

Asala Halaj

Curriculum Vitae

Address: Khaled Ben Elwalid St., Sakhnin, 3081000

Email: Asala.halaj@mail.huji.ac.il

Education

The Hebrew University of Jerusalem, Jerusalem, Israel **2015-present**

PhD Candidate, Clinical Psychology

Advisor: Prof. Jonathan Huppert

Thesis: "Insight in Anxiety Disorders: Correlates and Relation to Treatment Outcomes"

Teachers College, Columbia University, New York, NY, USA **2012- 2014**

MA, Psychology in Education, Clinical Psychology

Thesis: "CBT for Depressed Patients with Comorbid Disorders"

Saint Peter's University, Jersey City, NJ, USA **2009-2012**

BA, Economics

List of Publications**Book Chapters**

Halaj, A., & Huppert, J. D. (2017). Clinical Psychology in the Middle East. In S.G. Hofmann (Ed.), *International Perspectives on Psychotherapy* (219-239). Boston, MA: Springer.

Schneier, F. R., & **Halaj, A.** (2015). Clinical Aspects of Social Anxiety Disorders and Specific Phobias. In D. Pine., K. Ressler., B. Rothbaum., & A. Muskin (Eds.), *Primer on Anxiety Disorders* (201-212). New York, NY: Oxford University Press.

Journal Papers

Zalaznik, D., Strauss, A., **Halaj, A.**, Fradkin, I., Barzilay, S., Katz, A. B., Ganor, T., Anderson G., Ebert, D., & Huppert, J. D. (2021). Patient alliance with the program predicts treatment outcomes whereas alliance with the therapist predicts attrition in internet based therapy for panic disorder. *Psychotherapy Research*, 1-14.

Lindgaard, T., Seaton, F., **Halaj, A.**, Berg, M., Kashoush, F., Barchini, R., Ludvigsson, M., Sarkohi, A., & Andersson, G. (2020). Internet-based cognitive behavioural therapy for depression and anxiety among Arabic-speaking individuals in Sweden: a pilot randomized controlled trial. *Cognitive Behaviour Therapy*, 1-20.

Halaj, A., Yekutieli, N., Strauss, A., & Huppert, J. D. (2019). Utilization of learned skills in cognitive behavioural therapy for panic disorder. *Behavioural and cognitive psychotherapy*, 47(6), pp.645-658.

Siev, J., Abramovitch, A., Ogen, G., Burstein, A., **Halaj, A.**, & Huppert, J. D. (2017). Religion, moral thought-action fusion, and obsessive-compulsive features in Israeli Muslims and Jews. *Mental Health, Religion & Culture*, 1–12.

Halaj, A., & Huppert, J. D. (submitted). Insight in Non-Psychotic Disorders: A Systematic Review of Measurements and A New Theoretical Model.

Halaj, A., & Huppert, J. D. (submitted). Clinical and Cognitive Insight in Pathological Anxiety: Relationship to Cognitive Factors and Implicit Theories.

Zalaznik, D., Strauss, A., **Halaj, A.**, Fradkin, Anderson G., Ebert, D., & Huppert, J. D. (submitted). Going Through it Alone: Anxious Attachment Improves and Is Preceded by Anxiety Sensitivity in Internet-Based Cognitive Behavioral Treatment for Panic Disorder.

Lindegaard, T., Kashoush, F., Holm, S., **Halaj, A.**, Berg, M., & Andersson, G. (submitted). Experience of Internet-Based Cognitive Behavioral Therapy for Depression and Anxiety among Arabic-Speaking Individuals in Sweden: A Qualitative Study.

Manuscripts in preparation

Halaj, A., Strauss, A., Zalaznik, D., Anderson G., Ebert, D., & Huppert, J. D. Cognitive and Clinical Insight in Panic Disorder: Relationship to Treatment Outcome in Internet Cognitive Behavior Therapy.

Halaj, A., Strauss, A., Zalaznik, D., Fradkin, Anderson G., Ebert, D., & Huppert, J. D. Correlated of Clinical and Cognitive insight in Panic Disorder.

Conference Presentations

Halaj, A., Phillips, K., Bentall, R., Veale, D., & Huppert, J. D. (July, 2019). *What is insight? Can it be used as a multidimensional Construct Across Disorders?* Round table session presented at the World Congress of Behavioural and Cognitive Therapies. Berlin, Germany.

Halaj, A., Strauss, A., Zalaznik, D., Fradkin, I., Anderson, G., Ebert, d., & Huppert, J. D. (April, 2019). *Cognitive and clinical insight in panic disorder: relationship to treatment outcome in internet-based cognitive behavior therapy.* Open paper session presented at the Israel regional group for psychotherapy research. Tel-Aviv, Israel.

Strauss, A., **Halaj, A.**, Zalaznik, D., Fradkin, I., Anderson, G., Ebert, d., & Huppert, J. D. (November 2018). *Relationship with Therapist or Relationship with the Program in Guided Internet-based Cognitive Behavioral Therapy for Panic Disorder: Development, Course, and Associations with Outcome.* Poster session presented at the 52nd Annual Association for Behavioral and Cognitive Therapies Congress, Washington, USA.

Halaj, A., Strauss, A., & Huppert, J. D. (September, 2018). *Insight and Its Relationship to Cognitive Factors and Implicit Theories in Anxiety Disorders.* Poster session presented at the 48th

Annual European Association for Behavioural and Cognitive Therapies Congress, Sofia, Bulgaria.

