://doi.org/10.1080/07481187.2023.2272955>
7. #**Hadar, E.**, & Peleg, O. (2023). Gradual parallel-process training for counseling students delivering intervention programs. *Humanities & Social Sciences Communications, 10*, 578. <https://doi.org/10.1057/s41599-023-02105-y>
8. Adler, S., & **Hadar, E.** (2022). The experience of excessive use of social networks among religious adolescents: An exploratory study. *Iyunim Bahinuch, 21*, 427-450 (Hebrew).
9. #Peleg, O., **Hadar, E.**, & Cohen, A. (2020). Individuals with type 2 diabetes: An exploratory study of their experience of family relationships. *The Diabetes Educator, 44*(1), 83-93. <https://doi.org/10.1177/0145721719888625>
10. **Hadar, E.**, Sagron, M., & Peleg, O. (2020). Parenting among mothers exposed to ongoing military conflict in childhood: An exploratory study. *International Journal of Psychology, 55*(5), 789-800. DOI: 10.1002/ijop.12643
11. Sagron, M., & **Hadar, E.** (2018). The experience of parenting and parental self-efficacy among mothers who were exposed to ongoing military conflict during childhood, *Mifgash – Journal for Social Educational Work, 24*(47), 75-100 (Hebrew).
12. Bathish, L., & **Hadar, E.** (2016). “Reporting isn’t easy”: Druze school counselors in the Golan Heights and mandatory reporting of childhood sexual abuse. *School Counseling, 19*, 174-197 (Hebrew).
13. Shechtman, Z., Bar-El, O., & **Hadar, E.** (1997). Therapeutic factors in counseling groups and psychoeducational groups for adolescents: A comparison. *Journal for Specialists in Group Work, 22*(3), 203-213. <https://doi.org/10.1080/01933929708414381>

\*Relative contributions are according to the order of names unless otherwise stated.

#Authors contributed equally.