

# **Curriculum Vitae**

Dr. Eran Bercoviz – Licensed Specialist and Supervisor  
in Medical Psychology

052 – 2971792

[eberkoviz@gmail.com](mailto:eberkoviz@gmail.com)

## **Academic Degrees and Expertise in Psychology**

**October 2024 – Licensed Supervisor in Medical Psychology**

**2019-2024 – Doctoral Studies**

Faculty of Social Sciences, Ariel University

Dissertation: *Foreign Care Workers in Israel – The Impact of Security and Health Threats on the Quality of Life of Caregivers and Their Patients.*

**January 2013 – Licensed Specialist in Medical Psychology**

**2007-2009 – M.A. in Medical Psychology**

The Academic College of Tel Aviv-Yafo

Thesis: *Emotional and Cognitive Symptoms in Multiple Sclerosis.*

Practicum: The Multiple Sclerosis Center, Sheba Medical Center.

**2003-2006 – B.A. in Psychology**

University of Haifa

## **Positions and Specializations in Psychology**

**Present - 2022:** Lecturer at the Academic College of Emek Yezreel – M.A. Program in Medical Psychology.

**Present - 2015:** Psychologist at "Meuhedet" Health Services – Providing psychological services at branches in Acre and Nahariya. Responsibilities include intake assessments, initial evaluations, and psychological treatments for insured individuals aged 6 and older. Supervising practicum students and interns in medical psychology.

**Present - 2013:** Private Practice – Providing psychological treatment to adults dealing with depression, anxiety, chronic illnesses, and their families. Also delivering lectures on coping with chronic illnesses to patients and healthcare professionals.

**Present - 2009:** [\*Camoni\*](#) Health Network – An online social network for individuals with chronic illnesses, established by the Gertner Institute, a national research framework for epidemiology and health policy in Israel.

- Providing medical-psychological counseling for chronically ill patients through online forums.
- Writing medical and psychological guides.
- Reporting on current news related to multiple sclerosis.
- Offering medical-psychological advice to the website's management team.
- Writing articles and guides for publication in national media.
- Representing *Kamoni* in the media – providing radio and television interviews.
- Managing the multiple sclerosis community – addressing the need for information and support online by posting content, responding to inquiries, supporting community leaders, organizing expert forums, writing a personal blog, and participating in conferences and interviews.

**2015 - 2014:** Internship in Educational Psychology at the Psychological Service in Nahariya.

- Developmental psychological support for kindergartens – evaluating children's cognitive, language, social-emotional, and visual-motor functioning through observations, personal interviews, and consultations with educators and parents. Recommendations are made for both the kindergarten and family settings, with referrals to specialized services when necessary.
- Emergency interventions – providing crisis support for children and families in cases of bereavement and sexual abuse.
- Parent counseling – addressing concerns about a child's development by focusing on parental involvement, which plays a critical role in early childhood.
- School readiness assessments for first grade – conducting evaluations to determine whether a child is prepared to transition from kindergarten to elementary school, including cognitive, linguistic, motor, and socio-emotional aspects.
- Consulting for kindergarten teachers and educational staff – offering psychological guidance for issues related to the children, staff dynamics, parents, and the educational system.
- Participation in integration and placement committees – a bureaucratic process involving child assessment, consultations with teachers and parents, and preparing a psychological-educational profile to determine appropriate frameworks or support for the child.

**2014 - 2008:** Medical Psychologist at Sheba Medical Center, Tel HaShomer – Multiple Sclerosis Center.

- Psychological treatment – addressing anxiety disorders, depression, stress reduction, coping with crises, chronic illness, sleep disorders, and loss. Conducted both crisis interventions and short- and long-term therapy for patients and their families.

