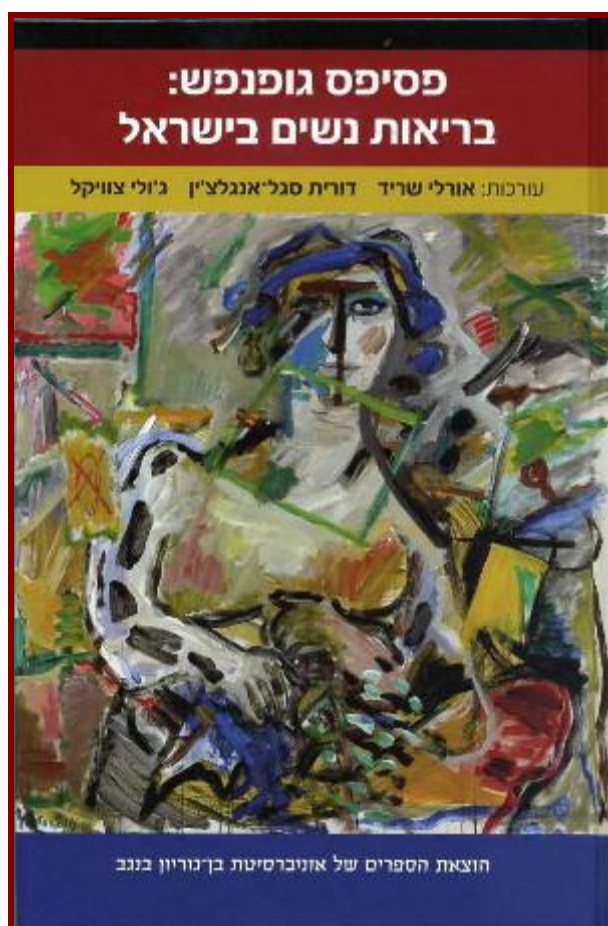


The BGU Center for Women's Health Studies and Promotion

Annual Report – December 2010



The Center proudly presents its second book
"Mind Body Mosaic - Women's Health in Israel" - 2010



Ben-Gurion University of the Negev

אוניברסיטת בן-גוריון בנגב

THE BGU CENTER FOR WOMEN'S HEALTH STUDIES
AND PROMOTION
ANNUAL REPORT 2009-2010

1. **Name of the Center**: THE BGU CENTER FOR WOMEN'S HEALTH STUDIES AND PROMOTION
2. **Center Directors**: Prof. Julie Cwikel & Dr. Dorit Segal–Engelchin, PhD, Spitzer Department of Social Work
3. **Center Advisory Board**
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Prof. David Newman, Ph.D, Dean, Faculty of Humanities and Social Sciences
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Prof. Golan Shahar, Ph.D. Dept. of Behavioral Sciences
Prof. Ilana Shoham-Vardi Ilana, PhD, Department of Epidemiology
Ms. Sheila Warshawsky, MS, Faculty of Health Sciences

4. Center Steering Committee

Dr. Aya Biderman, MD, Family Medicine

Prof. Julie Cwikel, PhD, Department of Social Work

Prof. Ilana Harman-Boehm, MD, Internal Medicine

Dr. Efrat Huss, Ph.D. Dept. of Social Work

Ms. Orly Leiberman, MARN, Senior Teacher, Recanati, School of Nursing

Dr. Hagit Perez, Department of Epidemiology

Dr. Orly Sarid, Ph.D. Dept. of Social Work

Dr. Dorit Segal–Engelchin, PhD, Department of Social Work

Prof. Ilana Shoham-Vardi, Ph.D., Epidemiology

Ms. Sheila Warshawsky, MS, Faculty of Health Sciences

Report on Center Activities December 2010

New Publication!

"Mind Body Mosaic - Women's Health in Israel" (Hebrew)

Published in December 2010, through Ben Gurion University Press, we are very proud to present our second book - 530 pages and 25 chapters including English abstracts. Editors Dr. Orly Sarid, Dr. Dorit Segal-Engelchin and Prof. Julie Cwikel selected the best and most interesting papers presented at the 3rd National Conference on the Promotion of Women's Mental Health that took place in Sept. 2008. Included in the volume are research articles on: pregnancy, childbirth, family life, sexuality, eating disorders, coping with trauma, family violence and chronic illness. The chapters include quantitative, qualitative and mixed method research designs and are suitable for professionals, students and the lay public. The book represents a whole new plane of integrated mind-body research on current topics of importance for Israeli women's health. The evocative picture on the cover is by the famous Israeli artist, Moshe Rosenthalis z"l (used with permission).



The Editors from left to right: Dr. Dorit Segal-Engelchin, Dr. Orly Sarid, and Prof. Julie Cwikel

Ongoing Research

Using the Web Camera as a Tool for Behavior Change – Preventing Musculo-Skeletal Disorders

In conjunction with Dr. Meirav Taib-Maimon and Dr. Bracha Shapiro from the Department of Information Systems Engineering together with Dr. Ella Kordish from occupational health and epidemiology and Dr. Naftali Liebermann from orthopedic surgery at Soroka University Medical Center, we completed data collection on our trial of using the web-cam to prevent work-related musculoskeletal disorders among workers using computers. This study was funded by a grant from Ministry of Industry and Commerce to incorporate video and computer based technology. We conducted an experiment with 60 university and hospital workers who spend most of their day at the keyboard of computer terminals and the results are very promising. A first paper from these results has been submitted for publication and we are exploring whether it may be possible to patent the process we developed which proved to be very effective.

