

# **Dr. Tal Ben David-Sela**

Tel Itzhak, IL

Cell: + 972-506896616

[Talbenda23@gmail.com](mailto:Talbenda23@gmail.com)

## **EDUCATION**

**Ph.d. Department of Psychology, University of Haifa, 2019- 2023**

Prof. Sigal Zilcha Mano's Psychotherapy Lab

**M.A., Clinical Psychology, University of Haifa, 2017-2019**

Clinical internship at Prof. Sigal Zilcha Mano's Psychotherapy Lab

**B.A, Social Sciences, The Academic College of Tel Aviv-Yaffo, 2013-2016**

Honors list and President's list

**Training on Integrative Treatment for Women Through the Reproductive Cycle, The Ministry of Health and Ariel University, 2024**

## **TEACHING EXPERIENCE**

**Faculty Member and Lecturer, Department of Psychology, The College of Management Academic Studies, Rishon LeZion 2025- present**

**Lecturer, Hadassah Academic College 2024- 2025**

Teaching a course on Core Principles of Psychotherapy

**Teaching Assistant, University of Haifa 2017-2019**

Teaching a weekly class as part of the Social Psychology course

**Teaching Assistant, The Academic College of Tel Aviv-Yaffo, 2016-2019** As part of the "Tests and Evaluation" course, the psychology department

## **CLINICAL EXPERIENCE**

### **Clinical Internship, Geha Mental Health Hospital, 2025- present**

Treating adult patients in the closed ward.

### **Private Practice 2023-present**

Integrative psychotherapy for parents and women in the reproductive cycle.

### **Clinical Internship, Maccabi Health Services, Modi'in, 2021- 2025**

Treating patients at the clinic for adolescents, children, and youth

### **Clinical Internship, Kiryat Eliezer Clinic 2018-2019**

Treating patients at the adult mental health department

### **Clinical Internship, Mental Health Department at Rambam Hospital, 2017-2018**

Treating patients at the clinic for children and youth

### **Director of Volunteers, Geha Mental Health Center, 2016-2017**

Interviewing, recruiting, and supporting the adult ward volunteers

### **Social Counselor and Mentor, Geha Mental Health Center, Adult Wards, 2016-2017**

Worked closely with the patients. Offered social and mental support

### **Task Assistant, Smadar Junior High School, 2016-2017**

Working with children on the autism spectrum

## **AWARDS AND HONORS**

**Travel Award, The Society for Psychotherapy Research (SPR), Student Travel Award (500\$),  
2022**

**Yael-Anna Foundation Award for an outstanding early-stage doctoral student (3,000\$)**

**SPR Small Research Grant Award 2020 from the Society for Psychotherapy Research (2,500\$), 2021**

**The Haifa University Graduate Studies Authority Research Encouragement Scholarship (1,000\$), 2021**

**Haifa Data Science Research Center PhD scholarship, 2020**

**The Haifa University Graduate Studies Authority PhD Matching Scholarship, 2019**

**Travel award, the Society for the Exploration of Psychotherapy Integration (SEPI) student travel award (500\$), 2019**

**Graduated with honors from The Academic College of Tel Aviv-Yaffo 2016**

**President's List Award at The Academic College of Tel Aviv-Yaffo, (1,500\$), 2015**

### **MEDIA APPEARANCES**

#### **Explaining in News Panels - How to talk with children about War. 2023**

12 news, 13 news, and the "young news" for children.

#### **Filming short psychoeducation videos for The Home Front Command (Pikud HaOref), 2023**

Filming short videos on psychoeducation for social media, Pikud Haoref.

#### **Filming short psychoeducation videos for The Maccabi Health Organization. 2023**

Filming short psychoeducation videos for social media, Maccabi Health Organization.

## **PUBLICATIONS**

- Ben David-Sela, T.**, Nof, A., & Zilcha-Mano, S. (2020). "We Can Work It Out": Working Through Termination Ruptures. *Psychotherapy*. Advanced online publication. <http://dx.doi.org/10.1037/pst0000297>
- Ben David-Sela, T.**, Dolev, T., Eubanks, C & Zilcha-Mano, S. (2020). "Achieving Successful Resolution of Alliance Ruptures: for Whom and When?". *Psychotherapy Research*.
- Zilka, G.,Dolev, T., **Ben-David, T.** & Zilcha-Mano, S. (2021). From risk to advantage: The role of active mediation in the viewing of Big Brother by children and pre-adolescents. *Journal of Psychological Studies*.
- Zilcha-Mano, S., Goldstein, P., Dolev- Amit, T., **Ben David Sela, T** & Barber, J. (2021). "A randomized controlled trial for identifying the most suitable treatment for depression based on patients' attachment orientation". *Journal of Consulting and Clinical Psychology*.
- Zilcha-Mano,S & **Ben-David Sela, T.** (2022). Is alliance therapeutic in itself? It depends. *Journal of Consulting Psychology*.
- Ben David Sela T.**, Leibovich., L., Khoury, Y., Hill, C & Zilcha-Mano, S. (2023). "Picking up the pieces": Patients' Retrospective Reflections of Rupture Resolutions Episodes During Treatment. *Psychotherapy Research*.
- Shchaf, T., **Ben David Sela T.**, Dolev- Amit, T., El-Or., H., Shimshoni, I & Zilcha-Mano, S. (2024) Reactivity and Stability in Facial Expressions as an Indicator of Therapeutic Alliance Strength. *Psychotherapy Research*.
- Malka, M., **Ben-David Sela, T.**, Sayda, D., Moggio, D., Altmann, U., & Zilcha-Mano, S. (under revision). Innovative Approaches to Predicting Trait-Like and State-Like Components in Psychotherapy. *Psychotherapy Research*.