- Cognitive and emotional assessments for patients – conducting computerized and traditional tests designed for individuals with multiple sclerosis, using specialized questionnaires to inform treatment planning and research.
- Support groups for patients – facilitating therapy groups focused on coping with illness and stress management.
- Emotional support for medical staff – providing individual consultations for staff regarding their psychological challenges with patients (e.g., breaking bad news, witnessing patient deterioration). Conducted a therapeutic group for the physiotherapy staff.
- Supervision of M.A. psychology students during practicum – mentoring students in rehabilitation, medical, and neuropsychology, guiding them in clinical work and integrating into a complex hospital environment.
- Participation in research published in scientific journals – data collection, analysis, and preparation, as well as writing the psychological and cognitive sections of research articles.
- Lectures for professional teams and international delegations – training healthcare providers in Israel and abroad on the emotional and cognitive aspects of managing multiple sclerosis. This included conducting cognitive assessments and psychological care for multiple sclerosis patients.
- Participation in and representation at international conferences – presented at the *RIMS* (Rehabilitation in Multiple Sclerosis) conference in Turku, Finland, 2011, where I presented a poster on *Hope and Multiple Sclerosis*. In 2013, participated in a conference in Sicily, Italy, on *Cognitive Issues in Multiple Sclerosis*, presenting alongside Prof. Anat Achiron on Sheba's approach to future monitoring, diagnosis, and treatment of cognitive challenges in multiple sclerosis.

## Courses

**2022:** *GCP Course* – Provided training in the conduct of Good Clinical Practice (GCP) in clinical trials. Covered various topics in research methodology, regulation, and ethics of clinical studies.

**2019-2020:** *Doctoral Program Courses, Ariel University* – Research Planning for Doctoral Dissertation and Academic English for Doctoral Students. These courses provided training in academic writing, statistics, research design, and practical implementation of research.

**2016:** *Child and Adolescent Psychiatry* – Continuing Education at the School of Medicine, Tel Aviv University (118 hours). The program focused on clinical and theoretical knowledge of normal child and adolescent development, psychopathology, and various treatment methods. The course included lectures from leading clinicians (psychiatrists and psychologists) in Israel and a supervision group led by a psychiatrist and a clinical psychologist.

**2015:** *Developmental Psychology* (50 hours) – Focused on understanding developmental processes, emphasizing development within relationships, starting from the primary dyad and expanding to the surrounding environment.

**2014:** *The Psychologist's Role in the Education System* (50 hours) – Provided theoretical and practical knowledge aimed at developing the identity and role perception of the educational psychologist, enhancing their understanding and ability to act within a systemic context.

**2013:** *CBT for Children and Adolescents with Anxiety and Depression* (80 hours) – Resilience Center, led by Prof. Danny Hamiel and Dr. Lilach Rahamin. The course offered training in cognitive-behavioral therapy (CBT) for children, covering the full spectrum of anxiety and depression disorders in youth, and how CBT contributes to their treatment.

**2012:** *Schema Therapy* (60 hours) – Led by Dr. Ofer Maurer, as part of training for psychology interns at Sheba Medical Center. This course presented an advanced integrative approach to psychotherapy and included supervision on unique cases.

**2011:** *CBT Course* (42 hours) – Led by Dr. Nitza Nakash, focusing on cognitive-behavioral therapy for depression and anxiety. The course covered, among other topics, David Barlow's Unified Protocol model (Barlow, 1993).

**2010:** *Hypnosis Course* (60 hours) – Led by Dr. Yossi Meirson, covering the history of hypnosis, theoretical frameworks, therapist-patient relationships, hypnotic techniques, hypnosis processes, and related phenomena.

## **Trainings**

**2021:** *Third Annual Conference of the Division of Medical Psychology* – This conference focused on the unique integration of psychology and medicine, taking place during the COVID-19 pandemic, which accelerated the development of this field, positioning it as mature, stable, and robust. The event featured presentations and posters by medical psychologists showcasing their work, alongside lectures from physicians addressing the overlap between psychology and medicine (December 19-21, 2021).

**2019:** *First Annual Conference of the Division of Medical Psychology* – The conference highlighted the uniqueness of medical psychologists in Israel, focusing on treatment within a medical context, systemic interventions among healthcare teams and organizations, and practical workshops tailored to the field (February 14-15, 2019).

**2016-2024:** *Continuing Education for Psychologists at Meuhedet Health Services* – Trainings included Schema Therapy, Short-Term Therapy, ACT (Acceptance and Commitment Therapy), Focused Dynamic Therapy in Parenting, New Authority Approach, Trauma Treatment, and EMDR (Eye Movement Desensitization and Reprocessing) Therapy.