Alternative Family Structures

Dr. Dorit Segal-Engelchin continues to lead the analysis of the qualitative data from interviews with parents raising children in the hetero-gay family structure (a heterosexual mother who contracts with a gay father to raise their biological child together). This is collaborative research between Prof. Pauline Erera of the University of Washington and Prof. Julie Cwikel. This year an article was published on the motivations of heterosexual women to enter into motherhood through this new family structure in our new book, "Mind Body Mosaic: Women's Health in Israel". We are now working on a proposal to open a counseling project for women and men considering alternative family structures in order to help to guide them through the decision-making process.

Mothers and Daughters – Transmission of Women's Health Behaviors

This project was originally funded by the Ministry of Science, Culture and Sport and yielded a rich set of qualitative and quantitative data which formed the basis of Dr. Sheryl Mendlinger's doctoral dissertation (completed in 2009). During Prof. Cwikel's sabbatical 2007 at the Hadassah-Brandeis Institute of Brandeis University in Waltham, MA, an additional data set on American Jewish mothers and daughters was collected. Analysis of these findings continues by Prof. Julie Cwikel, Dr. Dorit Segal-Engelchin and Dr. Orly Sarid. We await the publication of an analysis on how women resist eating disorders through developing a positive body image based on the qualitative American data. In addition, a new diagnostic tool to gauge the mother-daughter relationship has been developed and has been tested through a Delphi study of mental health professionals' evaluation of the questionnaire. An article on this evaluation tool is now being prepared for publication. Two other articles based on these data (on traumatic births and on mothers' coping styles) have been published both in English and the Hebrew versions appear in our new book, "Mind Body Mosaic: Women's Health in Israel" (see publications and page 4).

Fertility, technology and psychosocial intervention

Problems of infertility are a major stressor in the lives of some women. This project combines biology and psychosocial intervention in order to increase fertility and decrease the need for invasive procedures such as in-vitro fertilization (IVF). Prof. Julie Cwikel, Dr. Orly Sarid and Dr. Iris Harvadi, a clinical biologist are part of this research team in collaboration with Prof. Eitan Lunenfeld, , Director of Gynecology and Obstetrics at Soroka University Medical Center. Our PhD student, Johanna Czamanski-Cohen is close to completing her data collection to test how the stress associated with infertility affects DNA integrity among women undergoing IVF treatment. Preliminary findings were presented at the world congress of the International Society of Psychosomatics in Obstetrics and Gynecology that took place on October 2010.

Specifying the Cognitive Dysfunctions associated with Chemotherapy in Breast Cancer- an Exploratory Study

This work, in conjunction with Dr. David Geffen and Prof. Samuel Ariad from the Dept. of Oncology at Soroka University Medical Center, Dr. Tzvia Rudich from the Pain Clinic and Dr. Yifat Faran from the Dept. of Behavioral Sciences seeks to address a burdensome problem to cancer survivors. This research is being carried out by Ms. Svetlana Prokoshev from Educational Psychology as her Ph.D. thesis. She is evaluating the cognitive deficits among breast cancer patients in a prospective study design. This research was funded by an internal grant from the Faculty of Medical Sciences and a grant from the Yad leHolei Haoncologi (The Oncology Patient Fund). We have developed a unique method for the evaluation of cognitive deficits associated with chemotherapy among breast cancer patients. Data collection is almost complete on the follow-up of the cohort of women evaluated with the method at breast cancer diagnosis.

Validating a Tool to Test Women's Empowerment

This year we have continued to collect data on the Israeli version of the Women's Empowerment Scale introduced to us by Prof. Judith Worell of Kentucky University. Prof. Worell visited the Center and gave the Keynote Address at our Third National Conference on Promoting Mental Health among Israeli women in September 2008. She had developed the "Revised Personal Progress Scale" that tests empowerment among women in general and within the therapy process. For two years, students in their last year of the BSW program as part of their research seminar, helped to collect data with the collaboration of Ms. Anat Shalev, the Director of Social Services at the Beer Sheva Mental Health Clinic. Currently, Dr. Sima Salcberg has joined the research team to test this instrument with religious and ultra-orthodox women and we continue to collect data for this evaluation project.

New Collaboration with the BGU M.A Program in Emergency Medicine – The Prepared Center for Emergency Response Research

Prof. Julie Cwikel and Ms. Ms. Tzipy Hornik-Lurie participated in a research group meeting on the development of community-based assessments of resilience as part of the on-going research lead by Dr. Limor Ahronson-Daniel, the director of this program in the Faculty of Medical Sciences.



Round table participants, 10.10.2010

Continuing Graduate Students

- *Ms. Svetlana Prokoshev* from Educational Psychology is in the final stages of data collection for her thesis on assessing cognitive deficits among breast cancer patients. Two papers from her findings are in process.
- *Ms. Johanna Czamanski* is a trained art therapist who also works in Isha Be-Shela as a psychotherapist. She is being supervised by Dr. Orly Sarid, Prof. Julie Cwikel and Dr. Iris Harvadi on the relationship between stress, DNA integrity, and the physiological effects of cognitive behavioral interventions in women undergoing in-vitro fertilization. She is in the final stages of data collection and hopes to submit her thesis within the next few months.
- *Ms. Tzipy Hornik-Lurie* is working on papers for her PhD thesis on the topic of "Challenges to Israel's Primary Health Care System in the treatment of mental health problems among those seeking care - Implications for health care policy". She received a student grant from the Gertner Institute for the Research on Health Care and Health Policy. She also taught a concentrated course on statistical methods using SPSS (Statistical Package for the Social Sciences) to the staff and graduate students of the Spitzer Department of Social Work.

