

ARIELLE WARNER, PhD

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Date of Birth: 5. 5. 1970

Languages: Hebrew, English, French.

EDUCATION:

- **Doctor of Philosophy**, Transpersonal Psychology: Clinical psychology, spiritual guidance, and transpersonal education and research specializations, Institute of Transpersonal Psychology, Palo Alto, California (WASC accredited). 2001-2006.
- **Master of Science**, Medical Sciences: Neurobiology, *magna cum laude*. Faculty of Medicine, Hebrew University of Jerusalem, Israel. 1995-1998.
- **Master of Arts, Psychology**. Institute of Transpersonal Psychology (WASC accredited), 2001-2005.
- **Bachelor of Science**, Biology, *cum laude*, Faculty of Life Sciences, Hebrew University of Jerusalem, Israel. 1991-1994

Additional trainings

- Facilitator of stress reduction Art of Living workshop, Art of Living Foundation, (12/2009)
- Unearthing the Moment, International Institute of Humanistic Studies, (06/2005-6/2006). Existential and Humanistic Psychotherapy for individuals, couples, and groups.
- Group Process and Existential Group Facilitation, International Institute of Humanistic Studies. (2001-2004)
- Eye Movement Desensitization and Reprocessing, EMDR Institute, (06/2005)
- Certified in Aromatherapy, Herbal therapy, Chinese philosophy, and Introduction to nutrition, Reidman Institute, Jerusalem, Israel.(1999-2001)
- Certified Facilitator by the Institutes of Jewish and Zionist Education (MELITS), Jerusalem, Israel (1994)
- Certified Educational guide in the Diaspora Museum, Tel- Aviv, Israel. Yad-Vashem, Holocaust Museum, Jerusalem Israel. Israeli Folk dancing instructor (1989)

PROFESSIONAL EXPERIENCE

Counseling and Facilitating Experience:

Group work:

Facilitating workshops and trainings in Spiritual Care for Health Care professionals

05/2007-present

Providing support and empowerment skills to reduce compassion fatigue and enhance compassion satisfaction in multidisciplinary teams. Workshops of Self Care for professionals who work with elders and with people with life threatening illness. Providing Stress reduction tools and self care and self - Compassion strategies for : spouses of Parkinson patients groups, health care providers at Health-care plans (Kuppot Holim): workshops for health coordinators of patients with life threatening and chronic illness; Forum of Palliative Nurses; Hadassah Nursing school, Eshel-JDC; Community Nurses of Jerusalem, Davidoff Cancer Center: Multidisciplinary health care professionals of Hemato-Oncology and BMT, and secretaries, Soroka Medical Center: Oncology and Hemato-oncology, administrative directors Clalit Medical centers, Assuta Medical Center and more.

Facilitating group support sessions for people dealing with illness. **02/2007-present**
Facilitating group session to access inner resources, find meaning and reduce stress for people dealing with life threatening illness.

Facilitating Art of Living stress reduction workshops. **01/2010-present.**
Facilitating yoga based stress reduction breathing technique workshop, called the Art of Living. The Art of Living workshop is developed by Sri Sri Ravi Shankar founder of the Art of Living Foundation.

Group Counselor Hebrew University, Jerusalem, Israel **9/1997- 10/1998**
Counseled medical professionals from developing countries under the auspices of the Foreign Minister of the State of Israel. Provided group support, crisis management, and cross-cultural counseling. Organized social activities and conducted historical and cultural lectures and tours of Israel.

Group Counselor and Tour Guide Jewish Agency and Touring companies, Israel 1988-1999
Lead, coordinated, and facilitated groups of adults, teenagers and children, including special education and youth at risk. The work involved crisis management and cross-cultural counseling.

Individual work:

Private practice, Tel-Aviv and Jerusalem **02/2007-present**
Providing psychotherapy within the Humanistic, Existential, and Transpersonal therapeutic framework. Specializing in post traumatic growth and psycho-spiritual integration and transformation associated with crisis and distress: exploration of meaning and purpose, development of harmonious integration of different aspects of life (psychological and spiritual), learning new ways to deal with anxiety, depression, and stress. Providing spiritual care for people with illness and dealing with end of life issues.