**2009-2015:** *Continuing Education for Psychologists at Sheba Medical Center* – Various professional development courses for medical psychology interns, as well as conferences and workshops.

### **Articles in Scientific Journals:**

Achiron, A., Chapman, J., Magalashvili, D., Dolev, M., Lavie, M., Bercovich, E., ... & Barak, Y. (2013). Modeling of cognitive impairment by disease duration in multiple sclerosis: a cross-sectional study. *PLoS One*, 8(8), e71058. <https://doi.org/10.1371/journal.pone.0071058>

Achiron, A., Chapman, J., Tal, S., Bercovich, E., Gil, H., & Achiron, A. (2013). Superior temporal gyrus thickness correlates with cognitive performance in multiple sclerosis. *Brain Structure and Function*, 218(4), 943-950. <http://dx.doi.org/10.1007/s00429-012-0440-3>

### **Lectures:**

- **Psychological Challenges of Post-Polio:** Aimed at adults who contracted polio in childhood and now face the disease's consequences in adulthood. The lecture reviews the psychological effects and presents recommended coping styles and strategies, alongside hope.
- **Mentor Training for ILAN:** A series of lectures designed to train experienced ILAN patients to mentor and support new patients facing similar life challenges. The series included theoretical material on therapy and guidance on the mentor-mentee meetings.
- **Stress, Coping, and Hope:** A lecture examining the effects of stress—physical, cognitive, social, and emotional—followed by scientifically validated coping strategies.
- **Post-Traumatic Stress and Multiple Sclerosis:** Exploring the connection between extreme stress, such as PTSD, and the onset of autoimmune diseases, with a focus on multiple sclerosis.
- **Resilience During War:** A lecture for medical teams on stress responses and coping strategies. It also covers how to assist patients and emphasizes the importance of self-care.
- **Coping in Emergency Situations:** Introducing the MASSE model (The Six Cs model, developed by Prof. Moshe Farchi), explaining immediate stress reactions and how to help people cope during the initial moments, potentially preventing the development of PTSD.
- **Introduction to Psychotherapy for Nurses:** This lecture provides theoretical and practical knowledge about psychological treatment, adapted for practical use

- by nursing staff in their encounters with patients. It focuses on common issues nurses face and discusses how best to manage and resolve these situations.
- **Schema Therapy in Medical Psychology:** A lecture for medical psychology trainees presenting the therapeutic principles of schema therapy (an integrative psychotherapy approach), with a case study on its application in medical psychology.
  - **Psychological Coping with Catheterization:** Aimed at nurses, this lecture reviews typical patient reactions to urinary catheterization, offering recommendations on how to address patients' embarrassment and resistance, fostering hope and encouraging proper and sustained adherence to catheterization.
  - **Exposure Techniques in Psychotherapy:** A lecture on the role of exposure in psychotherapy, based on the cognitive-behavioral approach (CBT). It is aimed at early-career psychologists or those unfamiliar with CBT.
  - **"A Secret? Really?" – Concealing Chronic Illness:** This lecture explores the reasons for secrecy around chronic illness and the effects of keeping such a secret on the patient and their environment. Drawing on research and therapeutic recommendations, the lecture encourages open disclosure and guides on how to approach it.
  - **Cognitive Issues in Multiple Sclerosis:** A comprehensive review of cognitive impairment in multiple sclerosis, how to diagnose it, and appropriate follow-up. The lecture also highlights protective factors against cognitive decline and ways to slow or prevent it.
  - **Internet, Social Networks, Medicine, and Psychology:** This lecture reviews recent technological advances (as of 2013) in the internet and social networks, and how these developments impact psychology and medicine. Recommendations are provided for medical staff on how to engage with social networks effectively.
  - **Depression in Multiple Sclerosis:** A lecture for patients outlining the biopsychosocial causes of depression in multiple sclerosis, along with effective coping strategies and treatments.
  - **Depression After Stroke:** A lecture for stroke survivors, examining the biopsychosocial causes of post-stroke depression and offering coping strategies and treatments.
  - **Hope and Coping:** This lecture, aimed at patients with chronic illnesses, reviews existing coping styles and offers guidance on balancing task-focused and emotion-focused coping. It concludes with a presentation of Snyder's Hope Model (1991) and its application to chronic illness management.
  - **Energy Management and Coping with Fatigue:** Addressing the issue of fatigue in multiple sclerosis, the lecture covers the psychological effects of fatigue and offers psychological tools for coping with its impact.
  - **Mental Resilience:** A discussion of the factors contributing to mental resilience, with practical suggestions on how to strengthen resilience and improve coping during crises.
  - **Psychologically Resilient:** A lecture for the elderly during the COVID-19 pandemic, offering strategies to improve psychological coping with the pandemic. This was an initiative of "Mifal HaPais" in collaboration with "Israel Hayom."