Visitors and Guest Lecturers at the Center

Prof. Ruth Paris

The center was very pleased to host the visiting lecture of our colleague, Prof. Ruth Paris from the Boston University School of Social Work in January 2010. Prof. Paris is a collaborating partner from the Boston Jewish Family Services who have helped us to establish Mom to Mom in the Negev. Prof. Paris gave a guest lecture on "Home-based services in the postpartum: Addressing isolation, depression, and maternal-infant relationships" and met with the Mom to Mom staff and volunteers.



**From left to right: Prof. Ruth Paris, Ms. Mati Talmon,
Prof. Julie Cwikel and Ms. Limor Niego**

August 2010

Julie Cwikel and Ephrat Huss met with three AABGU Associate Directors from Florida and New York, Elise Dolgow, Joy Felton and Melissa S. Katz.



Megan V. Thygeson

As part of expanding our mind-body approach to stress, we hosted Ms. Megav V. Thygeson, health researcher and yoga instructor who shared her research findings on the efficacy of teaching children with cancer yoga as a way to help both patients and parents cope with a pediatric cancer diagnosis. Megan established these programs at **Children's Hospitals and Clinics of Minnesota, MN, USA**. Her lecture, **"Peaceful Play Yoga: Serenity and Balance for Children with Cancer and their Parents"** was presented a forum of researchers and parents on October 18th, 2010. She gave a yoga demonstration as it is used with cancer patients and their families.



Julie Cwikel and Megan Thygeson



Megan in a Yoga exercise

Visits by International Experts in Women's Health

This December brought international experts on women's health to Israel to attend the International Conference on Gender Based Medicine. While visiting Israel, several researchers made the trip to visit our Center. Among them: Dr. Ann-Maree Nobelius from the Department of Rural and Indigenous Health, Faculty of Medicine, Nursing and Health Sciences, Monash University, Melbourne University, who was accompanied by Diana Flescher, M.D. expert on Internal Medicine /Women's Health from Jerusalem.



Julie and Dr. Ann-Maree Nobelius

Another group of researchers from Toronto and Washington D.C. came to meet Prof. Cwikel and Jo Czmanski-Cohen on Dec. 4th. Included in this multi-disciplinary group were: Gillian and Margot Einstein (Prof. Gillian Einstein is a Professor of Psychology and Women's Health at University of Toronto and Editor of "Sex and the Brain" MIT Press, 2007), Susan P. Philips, M.D. and Prof. Kathryn Sandberg from the Department of Family Medicine, Queen's University, Toronto and Anne E. Sumner, M.D. a clinical researcher from the Clinical Endocrinology Branch of the National Institutes of Health in Bethesda, Maryland, USA.



Prof. Gillian Einstein with her mother, Margot Einstein

Community Activities

Trip to West Coast

On February 7th, 2010, an event was hosted by Suzanne Oshry with the sponsorship of American Associates of Ben-Gurion University from the Los Angeles area. Over 30 persons came together at Suzanne's lovely home in Culver City, CA to hear Prof. Julie Cwikel speak about new research on women's coping and the various Center programs. Julie was joined by BGU President Prof. Rivka Carmi who also was in the LA area together with Mr. Philip S. Gomperts, AABGU Director.



Julie and Judge Leon Kaplan



Julie and Suzanne Oshry

Julie also spoke about the Center's programs to the "Tayku Havurah" in Woodland Hills at the gracious home of Jackie Wissen and Jerry Nedler. They are a group of Jewish social activists who have been meeting for over two decades and were very impressed with the range of programs in the Center.

After the weekend in LA, Julie continued to Portland Oregon where she addressed a group of women activists from Congregation Beth Israel in Portland, OR. This is the congregation where Julie's grandparents Amy and Arthur Goldsmith were members and where the library was dedicated in Amy Goldsmith's memory. This lecture was arranged by Eve Rosenfeld, who appears in the photo below.

During this visit, Julie also gave a lecture on: "Traumatic birth experiences and post-partum events - lessons from the life course model" at the OB/GYN Grand Rounds of the Oregon Health Sciences University Hospital in Portland.



The First Susan G. Komen Race in Israel

The First Susan G. Komen Race for the Cure for breast cancer took place in Jerusalem on October 28, 2010. The Center was represented by Julie Cwikel and Mati Talmon who walked in memory of close family members. They joined over 30 other BGU staff members who came together to represent the university.



Julie Cwikel and Mati Talmon

John R. Goldsmith Prize Winner

Each year, in memory of Prof. John R. Goldsmith, prizes are allocated in the fields of occupational medicine, epidemiology and environmental studies.

Ms. Michal Ruzal-Mendelevich was awarded the John R. Goldsmith prize in recognition of her work on "**Particle grouping, a new method for reducing emission of sub-micron particles from diesel engines**". She is doing her Ph.D. thesis in the Dept. of Environmental Engineering under the supervision of Prof. David Katoshevski & Prof. Eran Sher. She gave an overview of her work at the ceremony on Nov. 25th. A list of the winners from earlier years is shown below.