Pre-doctoral Internship Family and Children Services, Palo Alto, CA 09/2004-06/2006
Providing counseling to individuals, family and couples at family and children services as well as providing individual counseling to people living with HIV as part of the San-Mateo HIV program. The sessions address a wide range of Axis I and Axis II diagnoses. Theoretical orientations applied are cognitive-behavioral, psycho-dynamic, existential-humanistic, and motivational interviewing. Internship involves team work with HIV clinic physician, psychiatrist, social-workers, and care managers.

Practicum Trainee Palo-Alto Unified School District, Palo Alto, CA 09/2003-06/2004
Providing individual and group therapy for elementary school children in school setting. The practicum involves projective assessment, diagnosis, and implementation of treatment plans. The individual and group sessions address issues such as low self-esteem, depression, anxiety, social skills building, impulsive behavior and attention deficits. Theoretical orientations applied are child-centered, cognitive-behavioral, psychodynamic, creative expression and play therapy. Practicum also involves consultations with parents, teachers, and school psychologist. *Supervisor: David Sitzer, PhD*

Teaching and Facilitating Experience:

Facilitator and Lecturer

12/2016- 07/2017

Psycho-spiritual interventions and skills for health care professionals at Continuing Studies Unit of Social Welfare and Health Sciences of Haifa University

Lecturer and Workshop facilitator

8/2006-present

Lectures, training and workshops for medical staff, mental health professionals, and people dealing with illness, end of life issues and death. Workshops focusing on spirituality as a resource within health care and therapy including issues of meaning making, post traumatic growth, and spirituality associated with life crisis, and end of life. Workshops and Lectures conducted in Hospitals, Kuppot Holim, Minister of health; 'Spiritual care tools for professional working with elders and more at the Eshel. JDC; School of Social work, Ministry of Welfare Services; Nursing Schools; 'Spirituality Compassion-based Nursing' for nurses at, "Seeing the Sun Beyond the Clouds" – Workshops and lectures for bereaved families- Ministry of Defense-, people in crisis, volunteers for times of crisis in municipalities, Bituach Leumi, private groups and other professional associations.

Facilitator and lecturer Israel Center for Mind-Body Medicine, Israel 11/2008-2014

Facilitating year long training in spiritual support for professional working with people dealing with life threatening illness, dying, and loss. Facilitating courses in Transpersonal psychology and yoga psychology for therapists. Facilitating workshop "Weight loss as a psycho-spiritual process".

Lecturer and Facilitator Broshim Campus, Tel Aviv University 11/2008-2013

Teaching a year long course in Mind-Body medicine/mind-body spirit psychology in college for alternative medicine.

Lecturer Lesley University, Israel extension, Netanya, Israel. 10/2006-6/2011

Advisor for Master thesis Students in the program of group facilitation, and Art Therapists. The position involved teaching research methods and working individually with students on their Master thesis research projects from the initial planning to the research phase. Lecturer in the MA program of Holistic Health: Holistic Approach to Stress and Pain, Spirituality and Health, and Multi-dimensional approaches to Health.

Lecturer, Reidman for College for Alternative Medicine, Tel Aviv and Jerusalem, 9/2007- 7/2008

Lecturer in courses: Personality theory, Developmental Psychology, and Transpersonal Psychology.

Guest Speaker and Lecturer, DeAnza College, Cupertino; Kaiser, Santa Clara 05-08/2006

Presented research and theoretical materials and provided experiential demonstrations of yoga-based techniques founded in yoga-psychology principles in the context of mind-body medicine for college students as well as mental health professionals.

Teacher and Tutor Jewish Community Schools, Bay area, CA. 09/2001- 06/2006

Teaching Hebrew and Judaic studies for middle school-age children. Facilitating group process, addressing issues of identity and discrimination for adolescents. Facilitating groups on Jewish spirituality involving meditation and self-awareness.

