

YAAKOV OPHIR, PH.D.

Scientist Practitioner (Clinical and Developmental Psychology)
Technion – Israel Institute of Technology, Hebrew University of Jerusalem
213 Nofei Prat, Israel

Telephone: 972-525633265 / e-mail: yaakov.ophir@mail.huji.ac.il

EDUCATION

- 2017 – Present Technion – Israel Institute of Technology and the Hebrew University of Jerusalem
Post-Doctoral fellowship
Automated Detection of Distress from Social Media
- 2012 – 2017 Hebrew University, Jerusalem. School of Education
Doctor of Philosophy, Clinical Child Psychology
Adolescents' Distress on Social Media
Supervisors: Prof. Baruch Schwartz and Dr. Christa Asterhan
- 2009 – 2011 Hebrew University, Jerusalem. School of Education
M.A. in Educational and Clinical Child Psychology
Summa Cum Laude
- 2004 – 2008 Hebrew University, Jerusalem. Social sciences
B.A. Major: Psychology; Minor: Interdisciplinary Studies
Summa Cum Laude

APPOINTMENTS & MEMBERSHIPS

- 2016 – 2017 Hebrew University, Jerusalem. School of Education
Lecturer (Introduction to Psychology)
- 2016 – 2017 The Annual Israeli Suicide Research Symposium (ISRS)
Member of the Scholarships' Judging Committee
- 2014 – 2015 Hebrew University, Jerusalem
Representative of the PhD students at the Hebrew University Senate
- 2012 – 2015 ISEF Foundation
Fellowship at the doctoral leadership program
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CERTIFICATIONS

15.1.2018 Ministry of Health
Expertise in clinical psychology

14.11.2011 Ministry of Health
Registered Psychologist (#27-118144)

TRAINING & WORK EXPERIENCE

2017 – Present The Psychological Services of the Hebrew University
Clinical psychologist

2014 – 2017 Maane: Adolescent Counseling Center, Jerusalem Municipality
Clinical psychology intern (3/4 years of internship)

2014 – 2015 Dept. of Social Media, Youth Division, Jerusalem Municipality
Psychologist

2013 – 2014 Herzog Hospital, Closed Psychiatric Ward, Jerusalem
Clinical psychology intern (1/4 years of internship)

2011 Mishmar Ha'am, Mental health clinic, Jerusalem
Practicum in clinical child psychology, Hebrew University

2010 Psychological educational service, South Jerusalem
Practicum in educational psychology, Hebrew University

2009 Psychological educational service, North Jerusalem
Practicum in educational psychology, Hebrew University

2009 Youth-at-risk association, Neve Yaacov, Jerusalem
Psychological group intervention for endangered youth

SCHOLARSHIPS & AWARDS

2014 – 2017	Hebrew University, Jerusalem Presidential Scholarship for Academic Excellence
2017	Tel Aviv University The Ilan Hamel Award for Academic Innovation and Social Contribution
2014	The annual Israeli Suicide Research Symposium (ISRS) Doron Asaf Scholarship for Outstanding Research on Suicide
2012 – 2014	Hoffman Leadership & Responsibility Program, Fellowship
2013	Scientific Poster Competition, Israeli Association for Behavioural and Cognitive Psychotherapy - First prize
2009	ISEF Foundation - Certificate of commendation
2005	Hebrew University, Jerusalem Dean's List. Faculty of Social Sciences

PUBLICATIONS

- **Ophir, Y.**, Asterhan, C. S. C., & Schwarz, B. B. (2017). Unfolding the notes from the walls: Adolescents' depression manifestations on Facebook. *Computers in Human Behavior*, 72, 96-107. doi:<http://dx.doi.org/10.1016/j.chb.2017.02.013>
- **Ophir, Y.** (2017). SOS on SNS: Adolescent distress on social network sites. *Computers in Human Behavior*, 68, 51–55. doi:<http://dx.doi.org/10.1016/j.chb.2016.11.025>
- Rosenberg, H., **Ophir, Y.**, & Asterhan, C. S. C. (2018). A virtual safe zone: Teachers supporting teenage student resilience through social media in times of war. *Teaching and Teacher Education*, 73, 35-42. doi:<https://doi.org/10.1016/j.tate.2018.03.011>