Julie Cwikel awarding the prize to Michal Ruzal-Mendelevich

Goldsmith Prizes 2005-2010

Name of Scholar, Year of Prize	Title of Research	Department, Degree
Riki Ochayon (2005)	Exposure to environmental risk factors associated with cancer among kibbutz members from Ein Hashlosha in the Western Negev	MPH
Ayala Kanfi (2006)	Chronic morbidity and occupational exposures among workers of the Nuclear Research Center-Negev	Ph.D. Epidemiology
Ilana Meallem (2008)	The Management of Solid Waste in Recognized and Unrecognized Bedouin Villages of the Negev: Social Context, Impacts, and Recommendations	Master of Arts with Honors, Man in the Desert Department
Dafna Granit Dgani (2009)	Encouragement of exploration among young people studying in environmental studies through the Society for the Protection of Nature in Israel	Ph.D. Department of Education
Tsafnat Test (2009)	The influence of hearing impairment on sleep quality among workers exposed to harmful noise	Medical Student

2010 RESEARCH AND PROJECT PROPOSALS

Title	Submitted to	Amount	Status
Use of cognitive behavioral and art to address symptoms among women with chronic illness.	Private Donor	\$30,000	Granted
Women's counseling in times of chronic security stress	The Jewish Women's Foundation of Metropolitan Chicago	\$20,000	Not granted
Mom to Mom – The Negev Area – supporting high risk mothers	Birmingham Jewish Federation Israel-World Jewry Bureau	\$20,000	Not granted
Expanding Capacities of New Parents of High-Risk Children in the Negev	Private Donor	\$60,000	Granted
Using art work as a self-regulating tool for care giving professionals in high stress or traumatic war situations	Harry Frank Guggenheim Foundation	\$27,100	Pending
Desert Daughter: Commercial Development of Traditional Plants for the Negev Bedouin Women Economic Empowerment	Hadassah Foundation	\$24,495	Not granted
Estimating the rate of potentially traumatic experiences (PTEs) and PTSD among men and women veterans of the Israeli Defense Forces	United States Institute for Peace	\$87,280	Pending
<u>Preproposal</u> : Use of cell phone technology for treatment and shaping health promotion among young Israeli adults	Gandy Foundation	\$24,500	Not granted
Working Mom to Working Mom – Developing mentoring and community programs for single and low income mothers	Jewish Women's Foundation of New York	\$26,680	Pending
<u>Preproposal</u> : Grand Challenges Explorations: Cascading Applications for the Promotion of Safe Motherhood- C.A.P.S.	Gates Foundation	\$100,000	Pending
The efficacy of an assessment tool for normative populations exposed to war and combat.	Israel Science Foundation	\$25,000	Pending
Developing biogas recycling systems for agricultural and environmental safety purposes in rural communities in Jordan and Israel – a collaborative research	MERC (Middle East Research Consortium - USAID)	Total grant \$225,780, Center portion: \$43,298	Granted
Developing leadership capacity for Ethiopian women in the University	Tikkun Olam Foundation	\$20,000	Pending

Community Health Promotion Projects

Em le Em – Mom to Mom –Negev

We are now completing our fifth year of running a unique volunteer project modeled after a most successful program that started in Boston and has been running in Jerusalem under the direction of Dr. Marsha Kaitz, a developmental psychologist of Hebrew University. Veteran mothers receive volunteer training to provide one-on-one support on a weekly basis through home visits to mothers who feel that they do not have adequate confidence in the first year after the birth of a newborn. When we support new mothers, we help them foster healthy child development for the next generation.

Up until now, 21 groups of volunteers have been trained; our coordinators have done over 350 home visits to birthing mothers, 80 home visits this year alone. Since the beginning of the project we have matched volunteers to 241 birthing mothers, this year 58 matches were made. There are currently 41 active mother-volunteer pairs.

We are very proud of the achievements of this project, which is now recognized throughout the Negev as an important resource for new mothers. This year, we continued to work with the same winning staff members: Ms. Limor Niego, an experienced MSW, who is also a mother of four small children; Ms. Mati Talmon, our public health nurse, Ms. Nirit Segal as administrator and Prof. Cwikel and Dr. Segal-Engelchin as supervisors.

This year, we continued to run an open mother's group that meets once a week and combines group discussions with didactic lectures on issues of mothering a new infant. There are approximately 30 women who took part in this group over the year. Some of these mothers only come to the group which connects them with other mothers and the staff while others feel the need to be in the group while also receiving support from a Mom to Mom volunteer. The group makes time to address psychosocial issues such as how to increase the involvement of fathers in infant care, how to manage time in order to free time for relating to older children, husbands and their own personal needs.



This year we added an additional informational brochure on how to handle pain in an infant. This new brochure joins the set we have produced last year on the most common problems in infant care: breastfeeding, nutrition during the first year, crying and sleep. The brochures are very popular among mothers and health care professionals alike.



Dealing with Infant's Pain



Set of Brochures

Project Shoshanna

With the help of the Beer-Sheva Municipal Social Services, the Child and Family Center, we have added a 12-meeting course of home and cooking skills for financially challenged mothers. This project came about because our volunteers mentioned that some of the mothers have little or no idea about how to cook nutritious food for their families on a low-income budget. We approached Ms. Hava Shahak, the Director of the Center and Coordinator for Children at Risk for help in building the course. The project is named after Ms. Shoshana Amos z"l, who developed this course and unfortunately was killed in Beer Sheva terror attack on buses of August 31, 2004.