Teacher Assistant Institute of Transpersonal Psychology, Palo Alto, CA 03/2003-6/2003

Provided assistance to instructor for Culture and Consciousness class. Helped to organize the structure of the class and to create the syllabus. Assisted students in their research and addressed issues related to class work.

Scientific and Research Experience:

Research Consultant Eshel January 2015-January 2017
Consulting on qualitative component of pilot assessment of Holistic services for elders- from ageing to saging.

Research Associate Institute of Transpersonal Psychology, Palo Alto, CA June 2006-2014
Conducting research on the impact of yoga-based stress reduction practices on the psychological and spiritual well being of Israeli and Palestinian women diagnosed with breast cancer.

Dissertation Institute of Transpersonal Psychology, Palo Alto, CA completed 06/06
Doctoral Research entitled: *The Exploration of the Psycho-spiritual Process of Women Diagnosed with Breast Cancer Participating in the Art of Living Program*. The purpose of this study was to explore the psychological and spiritual well-being of 26 women diagnosed with breast cancer in association with their participation in a yoga-based stress-reduction program known as the Art of Living. The results demonstrate that the participation in the Art of Living program is associated with significant ($p < 0.0001$) increases in measures of psychological and spiritual well-being. Qualitative themes indicated that the participation in the Art of Living program was associated with enhanced sense of spirituality, experiences of self-exploration, self-transcendence and psycho-spiritual transformation for a sub-sample of 12 of the women.

Master Thesis Hadassah Medical Organization, Jerusalem, Israel. 04/1996-08/1998
Master thesis entitled: *The Effect of Restrain Stress on Glucocorticoid Receptors of Thymus, Spleen, and Hippocampus in Mice*. The research involved cellular and molecular methods. The Master thesis related to Psycho-neuro-immunology and mind/body bi-directional communication. The research also involved work on the connection between neuroendocrinology and depression in humans. **Awarded a faculty of medicine award for excellent thesis.**

Medical Representative Janssen-Cilag, Pharmaceutical, Israel. 04/1999-03/2001
Conducted research on chronic pain including oncology pain. Conducted presentations and individual educational sessions for medical doctors on chronic pain management.

Memberships and Offices Held:

- **American Psychological Association:** Student affiliate. (Humanistic and Health Divisions)
- **American Psychological Association Graduate Student:** Campus representative.
- **Association of Transpersonal Psychology:** Student Member.
- **Yoga Research and Education Center/International Association of Yoga Therapists:** Member

Volunteer positions:

- Community Breast Health Project, Palo-alto, California: Help line volunteer. July 2005-June 2006.
- Stanford Hospital, Jewish chaplaincy, Palo-Alto, California: Visited patients at the bed side for spiritual support. October 2005-August 2006.
- Art of Living Foundation: Organize Yoga-based Stress Reduction Program. January 2004-present. Certified Art of Living teacher- Yoga based stress reduction program, Since December 2009.
- Shankara Israel- Art of Living Israel- Chair Board member October 2015- November 2016.

Publications and Presentations:

- Warner, A., (2019). Tree of life- a Self-care tool for health care professionals working with grief and bereavement. Oral Presentation at International Conference on Loss, Bereavement and Human Resilience in Israel and in the World: Facts Insights and Implications. Eilat, Israel, January, 2019.
- Wall, K., Velasco-Scott, S., Warner, A. (2018). Spiritual surrender: A paradoxical means of empowered coping with illness while discovering transcendent meaning and purpose in life. In T. Plante (Ed), *Healing with spiritual practices: Proven techniques for disorders from addictions and anxiety to cancer and chronic pain.* (pp. 55-71)
- Warner, A., (2017). From caterpillar to butterfly: A mother's spiritual search beyond the body. Presentation at International Conference of Grief and Bereavement, Lisbon, Portugal, July 2017.
- Warner, A., Pasternak-Magnezi, T. (2017). Beyond Matter: Spirituality and Rituals in Bereavement. Experiential workshop at International Conference of Grief and Bereavement, Lisbon, Portugal, July 2017.
- Ginzburg, T., & Warner, A. (2017). What about me: Self-Care for grief care-givers. Experiential workshop at International Conference of Grief and Bereavement, Lisbon, Portugal, July 2017.
- Pek, A., & Warner, A. (2017). Synergy of Compassion: Spiritual Care in Nursing in Palliative Care. Poster presentation at conference of European Association of Palliative Care, Madrid, May, 2017.
- Warner, A. & Pek A. (2016). Caring for the Caregiver: Spiritual Care tools to empower teams dealing with death and dying. Oral Presentation at International Conference on Loss, Bereavement and Human Resilience in Israel and in the World: Facts Insights and Implications. Eilat, Israel, January, 2016.
- Wall, K., Warner, A., FitzMedrud, E., & Merritt, K. (2015). Self-Compassion in psychotherapy: A psycho-spiritual integrative therapy approach. In T. G. Plante (Ed). *The psychology of compassion and cruelty: Understanding the emotional, spiritual and religious influences* (pp.173-189).
- Warner, A., Wall, K., Harjus, B., & Koopman, C. (2012). Psychological and Spiritual Well-Being of Women with Breast Cancer Participating in the Art of Living Program. In N. L. Hicks, & R. E. Warren (Eds). *Psychology of cancer* (pp.63-108).
- Warner, A. (May, 2012). *Group Spiritual Care: Reaching inwards, to the community and to spirit, as a source of strength in times of crisis.* Workshop at the Spiritual Care conference for professionals, Jerusalem, Israel.
- Warner, A., Gofer, O., Spivak, I., Pek, A. (May 2011). *Integration of Spiritual Care and Nursing.* Workshop at the Spiritual Care conference for professionals. Jerusalem, Israel.
- Warner, A. (May, 2011). *Spiritual care workshop for health care professionals.* Workshop at the Spiritual Care conference for professionals. Maale Hachamisha, Israel.
- Warner, A. (May, 2010). *Transpersonal experiential exploration of Jewish spiritual care.* Workshop at the " Jewish spiritual care: Meeting the needs of people in Crisis in Israeli Society". Spiritual Care conference for professionals. Maale-Hachamisha, Israel.
- Warner, A. (March, 2010). Spirituality and breast cancer: Impact of psychospiritual intervention on the well being of women diagnosed with breast cancer. Presentation at the conference on Advances in Spirituality Research, Haifa University.
- Warner, A. (February, 2010). Spiritual well being and spiritual care at the end of life: Theory, Research and practical applications. Presentation and at the conference of palliative support. Tel Aviv, Israel.