Halaj, A., Strauss, A., Zalaznik, D., Fradkin, I., Anderson, G., Ebert, d., & Huppert, J. D. (September, 2018). *Cognitive and Clinical Insight in Panic Disorder: Relationship to Treatment Outcome in Internet Cognitive Behavior Therapy*. Poster session presented at the 48th Annual European Association for Behavioural and Cognitive Therapies Congress, Sofia, Bulgaria.

Huppert, J. D., Strauss, A., Zalaznik, D., **Halaj, A.**, Fradkin, I., Zlotnik, E., Anderson, G., Ebert, d. (July, 2018). *Can we disaggregate therapist and program's contributions to the alliance and outcomes in ICBT*. Open paper session presented at the 48th Annual European Association for Behavioural and Cognitive Therapies Congress, Sofia, Bulgaria.

Strauss, A., Zalaznik, D., **Halaj, A.**, & Huppert, J. D. (2017, September). *Therapeutic Alliance to Therapist vs. Alliance to the Program in Guided Internet-based Cognitive Therapy for Panic Disorder: Development, Course, and Association with Outcome*. Open paper session presented at the 46th Annual European Association for Behavioural and Cognitive Therapies Congress, Ljubljana, Slovenia.

Halaj, A., Ykutial, N., Strauss, A., & Huppert, J. D. (2017, February). *Utilization of Learned Skills in Cognitive Behavioral Therapy for Panic Disorder*. Poster session presented at the Israeli Association for Behavioral and Cognitive Psychotherapy conference, Akko, Israel.

Halaj, A. (2015, May). *The Relationship Between Insight and Anxiety Sensitivity in Obsessive-Compulsive Disorder*. Poster session presented at the 45th Annual European Association for Behavioural and Cognitive Therapies Congress, Jerusalem, Israel.

Editorial service

Ad Hoc Reviews for Journals

Journal of Internet Interventions

Honors and Awards

- | | |
|---|--------------------|
| o Travel Award
The Ministry of Science and Technology | Summer 2019 |
| o The Council for Higher Education
Scholarships for outstanding Arab doctoral students | 2018-2021 |
| o Israel Association of Academic Women ,
Scholarships for outstanding women doctoral students | Summer 2018 |
| o Blum Scholarship , The Hebrew University of Jerusalem
Scholarship for outstanding Arab doctoral students | 2016-2021 |
| o Doctorate Scholarship for Returning Residents ,
Ministry of Aliyah and Integration
Scholarship for returning PhD research students | 2016-2019 |
| o Travel Award , The Hebrew University of Jerusalem | Summer 2017 |
| o Psi Chi Honor Society Member | 2014-2016 |
| o Dean's List , Saint Peter's University | 2010-2012 |

- o **Athletic Scholarship**, Saint Peter's University **2009-2012**
- o **Scholar Athlete**, All Metro Atlantic Conference **2009-2012**

Teaching and Mentoring Experience

- o **Teaching Assistant**, The Hebrew University of Jerusalem **2017-2018**
Jerusalem, Israel
- o **Academic Advisor**, The Hebrew University of Jerusalem, **2015-2016**
Jerusalem, Israel
- o **Teaching Assistant**, Saint Peter's University, NJ, USA **2012-2013**

Research Experience

- o **PhD Researcher**, Laboratory for the Study and Treatment of **2015-2020**
Anxiety, The Hebrew University of Jerusalem, Jerusalem, Israel
Supervisor: Prof. Jonathan Huppert
- o **Research Assistant**, New York State Psychiatric Institute, **2013-2015**
Columbia University Medical Center, New York, NY, USA
Supervisor: Helen Blair Simpson, MD, PhD **2013-2015**
- o **Research Assistant**, Global Mental Health Laboratory, Teachers College, **2013-2015**
Columbia University, New York, NY, USA
Supervisor: Helen Verdeli, PhD
- o **Clinical Research Coordinator**, New York University School of **2014-2015**
Medicine, Psychiatry, PTSD Research Program, New York University,
New York, NY, USA
Supervisor: Marylene Cloitre, PhD **2013-2014**
- o **Research Assistant**, New York University, Psychiatry, PTSD Research **2013-2014**
Program, New York University, New York, NY, USA
Supervisor: Charles Marmar, MD
- o **Project Coordinator**, New York State Psychiatric Institute, Columbia **2013-2014**
University Medical Center, New York, NY, USA
Supervisor: Ronit Kishon, PhD

Professional Organizations and Associations

- American Psychological Association for Graduate Students
- Arab Psychological Association
- The Israeli Association of Academic Women
- Psychotherapy Practice Research Network

Languages

- o Arabic: Mother language.
- o Hebrew: Fluent.
- o English: Fluent.

Volunteer Activities

- o Mentor Teacher, The Council for Higher Education & The Hebrew **2018-2019**

University of Jerusalem

- o Center for Partnership and Outreach, The Hebrew University of Jerusalem **2018-2019**
Giving lectures for high school students
- o Institute for Prevention of Domestic Violence, Sakhnin, Israel **2015-present**
Supporting children with social, emotional, and behavioral difficulties
- o Youth Recreation and Cultural Center, Sakhnin, Israel **2015-2018**
Teaching children new skills and encouraging children to learn and achieve their potential
- o Saint Peter's University, Emmaus Project, Jersey City, USA **2013-2015**
Worked with children from low socioeconomic status families
- o Lightning Wheels, Newark Piranha, Newark, NJ, USA **2011-2012**
Taught children life saving techniques for themselves and others
- o Saint Peter's University Swimming Program, Jersey City, NJ, USA **2009-2012**
Trained children aged between 8-12 years in swimming