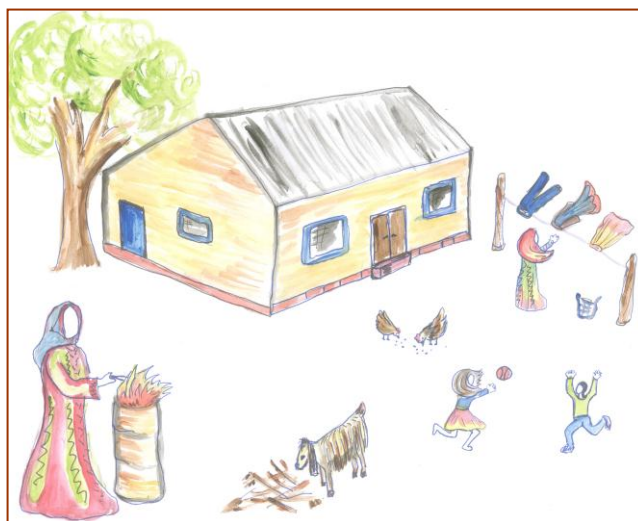
3 Mothers with Simone (second from the left) - the teacher



A volunteer baby-sitting while the mothers cook

Biogas for Unrecognized Bedouin Villages

Forty percent of the Bedouin Arabs of the Negev currently reside in unrecognized villages without formal means of waste disposal. A Biogas Digester recycles organic material (human/animal waste) into renewable energy for lighting, cooking and heating. This project has been the focus of a working group that has brought together diverse agencies and actors across the Negev including the Arava Institute for Environmental Studies (Kibbutz Ketura), the Abu Basma Regional Council for Unrecognized Villages and the Negev branch of the Israel Society for the Protection of Nature and professionals from the Blaustein Institutes for Desert Research with the support of the Robert H. Arnow Center for Bedouin Studies and Development and the Rosenzweig-Coopersmith Foundation. Since waste management is primarily implemented by women, this is a project that hopes to bridge between women and men in these villages. Both men and women will learn to build, maintain the digesters and document the process. Then they will also learn to use the gas safely for home use in lieu of the traditional open fire cooking. This economically viable source of energy can also provide future business opportunities. Ilana Meallem, Rina Okby and Aya Rimon helped to facilitate the preparation of educational materials on environmental community action prepared by anthropologist and artist, Dvira Zamir. She created a manual for community work with women on aspects of the environment. For example, the drawing below shows the hazards of women tending to backyard burning of waste close to their home.



With the help of Yair Teller, the first biogas digester went into full implementation in the village of Susiya. A site visit was held this year on the 21st of September to Susiya to see the digester at work.



The site of the digester



Yair demonstrating the digester parts



The biogas fueling a cooking flame (lower right)

At long last, the contract was signed for developing biogas recycling systems in rural communities in Jordan and Israel – a collaborative research project funded by MERC – Middle East Regional Cooperation, a program of US-AID that will be spearheaded through the Arava Institute in Kibbutz Ketura. We continue to collaborate with representatives of: the Abu Basma Regional Council (Hila Nahon), the Arava Institute (Yair Teller, Ilana Meallem), our Center (Prof. Julie Cwikel, Ms. Rina Akaby) and the SPNI (Society for the Protection of Nature in Israel) (Aya Rimon). Two focus groups in Al Nasrara and in the periphery of Tel Sheva with approximately 15 women at each location were held in order to gauge their potential interest in the biogas and environmental activists' project. A scientific publication based on the MA thesis of Ilana Meallem was published that also documented some of the biogas working group activities (see publications below).



Isha Be-Shela – A woman in a place of her own –
Women's Counseling Project in the Negev

This marks the second year of our counseling program called "Isha Be-Shela" – the first counseling center for women in the Negev. Leadership in the project is provided by Ms. Andy Ifergane, the clinical director together with Prof. Julie Cwikel. Our coordinators, Ms. Esther Lilian, together with Ms. Nirit Segal help to keep the project running smoothly. A group of 12 therapists of all different backgrounds (psychology, social work, art therapy) are providing individual psychotherapy with women of all walks of life from the Negev (Beer Sheva, Arad, Sderot). Most of the therapists are graduates of Ben Gurion University. This year we were recognized as a counseling center that is "gay-friendly" by Dr. Ofer Maurer who refers clients to us.

The staff which met regularly of the course of the year with monthly training sessions or case presentations and twice a month group supervision. Andy also supervised three third-year social work students during the academic year 2009-2010 and is supervising 2 new students from the MA retraining program this year (2010-2011). Since the beginning of the project, we have seen over 100 women in psychotherapy treatment, over half of them young women between the ages of 20-30. Many have significant financial problems and would not have been able to get psychotherapy otherwise. We have psychotherapists who can work in: Hebrew, Arabic, Russian, Spanish, and English.

This year we introduced a new therapeutic protocol which combines between cognitive behavioral therapy and the use of art in therapy for women with symptoms of chronic illness. This initiative is the result of collaboration between Dr. Orly Sarid and Dr. Ephrat Huss. They trained a group of psychotherapists and physicians in this approach (see photos below). We are now beginning to work with our first clients using this method.



**CBI Workshop with Dr. Orly Sarid (left middle)
and Dr. Ephrat Huss (standing) and workshop participants**

Andy Ifergane and Julie Cwikel delivered a series of lectures on the work of Isha Be-Shela to collaborating mental health services around the Negev including: the Beer Sheva Psychiatric Hospital, the Psychiatric Department and the Social Service Unity of Soroka Hospital and for various social groups around the Negev.

One of our psychotherapists, Ms. Merav Rabinovich who is a Kreitman fellow doctoral student in the Spitzer Department of Social Work since 2005 was honored with a prize for her academic achievements. The prize is given annually in memory of Prof. Marianne Amir, z"l, our colleague from the department of social work who died in 2004. In the photo below we see from left to right: Prof. Lea Kacen (Merav's thesis supervisor), Prof. Yonatan Anson (Social Work Department Chair), Prof. Julie Cwikel, Ms. Merav Rabinovich and Mr. Moshe Amir, the husband of the late Marianne Amir.



Positive Parenting Program (PPP)

We were thrilled that our proposal on PPP in the Negev was funded in August, 2010. The first stage of the work revolves around developing a parenting model for work with parents in the first year of an infant's life that includes fathers. We intend to build on the experience and excellent reputation we have developed in our work with Mom to Mom in the Negev.

