

Dina Zalaznik

26 Henry Morgentau St. • Jerusalem • Phone: 0587-677777 • email:
dina.zalaznik@mail.huji.ac.il

Dina Zalaznik

ID #037307808

PhD Candidate at Psychology Department

Research topic: The Therapeutic Alliance and Attachment in Internet Based Cognitive Behavioral Treatment.

Supervisor: Prof. Jonathan D. Huppert

Education

- 2016 – Present:** **The Hebrew University of Jerusalem.** *A PhD candidate at the Lab for the Study and Treatment of Mental Health and Wellbeing, stage B, under the supervision of Prof. Jonathan Huppert.*
- 2013 – 2016:** **The Hebrew University of Jerusalem.** *Master studies in clinical psychology. Graduated magna cum laude*
- 2007 – 2012:** **The Open University, Israel.** *Bachelor studies in psychology. Graduated magna cum laude*

Publications and Presentation:

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

Zalaznik D., Strauss, A. Y., Halaj, A., Fradkin, I., ... & Huppert, J. D. (2021) Going through it alone: Anxious attachment improves and is preceded by reduced anxiety sensitivity in internet-based cognitive behavioral treatment for panic disorder. (under review)

Dina Zalaznik

26 Henry Morgentau St. • Jerusalem • Phone: 0587-677777 • email:
dina.zalaznik@mail.huji.ac.il

Zalaznik, D., Weiss, M., & Huppert, J. D. (2019). Improvement in adult anxious and avoidant attachment during cognitive behavioral therapy for panic disorder. *Psychotherapy Research*, pp.1-17. <https://doi.org/10.1080/10503307.2017.1365183>

Zalaznik, D., (2016) *Issues in Suicide Ideation and Suicide Evaluation in the Ultra-Orthodox Community. Hebrew Psychology.* <http://www.hebpsy.net/articles.asp?id=3255>

Zalaznik D. & Huppert, J.D. (April, 2019). The development of the Internet Patient's Experience of Attunement and Responsiveness(I-PEAR) – preliminary results. Paper presented at the Founding Conference of The Israeli Psychotherapy Research Group, Tel-Aviv, Israel.

Zalaznik, D., & Huppert, J.D. Do patients form an alliance with the program or the therapist in internet-based interventions? The development of the Internet Patient's Experience of Attunement and Responsiveness (I-PEAR). Research presentation at *Society for Psychotherapy Research* conference in Amsterdam, June 2018.

Shafran, **N., Zalaznik,D.,** Boxer, M., Huppert, J.D. Client Resistance in Cognitive Behavioral Therapy for Panic Disorder (PD) and Social Anxiety Disorder (SAD). Research presentation at *Society for Psychotherapy Research* conference in Amsterdam, June 2018.

Strauss, A. **Zalaznik, D.** Halaj, A. Fradkin, I. Huppert, J. (2017). Therapeutic alliance to therapist vs. alliance to the program in guided internet-based cognitive behavioral therapy for panic disorder: development, course, and associations with outcome. Paper presented at the 47th annual convention of the European Association for Behavioral and Cognitive Therapies (EABCT), Ljubljana, Slovenia.

Selected Awards and Fellowships

2019 -present

The VATAT scholarship

Dina Zalaznik

26 Henry Morgentau St. • Jerusalem • Phone: 0587-677777 • email:
dina.zalaznik@mail.huji.ac.il

- 2018: One-time grant by Women in Academy of Israel
- 2017– 2020: The Ariane de Rothschild Women Doctoral Program
- 2016 – 2017: Doctoral candidates' scholarship, the psychology department, Hebrew University of Jerusalem.
- August 2016: One-time grant by the Freud Center for Study and Research in Psychoanalysis on presentation at the Society for Psychology Research Conference in 2016.
- 2013 – 2015: Advanced Studies for Haredim by Toronto Friendship scholarship
- 2008 – 2012: Keren Kemah scholarship
- 2008 – 2012: Dean's List, The Open University in Israel

Professional experience

- Winter 2021: **Teaching** position *issues in research and treatment in the Charedi community* for graduated students for psychology, The Faculty of Social Science, The Hebrew University of Jerusalem
- 2018 – 2019: **Teaching** identity workshops for Haredi students about issues and conflicts in their academic life, The Hebrew University of Jerusalem
- 2018 – present: **Manger**, content developer and therapist in the research-therapy program HUJI ICBT for Depression:

Dina Zalaznik

26 Henry Morgentau St. • Jerusalem • Phone: 0587-677777 • email:
dina.zalaznik@mail.huji.ac.il

Internet Cognitive Behavioral Treatment for Depression disorder. Prof. Jonathan Huppert's Laboratory for the Study and Treatment of Mental Health and Wellbeing, Hebrew University, Jerusalem
https://www.iterapi.se/sites/depression_israel/

2018 – present: **Internship** in clinical psychology, Talbia-Vinick, a public mental health clinic by Clalit, Jerusalem

2016 – present: **Coordinator** of the special program for training psychologists for Haredim students, The Hebrew University of Jerusalem.

2016 – present: **Conference production:** Initiating and producing with Prof. Jonathan Huppert, the first academic conference about the psychology in the orthodox (Haredi) community, the third conference will take hold on July 24, 2019 at the Hebrew University, Jerusalem.

2016 – present: **Research** of uptake and dropouts in internet-based CBT for panic disorder participating in content development, data collection, questionnaires development and interview developing. Prof. Jonathan Huppert's Laboratory for the Study and Treatment of Anxiety, Hebrew University, Jerusalem.

2016: **Co-reviewing** paper for the *Journal of Clinical and Consulting Psychology*.

2016 – present: **Clinical evaluator for research** in panic disorder, Prof. Jonathan Huppert's Laboratory for the Study and Treatment of Anxiety, Hebrew University, Jerusalem.

Dina Zalaznik

26 Henry Morgentau St. • Jerusalem • Phone: 0587-677777 • email:
dina.zalaznik@mail.huji.ac.il

2013 – 2015: **Trainee therapist** at the Psychology Services in the Hebrew University of
Jerusalem.