## **Media Appearances:**

- **"A Programmer Told Me to Say I'm Sick Just So I Can Get a Day Off":** The cost of concealing illness at work. Interview in Globes, 02/11/2021.
- **An Hour on Multiple Sclerosis:** Featured on the program "Just a Question" with Far Lee Shahar, Reshet Aleph, 21/05/2019.
- **Multiple Sclerosis: New and Effective Treatments:** Interview with Ynet, 29/04/2019.
- **Are Family Members Hiding Their Serious Illness from You?** Interview on the morning program "Morning News" with Niv Reskin, Channel 2, 25/07/2018.
- **Patients with Serious Illnesses Tend to Hide Them, Even from Family Members:** Interview on the morning show "Paula and Leon," Channel 2, 29/11/2017.
- **It's Not Healthy to Hide:** Interview with Israel Hayom, 27/11/2017.
- **My Doctor is Me:** Interview with Yedioth Ahronoth, 19/09/2017.
- **Multiple Sclerosis: Coping Strategies When the Body Attacks Itself:** Interview with Walla, 07/05/2017.
- **Love in the Shadow of Illness:** Interview with Walla, 07/01/2017.
- **An Hour on Depression:** Reshet Aleph, 30/10/2014.
- **Returning to School with Illness:** Interview on "Healthy Life" with Prof. Rafi Karso, Channel 10, 22/09/2013.
- **Coping with Multiple Sclerosis:** Interview on the program "New Agenda" with Aki Avni and Hila Nachshon, Channel 10, 17/06/2013.
- **Why Men Find It Hard to Talk About Illnesses:** Interview on "Professionals 10," Channel 10, 03/08/2011.
- **Coping with Illnesses:** Interview on the program "New Evening" with Dan Margalit, Channel 1, 21/04/2011.

## **Publications:**

- **Israel at War: 8 Psychological Tips** – "Camoni – Friends for Health," 09/10/2023.
- **Pain and Unpleasant Sensations in Multiple Sclerosis** – "Camoni – Friends for Health," September 2023.
- **Multiple Sclerosis – Everything You Need to Know** – "Camoni – Friends for Health," March 2023.
- **Medications for Multiple Sclerosis: Everything You Need to Know** – "Camoni – Friends for Health," February 2023.
- **Multiple Sclerosis: The Complete Guide for Newly Diagnosed Patients** – "Camoni – Friends for Health," February 2023.
- **13 Tips for Mothers with Multiple Sclerosis** – "Camoni – Friends for Health," May 2022.