Tangible steps toward these goals include:

- 1) Setting up of a research team which will be involved in teaching the practicum under the aegis of Prof. Julie Cwikel. Team members aside from Prof. Cwikel include:
 - a. Dr. Naama Atzaba-Poria – current head of the Developmental Psychology Unit in the BGU Department of Psychology and one of Israel's experts on father-child relations. She has extensive experience in researching father-infant, mother-infant dyads and triads.
 - b. Dr. Dorit Segal-Engelchin – co-director of the Center for Women's Health Studies and Promotion and an expert in alternative family structures. She has conducted research on fathering and mothering among parents in alternative family structures.
 - c. Dr. Yanna Shraga is an expert in human developmental psychology and has worked extensively with immigrant parents.
 - d. Dr. Idit Sulkin, research musicologist who has specialized in the use of music in child development. Dr. Sulkin was invited to conduct a workshop with mothers, infants and volunteers on using music in parenting in Sept. 2010.
- 2) Opening of an MA practicum in Social Work for the Spring Semester of 2011 on Theory and Practice in Positive Parenting. We are now in the process of building the explicit curriculum and reading list.
- 3) We are currently in the process of working with students who might be possible Ph.D. candidates to work on this project as part of their thesis. At present 4 students are negotiating with us for possible inclusion in the project.

Professional and Community Activities of Center Researchers and Scholars (in Alphabetical Order by Last Name)

Prof. Julie Cwikel

Publications

Iecovich, E. & Cwikel, J. (2010). The relationship between wellbeing and self-rated health among middle aged and elderly women in Israel. Clinical Gerontologist, 33(4): 255-269.

Cwikel, J. Segal-Engelchin, D. Mendlinger, S. (2010). Mothers' coping styles during times of chronic security stress: effect on health status. Health Care for Women International. 31(2):131-152.

Cwikel, J., Savaya, R., Munford, R., Desai, M. (2010). Innovation in schools of social work: an international exploration. International Social Work, 53(2), 187-201.

Cwikel, J., Gidron, Y. & Quastel, M. (2010). Low-dose environmental radiation, DNA damage and cancer: The possible contribution of psychological factors. Psychology, Health & Medicine. 15(1):1-16.

Cwikel, J. (2011). Strategies for resisting eating disorders over the life course – A mother-daughter case analysis. Women & Therapy. 34(1) (in press)

Meallem, I, Garb, Y., & Cwikel, J., (2010). Environmental hazards of waste disposal patterns– A multi-method study in an Unrecognized Bedouin Village in the Negev area of Israel. Archives of Environmental & Occupational Health. 65 (4):230-237.

Segal-Engelchin, D. Sarid, O. & Cwikel, J. (2010). Pregnancy, childbirth and postpartum experiences of Israeli Women in the Negev. Journal of Prenatal and Perinatal Psychology and Health. 24(1):3-25.

Huss, E., Sarid, O., & Cwikel, J. (2010). Using art as a self regulating tool in a war situation: a model for social workers. Health & Social Work, 35 (3), 201-209.

Chapters in Books

Hermoni-Amar, A., Shalev-Ben-Nun, M. Sarid, O. Cwikel, J. (2010). The sex industry and trafficking in women: an attitude survey. Body-mind mosaic: Women's health in Israel. (Sarid, O, Segal-Engelchin, D. & Cwikel, J., eds) Ben Gurion University of the Negev Press (Hebrew). p. 42-57.

Sarid, O. Segal-Engelchin, D. & Cwikel, J. (2010). Risk factors and viewpoints of mothers for traumatic birth. Body-mind mosaic: Women's health in Israel. Ben Gurion University of the Negev Press (Hebrew). p. 67-88.

Segal-Engelchin, D., Erera, P-I & Cwikel, J. (2010). The meaning of choosing a hetero-gay family configuration from the women's perspective. Body-mind mosaic: Women's health in Israel. Ben Gurion University of the Negev Press (Hebrew). p. 129-154.

Segal-Engelchin, D. & **Cwikel**, J. (2010). Coping patterns of mothers under chronic security stress: implications for counseling. Body-mind mosaic: Women's health in Israel. Ben Gurion University of the Negev Press (Hebrew). p. 356-371.

Cwikel, J. & Ephrat Huss, E. (Elinor L. Brown & Pamela Gibbons, eds.) Three-dimensional representations of social work students' identity: a mixed-method analysis in a multi-cultural population. In: International Advances in Education: Global Initiatives for Equity and Social Justice, vol. 2, Ethnicity and Race. (Elinor L. Brown & Pamela Gibbons, eds.) (in press)

Johanna Czamanski-Cohen

Research

Data collection is nearing the end on the “Cognitive Behavioral Interventions effect on stress, pregnancy rates and DNA integrity in women undergoing in vitro fertilization treatment” project. Lab work is advancing and it is expected that all blood will be processed by the end of January 2011.

Conference Presentations

January 2010- Invited lectures at the “Internationalization of Art Therapy” conference at Lasalle College in Singapore:

1. “Is this the Gush? Art Therapy with Internally Displaced People”
2. “HealthRhythms drumming circles for stress reduction”
3. “Art Therapy in Israel”

October 2010- The world congress of the International Society of Psychosomatics in Obstetrics and Gynecology:

1. “Purple of Green- The use of Art Therapy in medical decision making in oncology”
2. “Cognitive Behavioral Interventions effect on stress, pregnancy rates and DNA integrity in women undergoing in vitro fertilization treatment”

Publications

Czamanski-Cohen J. "Oh! Now I remember": The use of a studio approach to art therapy with internally displaced people. Arts in Psychotherapy. (in press).