- Schwarz, B. B., Cohen, I., & **Ophir, Y.** (2017). The Epidemic Effect of Scaffolding Argumentation in Small Groups to Whole-Class Teacher-Led Argumentation. In *Interpersonal Argumentation in Educational and Professional Contexts* (pp. 95-115): Springer. doi: 10.1007/978-3-319-59084-4_5
- **Ophir, Y.**, Rosenberg, H., Asterhan, C. S. C., & Schwarz, B. B. (2016). In times of war, adolescents do not fall silent: teacher–student social network communication in wartime. *Journal of Adolescence*, 46, 98–106. doi:http://dx.doi.org/10.1016/j.adolescence.2015.11.005
- **Ophir, Y.**, & Mor, N. (2014). If I only knew why: The relationship between brooding, beliefs about rumination, and perceptions of treatments. *Behavior Therapy*, 45(4), 553–563. doi:10.1016/j.beth.2014.03.004
- **Ophir, Y.**, Asterhan, C. S. C., & Schwarz, B. B. (2017). Detection, Prevention, and Treatment of Adolescents' Distress on Social Media: A Literature Review. In: B. B. Schwarz, H. Rosenberg & C. S. C. Asterhan, (Eds.), *Breaking down barriers? Teachers, students and social network sites*. MOFET books. (Hebrew).
- Rosenberg, H., **Ophir, Y.**, & Asterhan, C. S. C. (2017). Building Adolescent Resilience: Teacher-Student Social Network Communication in times of political violence. In: B. B. Schwarz, H. Rosenberg & C. S. C. Asterhan, (Eds.), *Breaking down barriers? Teachers, students and social network sites*. MOFET books. (Hebrew).

MANUSCRIPTS UNDER EDITORIAL REVIEW

- **Ophir, Y.**, Asterhan, C. S. C., & Schwarz, B. B. Behind the walls: The Digital Footprints of Adolescent Depression, Social Rejection and Victimization of Bullying on Facebook

PROFESSIONAL CONFERENCES

- 2017 "To Understand in order to Prevent" The Annual Israeli Suicide Research Symposium.
Guest lecturer.
- 2017 Brain Gain: 2017 – The 2nd Multidisciplinary Conference for PhD Students, School of Education, Hebrew University of Jerusalem.
Head organizer.
- 2015 Brain Gain: 2015 – The 1st Multidisciplinary Conference for PhD Students, School of Public Policy, Hebrew University.
Founder and head organizer - The conference serves as a platform for interdisciplinary cooperation amongst PhD students.
- 2015 Rosenberg, H., **Ophir, Y.**, Asterhan, C. S. C., & Schwarz, B.B. (2015) "The role of Teacher-student social network contact during wartime: A mixed method approach". Paper presented in the 10th CHAIS Conference for Innovation in Learning Technologies, The Open University, Tel-Aviv.
- 2015 **Ophir, Y.**, Rosenberg, H., Asterhan, C. S. C., & Schwarz, B. B. (2015). In times of war, adolescents do not fall silent: teacher-student social network communication in wartime. Poster presented in the Annual Conference of the European Association for Behavioral and Cognitive Therapies (EABCT), Jerusalem.
- 2015 **Ophir, Y.**, Rosenberg, H., Asterhan, C. S. C., & Schwarz, B. B. (2015). In times of war, adolescents do not fall silent: teacher-student social network communication in wartime. Poster presented in the International Convention of Psychological Science (ICPS), Amsterdam.
- 2014 A Practitioners Seminar - "Teachers in the virtual world: Ethical and Psychological Perspectives", Jerusalem Municipality
Host and Moderator
- 2014 Panel discussion on Identification and prevention of distress among adolescents in social media. Conference on Social

Networks, Education, and Learning, School of Education,
Hebrew University, Jerusalem

Panel Chairperson

2013 **Ophir, Y., & Mor, N.** “Too much thinking?! Rumination, brooding and beliefs about rumination as predictors of treatment choice for depression”. Poster presented in the annual conference of the Israeli Association of Behavioral and Cognitive Psychotherapy, Akko, Israel.