Leibovich, L., Sadek, G., **Ben David-Sela, T.**, Khoury, Y., Midgley, N., & Zilcha-Mano, S. (2025). "I Too Deserve Good": A Qualitative Exploration of Corrective Relational Experiences in Psychodynamic Therapy for Depression. *Psychotherapy*.

**Ben David-Sela, T.**, Atias, K., Shacham, K., Golan, P., Hever, G., Yonatan-Leus, R. (In preparation). The Importance of Being (a) Patient: Therapists' Retrospective Report on Their Initial Treatment Experience as Patients.

## **CONFERENCES**

### **Moderator**

**Ben David Sela T.**, Leibovich, L., Khoury, Y., Hill, C & Zilcha-Mano, S. **(2022, July)**. "Picking up the pieces": Patients' Retrospective Reflections of Rupture Resolution Episodes During Treatment. Initiated, designed, and moderated a professional panel on the therapeutic alliance at the Society of Psychotherapy Research annual meeting, Denver, United States.

**Ben David-Sela, T.**, Atias, K., Shacham, K., Golan, P., Hever, G., Yonatan-Leus, R. **(2025, June)**. The Importance of Being (a) Patient: Therapists' Retrospective Report on Their Initial Treatment Experience as Patients. Initiated, designed, and moderated a professional panel on qualitative research in psychotherapy at the annual meeting of the Society of Psychotherapy Research, Kraków, Poland.

### **Panel**

Dolev, T. **Ben David Sela, T.**, Eubanks, C & Zilcha-Mano, S. **(2019, June)**. A moderating factor for patients with vindictive interpersonal problems. Accepted for presentation at a panel in the annual meeting of the Society for the Exploration of Psychotherapy Integration, Lisbon, Portugal.

**Ben David-Sela, T.**, Dolev-AMIT, T. Eubanks, C. & Zilcha-Mano, S. **(2021, June)**. Achieving successful resolution of alliance ruptures: For Whom and When. Panel accepted for presentation at the Society of Psychotherapy Research, Heidelberg, Germany.

**Ben David Sela T.**, Leibovich, L., Khoury, Y., Hill, C & Zilcha-Mano, S. **(2022, July)**. "Picking up the pieces": Patients' Retrospective Reflections of Rupture Resolutions Episodes During Treatment. Accepted to a presentation at the Society of Psychotherapy Research, Denver, United States.

**Ben David Sela T.,** Leibovich., L., Khoury, Y., Hill, C & Zilcha-Mano, S. **(2023, June).** “Picking up the pieces”: Patients' Retrospective Reflections of Rupture Resolutions Episodes During Treatment. Accepted to present at the annual meeting of the Society of Psychotherapy Research, Dublin, Ireland.

**Ben David Sela T.,** Leibovich., L., Khoury, Y., Hill, C & Zilcha-Mano, S. **(2024, June).** “Picking up the pieces”: Patients' Retrospective Reflections of Rupture Resolutions Episodes During Treatment. Accepted to present at the annual meeting of the Society of Psychotherapy Research, Ottawa, Canada.

**Ben David-Sela, T.,** Atias, K., Shacham, K., Golan, P., Hever, G., Yonatan-Leus, R. **(2025, June).** The Importance of Being (a) Patient: Therapists’ Retrospective Report on Their Initial Treatment Experience as Patients. Accepted to present at the annual meeting of the Society of Psychotherapy Research, Kraków, Poland.

### **Posters**

**Ben David Sela,T.** Dolev, T. & Zilcha-Mano, S. **(2019, June).** Achieving a Successful Resolution of Alliance Ruptures: Predictors and Potential Consequences. The poster session was accepted for presentation at the Society for the Exploration of Psychotherapy Integration meeting in Lisbon, Portugal.

**Ben David Sela,T.,** Khoury, Y. Leibovich., L., Dolev-Amit, T & Zilcha-Mano, S. **(2021, June).** Memory Lane: Successful Resolutions as a Potential Path Towards Corrective Emotional Experiences. The poster session was accepted for presentation at the Society for the Exploration of Psychotherapy Integration (SEPI) meeting in Lausanne, Switzerland.

Khoury, Y., **Ben David Sela,T.,** Leibovich., L., Dolev-Amit, T & Zilcha-Mano, S. **(2021, June).** Memory Lane: Successful Resolutions as a Potential Path Towards Corrective Emotional Experiences. The poster session was accepted for presentation at the Society of Psychotherapy Research Annual Meeting in Heidelberg, Germany.

Gura, R., Berger, S., **Ben David Sela, T.**, Khoury, Y. & Zilcha-Mano, S. **(2023, June)**. The Power of Perspective - Comparison of Rupture Reports through Different Methods. Poster session:  
Accepted to present at the Society of Psychotherapy Research annual meeting in Dublin, Ireland.