Teaching

1. Art based research- MA level course, Spitzer School of Social Work, BGU
2. Stress Interventions- BA & MA level courses, Spitzer School of Social Work, BGU Eilat Campus

Dr. Ephrat Huss

Professional Leadership

- 2010 Conference Chair "Arts and Social Change" together with Yahat, art therapists association, BGU Social work department, and Beer Sheba municipality
- 2010 Initiating Gallery for Community art within social work department
- 2010 Member of Research Group "Utilizing Anthropological Knowledge", Van Leer Institute

Publications

Huss, E., Sarid, O., & Cwikel, J. (2010). Using art as a self regulating tool in a war situation: a model for social workers. Health & Social Work, 35 (3), 201-209.

Nuttman-Shwartz, D. & **Huss, E.** & Altman A. (2010). The Experience of Forced Relocation as Expressed in Children's drawings. Clinical Social Work Journal. (in press)

Nuttman-Shwartz O. & **Huss, E.** & Altman A. (2010). Forced relocation and its impact on latency-aged children. Mifgash Journal for Education and Social Work. Vol. 31 p 161-181 (Hebrew)

Chapters in Books

Huss, E. (2010). Bedouin women's embroidery as female empowerment. In: Moon C. (ed.) Materials and Media in Art Therapy, London: Routledge. p. 215-231.

Huss, E. (accepted). A social-critical reading of indigenous women's art: The use of visual data to 'show,' rather than 'tell,' of the intersection of different layers of oppression. In: Levine, S., & Levine, E. (eds.) Arts and Social change, Jessica Kingsley publishers.

Huss, E. (2010). Qualitative critical arts-based research. In Kacen L., & Krumer-Nevo M. (eds.) Qualitative Research in Israel. (Hebrew) p. 316-332.

Cwikel, J. & **Huss, E.** Three-dimensional representations of social work students' identity: a mixed-method analysis in a multi-cultural population. In: International Advances in Education: Global Initiatives for Equity and Social Justice, vol. 2, Ethnicity and Race. (Elinor L. Brown & Pamela Gibbons, eds.) (in press)

Dr. Michal Liebergall

Practice

Midwife, delivery room, Hadassah Medical Center, Ein Kerem

Publications

Braverman, N. & **Liebergall, M.** (2010). Evidence based practice: prenatal and postnatal pelvic floor muscle training. Ha'achot b'Yisrael. (in Hebrew), 182, 42-44.

Kater, V., **Liebergall, M.** (2010). Health Promotion in Kenya: A Volunteer Nurse's Experience. Clin Nurse Specialist. 24(1):14-7.

Liebergall-Wischnitzer, M., Hochner- Celnikier, D., Lavy, Y., Manor, O., Svieky, D., Paltiel, O. (2010). The concordance between a one hour pad test and subjective assessment of stress incontinence. Urology. (in press).

Halperin, O., Goldblat, H., Noble, A., **Liebergall-Wischnitzer, M.** (2010). "That marks you for the rest of your life": The impact of stressful childbirth situations on midwives – A qualitative analysis. Journal of Midwifery and Women's Health. (in press).

Conference presentation

2010 JBI Conference (evidence based in nursing practice), Chicago:
Randomized trial of two exercise methods for stress incontinence in women.

Professional workshop

2010 Paula method and women's health Workshop for Paula course for midwives,
Delivery room, Kaplan Hospital.

Teaching

1. Women's Health Course & Research Methods (BSN), Hadassah –
Hebrew University School of Nursing
2. Health Promotion (MA) and MA thesis instructor on various subjects
(cardiac rehabilitation, health promotion behaviors among adult survivors
of childhood cancer, perceptions of health professionals on the relationship
between IVF and breast cancer, women's perceptions on urinary incontinence).
Hadassah – Hebrew University School of Nursing

Contribution to the Community

- 2010 Elderly women, community volunteers' training course Haddasah
Women's Health project, Jerusalem (Gonen Community center):
Pelvic Floor Relaxation and Women's Health.
- 2010 Senior Citizen's Community Center, Mevaseret Zion and Health Promotion
Day, Mahaneh Yehuda Market, Paula Method, Pelvic Floor Relaxation
and Women's Health.

Ms. Ilana Meallem

The Bedouin Women's Environmental Health Activist project

Now the project is entering its second phase which involves producing informative educational materials on the issues of environmental hazards associated with waste disposal. Several meetings were held with local leaders working with Bedouin women to develop collaboration on this project. Ilana Meallem has written additional grants in this area and has continued to be active in environmental and peace initiatives throughout the region. She has recently established EcoSpirit Middle East, a center for the promotion of dialogue on environmental collaboration among diverse populations. She gave an interview on "All for Peace Radio - Ecology, Society and Peace": "On Wolves and Giraffes – Peace is Not Only Politics".

Publications

Meallem, I, Garb, Y., & Cwikel, J., (2010). Environmental hazards of waste disposal patterns– A multi-method study in an Unrecognized Bedouin Village in the Negev area of Israel. Archives of Environmental & Occupational Health. 65 (4):230-237.

Dr. Sheryl Mendlinger

Presentations at Conferences

Safe and Sound Return Entrepreneurship Training Institute or Women Ex-Offenders: Expo Poster session at Northeastern University, Boston MA.

A Model of Knowledge Acquisition in Early Stage Breast Cancer: Faculty Colloquium at Northeastern University, Boston MA.

