

# Ohad Nahum

Phone : +972-54-6999409  
Email : ohadnahum@gmail.com  
Websites : <https://ohadnahum.com> ; <http://sport-psychology.blogspot.co.il/>

## **Education**

2015-2020 University of Haifa – PhD., Department of psychology.  
Title of thesis: Key Resources & Engagement Among Professional Athletes  
Supervisors: Prof. Moshe Almagor Tikotzki, Prof. Stevan Hobfoll & Prof. Danny Koren

2002-2004 University of Haifa – M.A. (Cum Laude), Clinical Child Psychology

1999-2002 Tel Aviv University – B.A., Psychology and Economics

## **Clinical experience**

2007- Clinical Psychologist, specializing in Anxiety, Parents Counseling, Play Therapy and Sports Psychology. Experienced in both Dynamic and Cognitive Behavioral Therapy with children and adults  
[private practice]

2010- Clinical Psychologist, specializing in NVR counseling to parents and families on Entitled Dependence of Adult Children, Child Anxieties and New Authority  
[Tel-Aviv Center for NVR Psychology]

2009-2011 Clinical Psychologist, practicing Cognitive-Behavioral Therapy  
[Tel Aviv Sourasky Medical Center, Anxiety Unit]

2009-2011 Clinical Psychologist, working with children and adolescents  
Group Supervisor, M.A. Psychology student Clinical Practicum.  
Supervisor, Tutor Project of Psychology students' practice with patients  
[Mental Health Center, Rishon LeZion]

2005-2009 Clinical Psychology Intern  
[Tel-Aviv Sourasky Medical Center]

2005-2008 Sports Psychologist  
[Israeli Tennis Center, The Tennis Academy]

## **Teaching experience**

2019- Lecturer in Clinical Sport Psychology & Performance Psychology  
[The Academic College of Tel Aviv-Yaffo]

2010- Lecturer specializing in Child Anxieties  
NVR counseling and New Authority to schools, parents and families  
Entitled Dependence of Adult Children and Hikikomori

[Tel-Aviv Center for NVR Psychology]

- 2005- Lecturer, specializing in Sports Psychology  
[Wingate Institute, Zinman College for Physical Education and Sport Sciences; Sport Academy, Tel-Aviv, Ariel University]
- 2012-2017 Lecturer in Sport Psychology seminar.  
Psycho-diagnosis & Psychopathology courses.  
[Ariel University]
- 2012-2016 Lecturer  
[The School of Non-Violent Resistance Psychology]

### **Presentations at International Conferences**

- 2019 Failure to launch: A brief review of the phenomenon of young dependent adults, and the innovative Non-Violent Resistance intervention model. A lecture presented at the 40<sup>th</sup> Annual Conference of the Stress and Anxiety Research Society (STAR), Palma de Mallorca, Spain.
- 2019 New theoretical concepts to address children's anxiety: Malignant and benign parental accommodation. A lecture presented at the 40<sup>th</sup> Annual Conference of the Stress and Anxiety Research Society (STAR), Palma de Mallorca, Spain.
- 2019 Resources do make a difference: the impact of psychological resources on stress and athletic performance. A lecture presented at the 40<sup>th</sup> Annual Conference of the Stress and Anxiety Research Society (STAR), Palma de Mallorca, Spain.
- 2018 Stress and Well-being among Israeli Female Basketball Premier League Players: Exploring Weekly Fluctuations. A lecture presented at the 5<sup>th</sup> International Congress of Exercise and Sport Sciences - The Academic College at Wingate, Netanya, Israel.
- 2018 Improving Our Sport Psychology Research: What Can Be Done? A lecture presented at the 5<sup>th</sup> International Congress of Exercise and Sport Sciences - The Academic College at Wingate, Netanya, Israel.
- 2018 Child treatment in parallel to parental NVR training. A lecture presented at the 5<sup>th</sup> International Conference on Non-Violent Resistance (NVR) Interventions, Tel-Aviv, Israel.
- 2017 Non-Violent Resistance Psychology as a Family Therapy for Young Dependent Adults. Invited workshop panelist, Prevention and Intervention in Emerging Adulthood. Presented at the 8<sup>th</sup> biennial Conference of the Society for Study of Emerging Adulthood (SSEA), Washington D.C., USA.
- 2016 Working with Parents of Anxious Children: Using the Therapeutic Approach of Non-Violent Resistance. Workshop presented at the 37<sup>th</sup> Annual Conference of the Stress and Anxiety Research Society (STAR), Zagreb, Croatia.

- 2016 Clinical Sport Psychology - Beyond Performance & Psychopathology. A lecture presented at the 37<sup>th</sup> Annual Conference of the Stress and Anxiety Research Society (STAR), Zagreb, Croatia.
- 2016 Stress Research in Sport Psychology - Three Limitations and Future Directions. A lecture presented at the 37<sup>th</sup> Annual Conference of the Stress and Anxiety Research Society (STAR), Zagreb, Croatia.
- 2015 "Survival Mode"- A peek into the Subjective Experience of Dependent Adults. A lecture presented at the 36<sup>th</sup> Annual Conference of the Stress and Anxiety Research Society (STAR), Tel-Aviv, Israel.

### **Presentations at National Conferences**

- 2020 Working with Parents of Anxious Children Using the New-Authority and Non-violent Resistance psychology. Workshop presented at the 40<sup>th</sup> Annual Conference of the Israeli Association for CBT (ITA), Netanya, Israel.

### **Professional Publications**

- 2017 Nahum, O. (2017). Stress research in sport psychology: Three limitations and future directions. In Moore, K.A. & Buchwald, P. (Eds.) Stress and Anxiety - Coping and Resilience. (pp. 177-186). Berlin: Logos Publishers. ISBN 978-3-8325-4507-9. [Book Chapter]
- 2011 Omer, H., Dolberger, D., Nahum, O., et al. (2011). The trap of the un-empty nest. Hebrew Psychology website, <http://www.hebpsy.net/articles.asp?id=2541>. [Unrefereed Article]