2012 **Ophir, Y., & Mor, N.** “Too much thinking?! Rumination, brooding and beliefs about rumination as predictors of treatment choice for depression”. Poster presented in the annual conference of the Association for Behavioral and Cognitive Therapies (ABCT), National Harbor, Washington, US.

NON-FORMAL EDUCATION and NGO'S

2009 Shekel. A community non-profit organization for people with special needs, Jerusalem

Counselor at hostel for the mentally disabled

2005 – 2007 The Jewish Agency, Zionist Seminar Division

Four-time delegate to England, Bulgaria and the US

2003 – 2005 The Jewish Agency, Overseas Summer Camp Division

Division Head, counselor

2004 Alexander Moss American School in Israel

Seminar for high school seniors on Judaism and Zionism

Counselor

2003 The Jewish Agency, Summer Camp, South Africa

Counselor

ADDITIONAL WORK EXPERIENCE

- 2008 – 2013 The Western Wall Heritage Foundation
Tourist guide for official (VIP) guests and donors
- 2008 Department of Business Management, Hebrew University,
Jerusalem.
Research assistant
- 2007 'Mashkuchit' Consulting and Training, Jerusalem, Israel.
**Educational program developer; counselor for foreign
students**
- 2003 – 2008 The Jewish Agency, Overseas Summer Camp Division
Examines candidates for counseling positions

VOLUNTARY, SOCIAL & COMMUNITY ACTIVITIES

- 2015 'Maaneh Bareshet' – an Emergency Hotline on Facebook for
Distressed Youth
Founder
- 2012 – 2015 Forum Hashlama: A national organization for rapprochement
between Ultra-orthodox (Haredim) and non-religious people.
Founding manager
- 2011 – Present Publication of multiple articles in popular local media (e.g.,
ynet, nrg, de-marker). The articles address social, economic
and public health issues and are available by the author.
- 2011 ISEF Foundation, Jerusalem Division
Coordinator, graduate student social leadership program
- 2006 – 2008 Swiss House, a nursing home for senior citizens, Jerusalem
Volunteer, social activities
- 2005 Givat Zeev, Jerusalem
**Volunteer counselor for youth from disadvantaged
families**

2004 Gilo, Jerusalem
Volunteer teacher, matriculation preparatory program

1999 – 2000 Beit Israel, Urban Kibbutz. Gilo, Jerusalem
Army preparatory program
Teacher and counselor at absorption center for children

ARMY SERVICE

2000 – 2003 Israel Defence Forces, Golani Brigade
Platoon Sergeant

2004 – 2014 Israel Defence Forces (Reserves), Carmeli Brigade
Sergeant

2015 – present Israel Defence Forces (Reserves), Special Operation
Engineering Elite Unit (Yahalom)
Psychologist of screening process (Gibush)

RECOMMENDATIONS

Academia

Prof. Baruch Schwartz 02-5888106 baruch.schwarz@mail.huji.ac.il
Dr. Christa Asterhan 052-6757662 asterhan@huji.ac.il
Dr. Joop Meijers 02-5882171 joopme@gmail.com
Dr. Shimon Gesundheit 054-6515830 gesund@mscc.huji.ac.il

Mental health Clinics

Ms Tamar Ovnat, deputy director, Maane 054-4588170 ovnatt@gmail.com
Dr. Marina Yermilov, Herzog Hospital, 054-5981719 ermilovm@gmail.com

Informal Education

Racheli Hadad, Western Wall Foundation 052-4760417 rachelc@thekotel.org

PERSONAL DETAILS

Date of Birth: May 9, 1981

Place of Birth: Jerusalem, Israel

Marital Status: Married

Children: 2

Languages: Hebrew, English