Program Development

Completion of the Pilot and First Cohort for the Entrepreneurship Training Institute offered to previously incarcerated women as part of the Safe and Sound Return grant award funded by SAMHSA - Substance Abuse and Mental Health Services Administration. The initiative, developed by Northeastern's Institute on Urban Health Research (IUHR) in partnership with the College of Business Administration (CBA) and the Boston Public Health Commission (BPHC) teaches entrepreneurial skills to women imprisoned for minor offenses such as selling drugs. As they reenter the community, the women are encouraged to utilize the entrepreneurial instincts they learned. Here is a link to a recent article about this program.

http://www.northeastern.edu/news/stories/2010/11/entrepreneurship_training.html

Publications

Warren, L.E., **Mendlinger**, S.E., Corso, K. & Greenberg, C.G. "A Model of Knowledge Acquisition in Early Stage Breast Cancer," Breast Journal, Accepted for Publication.

Cwikel, J., Segal-Engelchin, D. & **Mendlinger**, S. (2010). Mother's Coping Styles during Times of Chronic Security Stress: Effect on Health Status, Health Care for Women International, 31, 131-152.

Dr. Orly Sarid

Publications

Berger, R. & **Sarid**, O. (2010). Introducing the use of brief cognitive-behavioral intervention for treating acute episodes of migraine in emergency room. The Internet Journal of Allied Health Sciences and Practice, 8 (3), 1-5.

Huss, E., **Sarid**, O., & Cwikel, J. (2010). Using art as a self regulating tool in a war situation: a model for social workers, Health & Social Work, 35 (3), 201-209.

Sarid, O., & Berger, R., & Segal-Engelchin, D. (2010). The impact of cognitive behavioral interventions on SOC, perceived stress and mood states of nurses. Procedia Social and Behavioral Sciences. 928-932.

Shraga, Y., & **Sarid**, O. (2010). Infant caring behavior: a comparison between immigrant mothers and native born mothers. Goof Yeda (Accepted). (Hebrew).

Chapters in Books

Sarid, O. Segal-Engelchin, D. & Cwikel, J. (2010). Risk factors and viewpoints of mothers for traumatic birth. Body-mind mosaic: Women's health in Israel. (Sarid, O, Segal-Engelchin, D. & Cwikel, J., eds) Ben Gurion University of the Negev Press (Hebrew). p. 67-88.

Shraga, Y., & **Sarid**, O. Attitudes of mothers towards their infant' physical health and ways of caring: cultural aspects. Mind-body mosaic: Women's health in Israel. (Sarid, O, Segal-Engelchin, D. & Cwikel, J., eds) Ben Gurion University of the Negev Press (Hebrew). p. 198-214

Hermoni-Amar, A., Shalev-Ben-Nun, M. **Sarid**, O. Cwikel, J. (2010). The sex industry and trafficking in women: an attitude survey. Body-mind mosaic: Women's health in Israel. (Sarid, O, Segal-Engelchin, D. & Cwikel, J., eds) Ben Gurion University of the Negev Press p. 42-57.

Grant together with Dr. Yanna Shraga: The effect of attitudes and behaviors of mothers from different ethno-cultural groups on utilization of preventive infant' health care services. Gertner Institute for the Research on Health Care and Health Policy.

Dr. Dorit Segal-Engelchin

Publications

Segal-Engelchin, D. Sarid, O. & Cwikel, J. (2010). Pregnancy, childbirth and postpartum experiences of Israeli Women in the Negev. Journal of Prenatal and Perinatal Psychology and Health. 24(1):3-25.

Cwikel, J., **Segal-Engelchin, D.** & Mendlinger, S. (2010). Mother's Coping Styles during Times of Chronic Security Stress: Effect on Health Status, Health Care for Women International, 31, 131-152.

Chapters in Books

Segal-Engelchin, D., Erera, P-I & Cwikel, J. (2010). The meaning of choosing a hetero-gay family configuration from the women's perspective. Body-mind mosaic: Women's health in Israel. Ben Gurion University of the Negev Press (Hebrew). p. 129-154.

Sarid, O. **Segal-Engelchin, D.** & Cwikel, J. (2010). Risk factors and viewpoints of mothers for traumatic birth. Body-mind mosaic: Women's health in Israel. Ben Gurion University of the Negev Press (Hebrew). p. 67-88.

Segal-Engelchin, D. & Cwikel, J. (2010). Coping patterns of mothers under chronic security stress: implications for counseling. Body-mind mosaic: Women's health in Israel. Ben Gurion University of the Negev Press (Hebrew). p. 356-371.

Dr. Frida Simonstein

Publications

Simonstein, F. (2009). (Ed) Reprogen-ethics and the Future of Gender. London: Springer

Simonstein, F. IVF policies with emphasis on Israeli practices. Health Policy. 97 (2010) 202–208

Simonstein, F. Balabanova, E. (2010). Assisted Reproduction: A Comparative Review of IVF Policies in Two Pro-Natalist Countries. Health Care Analysis 18:188–202

International meetings:

2010 'On IVF policies with emphasis on Israeli practices' **8th International Congress of Feminist Approaches to Bioethics**, Singapore 26-31 July 2010.

Grant: 'Effects of the Israeli policy in assisted reproduction on the 'culture of perseverance' in IVF clinics'. Gertner Institute for the Research on Health Care and Health Policy.

Dr Meirav Taieb-Maimon

Submitted Publication

Taieb-Maimon, M. Cwikel, J. Shapira, B. & Orenstein, I. The efficacy of a self-modeling method using webcam photos for reducing musculoskeletal risk among office workers using computers

Dr. Taib is doing her sabbatical at the Human Computer Interaction Lab at the University of Maryland, College Park, MD working with Prof. Ben Shneiderman and Dr. Catherine Plaisant, leading scientists in the area of human computer interface.