- Warner, A., Tarcic, N., & Weidenfeld, J. (2010). The effect of restraint stress on Glucocorticoid receptors in mouse spleen lymphocytes: Involvement of sympathetic nervous system. *Neuroimmunomodulation*, 17(5), 298-304.
- Warner, A. (May, 2009). Commonalities and Differences between Spiritual Support and Psycho-Social Support for End of Life Issues: Theory, Research and Clinical Application. Presentation at “The unique contribution of spiritual care” –Spiritual Care conference for professionals. Maale- Hachamisha, Israel.
- Warner, A. & Ramon, R. (May, 2009). *Loss and grief as a transformational crisis: Transpersonal experiences mediating growth and transformation following loss and grief*. Workshop at “The unique contribution of spiritual care” –Spiritual Care conference for professionals. Maale- Hachamisha, Israel.
- Warner, A. (March, 2009). *Yoga and Psychotherapy*. Presentation at the conference on Advances in Spirituality Research, Haifa University.
- Warner, A. (February, 2009). *Relationship between Emotional and Spiritual Support: End of Life as Journey to Self*. Presentation and at the conference of palliative support. Tel Aviv, Israel.
- Warner, A. (February, 2009). *Experiential Spirituality and Meaning Centered Workshop for Professionals*. Workshop at the conference of palliative support. Tel Aviv, Israel.
- Warner, A. (May, 2008). *Stress Reduction Practices for Psychological and Spiritual Well-being of Israeli and Palestinian Women with Cancer: Initial report*. Presentation at “Spiritual support throughout life” –Spiritual Care conference for professionals. Maale- Hachamisha, Israel.
- Warner, A. (January, 2008). *Spirituality as a Way to Cope with Illness and Illness as an Opportunity for Spiritual Growth*. Presentation and workshop at the conference of palliative support. Tel Aviv, Israel.
- Warner, A. (August, 2007). *Yoga and Humanistic Psychotherapy: An Integrative Approach*. Workshop presented at the conference of Humanistic psychotherapies for the 21st Century: Evolution in Theory, Research and Practice. San Francisco, California.
- Warner, A. (August, 2007). *Relationship between Spirituality, Yoga-based Stress-reduction, and Breast Cancer*. Paper presented at the Humanistic Division of the American Psychological Association meeting San Francisco, CA
- Warner, A. (May, 2007). *Psycho-Spiritual Transformation and Integration and the Journey of Life-Threatening Illness*. Workshop at “Choosing life”- Spiritual Care conference for professionals, Maale Hachamisha, Israel.
- Warner, A. (May, 2007). *Psycho-spiritual Growth and Cancer: Exploration of the Breast Cancer Experience*. Workshop at “Choosing life”- Spiritual Care conference for professionals, Maale Hachamisha, Israel.
- Warner, A. (October, 2006). *The emergence of the divine feminine through the experience of breast cancer and yoga-based-practices*. Paper at meeting of the European Transpersonal Association Conference, France.
- Warner, A. (October, 2006). *Psychological and Spiritual Benefits of Yoga-based Practices for Women with Breast Cancer*. Paper presented at the world congress of psycho-oncology, International Psycho-oncology Association, Venice, Italy.
- Warner, A. (May, 2006). *Yoga-based practices and the psycho-spiritual well-being of women with breast cancer*. Paper presented at the Annual meeting of the Canadian Association of Psycho-Oncology, Montreal, Canada. **Received award for best oral student research presentation.**
- Warner, A. (February, 2006). *Psycho-spiritual benefits of Sudarshan Kriya Yoga (SKY) for women diagnosed with breast cancer*. Paper presented at the World conference- Expanding Paradigms: Science, Consciousness, and Spirituality, All India Institute of Medical Sciences, New-Delhi, India.

- Warner, A. (May, 2004). *Yoga and Psychosomatic medicine: toward the integration of mind, body, and spirit in health care*. Workshop and poster session presented at the meeting of the inter-professional conference on spirituality and health care of the continuing education of the Faculty of Medicine, University of Calgary, Canada.
- Warner, A. (February, 2004). *Integration of yoga and psychotherapy: Toward an integration of body, mind, and spirit*. Paper presented at the meeting of the Association of Transpersonal Psychology, Palo Alto, CA.
- Warner, A. (August, 2003). *Integration of yoga and Psychotherapy for Self Realization*. Poster session at the social hour of Humanistic Division Social at meeting of American Psychological Association.
- Warner, A. (May, 2003). *Neuroimmunological Perspectives in Kundalini Yoga*. Paper presented at the meeting of the Association of Transpersonal Psychology student conference, Orinda, CA.
- Louchakova, O., Warner, A. (2003). Via Kundalini: Psychosomatic Excursions in Transpersonal Psychology. *Humanistic Psychologist*, 31(2-3), 115-158.
- Louchakova, O., Warner, A. (2002, October). *Neuroimmunology and Kundalini Yoga: A comparative study towards direct knowing*. Poster session and paper presented at the Inter-professional conference on Spirituality and Health Care of the continuing education of the Faculty of Medicine, University of Toronto, Canada.
- Ovadia, H., Warner, A., Weidenfeld, J. (1999). The effect of restrain stress on Glucocorticoid receptors of spleen, thymus and hippocampus of mice. *Neuroimmunomodulation*, 6 (6), 464