- **Holiday Depression: How to Get Through Passover Safely** – "Camoni – Friends for Health," April 2022.
- **Sex and Sexuality with Multiple Sclerosis** – "Camoni – Friends for Health," January 2022.
- **9 Mistakes People with Multiple Sclerosis Make** – "Camoni – Friends for Health," 11/07/2021.
- **Hearing Problems in Multiple Sclerosis** – "Camoni – Friends for Health," May 2021.
- **Progressive Multiple Sclerosis: Everything You Need to Know** – "Camoni – Friends for Health," February 2021.
- **Psychological Resilience: Coping Strategies During COVID-19** – "Israel Hayom," 20/11/2020.
- **Exercise with Multiple Sclerosis: Everything You Need to Know** – "Camoni – Friends for Health," August 2020.
- **All Causes of Multiple Sclerosis** – "Camoni – Friends for Health," June 2020.
- **Multiple Sclerosis: Things You Must Tell Your Neurologist** – "Camoni – Friends for Health," May 2020.
- **Afraid of COVID-19? Here's How to Cope** – "Camoni – Friends for Health," 16/03/2020.
- **Multiple Sclerosis: 9 Questions to Ask Your Neurologist** – "Camoni – Friends for Health," January 2020.
- **Fertility, Pregnancy, and Childbirth with Multiple Sclerosis: Everything You Need to Know** – "Camoni – Friends for Health," December 2019.
- **Forgiveness Benefits Your Health** – "Camoni – Friends for Health," 01/10/2019.
- **Flights and Travel with Multiple Sclerosis** – "Camoni – Friends for Health," July 2019.
- **On Wisdom, Sensitivity, and Multiple Sclerosis** – "Yedioth Ahronoth," 23/05/2019.
- **When to Start Medication for Multiple Sclerosis?** – "Camoni – Friends for Health," January 2019.
- **9 Tips for the Newly Diagnosed Chronic Patient** – "Camoni – Friends for Health," October 2018.
- **Cognitive Issues in Multiple Sclerosis: Everything You Need to Know** – "Camoni – Friends for Health," October 2018.
- **Panic Attacks: Everything You Need to Know** – "Camoni – Friends for Health," August 2018.
- **The Uhthoff Phenomenon: The Effects of Heat on People with Multiple Sclerosis** – "Camoni – Friends for Health," July 2018.
- **On Soul Searching, Self-Compassion, and Health** – "Camoni – Friends for Health," 24/09/2017.
- **Symptoms of Multiple Sclerosis** – "Camoni – Friends for Health," August 2017.
- **Key Developments in the Treatment of Multiple Sclerosis** – "Haaretz," 09/04/2017.
- **All the Advice for Those Coping with Multiple Sclerosis** – "Camoni – Friends for Health," 12/02/2017.
- **Experts Recommend: How to Make 2017 Healthier** – "Camoni – Friends for Health," 27/12/2016.

- **Complementary Medicine for Multiple Sclerosis: The Good, the Bad, and the Unnecessary** – "Camoni – Friends for Health," September 2016.
- **Don't Stop Because of Multiple Sclerosis** – "Camoni – Friends for Health," 04/05/2016.
- **Multiple Sclerosis: What Causes Symptoms to Worsen** – "Camoni – Friends for Health," July 2015.
- **Multiple Sclerosis: 8 Interesting Facts** – "Mako," 27/05/2015.
- **When the Right Hand Doesn't Know What the Left Hand Is Doing** – "Yedioth Ahronoth," 18/05/2015.
- **Multiple Sclerosis: Psychological Treatment Benefits the Body Too** – "Camoni – Friends for Health," 03/02/2015.
- **What Causes Fatigue in Those Suffering from Multiple Sclerosis?** – "Camoni – Friends for Health," 02/10/2014.
- **You Navigate, You Decide** – "Yedioth Ahronoth," 27/07/2014.
- **Multiple Sclerosis: Take Control of Fear and Anxiety** – "Camoni – Friends for Health," June 2014.
- **Life with a Chronic Illness: Should You Keep Working?** – "Camoni – Friends for Health," February 2014.
- **What Not to Say to a Sick Person** – "Yedioth Ahronoth," 19/11/2013.
- **6 Things Not to Say to Someone with a Chronic Illness** – "Camoni – Friends for Health," October 2013.
- **On Multiple Sclerosis Attacks** – "Camoni – Friends for Health," January 2012.
- **Love in the Shadow of Illness: When is the Right Moment to Tell Your Partner?** – "NRG," 16/02/2011.
- **7 Things Not to Say to Someone with Multiple Sclerosis** – "Camoni – Friends for Health," January 2011.
- **How to Prepare for an MRI** – "Camoni – Friends for Health," December 2010.
- **Steroids for Multiple Sclerosis** – "Camoni – Friends for Health," September 2010.