



Name: Libby Igra

Date: October 2026

CURRICULUM VITAE

1. Personal Details

Permanent Home Address: Nataf, Israel

Cellular Phone: 0523770440

Electronic Address: Libbybendr@gmail.com

2. Higher Education

A. Undergraduate and Graduate Studies

2006–2010 B.A., Psychology and Media and Communication, The Hebrew University of Jerusalem. Magna Cum Laude.

2010–2012 M.A., Clinical Psychology, The Hebrew University of Jerusalem. Magna Cum Laude. Advisor: Prof. Maya Tamir. Thesis: *How do Attitudes towards Emotions change? The Influence of Experiencing Instrumental Emotion on Implicit Attitudes towards Emotions.*

B. Doctoral Degree and Post-Doctoral Studies

2017–2022 Ph.D., Department of Psychology, Psychiatric Rehabilitation Lab, Bar-Ilan University. Advisor: Prof. Ilanit Hasson-Ohayon. Thesis: *Metacognitive Reflection and Insight Therapy: Self-Experience, Therapeutic Alliance, and Emotional Processes.*

2023–2025 Post-doctoral position, Department of Psychology, Copenhagen University. Advisor: Prof. Stig Poulsen. Research project: Common Factors, Responsiveness and Outcome in Psychotherapy (CROP) Study, a naturalistic prospective cohort study of psychotherapy in Denmark.

3. Academic Ranks and Tenure in Institutes of Higher Education

Dates	Institution and Department	Rank/Position
2019–2021	Bar-Ilan University, Department of Psychology	Teaching Assistant
2021–2023	The Academic College of Tel Aviv-Yaffo	Lecturer
2022–present	Bar-Ilan University	Lecturer
2023–2025	Copenhagen University, Department of Psychology	Post-doctoral researcher (advisor: Prof. Stig Poulsen)
2024	Copenhagen University, Denmark	Lecturer

6. Participation in Scholarly Conferences

a. Active Participation

Date	Name of Conference	Place	Subject of Lecture/Discussion	Role
Conferences in Israel				
2018	International Society for Psychological and Social Approaches to Psychosis (ISPS-IL) conference	Academic College of Tel Aviv-Yaffo, Israel	Metacognitive Reflection and Insight Therapy for Schizophrenia: Preliminary Results	Presenter
2019	Society for Psychotherapy Research (SPR-IL) conference	Academic College of Tel Aviv-Yaffo, Israel	Metacognitive reflection and insight therapy for schizophrenia: Process and outcome	Presenter



2020	Society for Psychotherapy Research (SPR-IL) conference	The Hebrew University of Jerusalem, Israel	Metacognitive reflection and insight therapy: Integrative considerations	Presenter
2021	Society for Psychotherapy Research (SPR-IL) conference	Academic College of Tel Aviv-Yaffo, Israel	Emotional experience and metacognition among people with schizophrenia	Presenter
2022	European Network for Mental Health Service Evaluation (ENMESH) conference	Tel Aviv, Israel	Emotions and metacognition: Analysis of session by session and outcome of metacognitive-oriented psychotherapy	Presenter
International Conferences				
2019	European Network for Mental Health Service Evaluation (ENMESH) conference	Lisbon, Portugal	Metacognitive reflection and insight therapy for persons with serious mental illness: Process, outcome and different modes of application and assessment	Presenter
2019	European Network for Mental Health Service Evaluation (ENMESH) conference	Lisbon, Portugal	The working alliance of clients with serious mental illnesses and their therapists: A meta-analysis and systematic review	Poster
2023	International annual meeting of the Society for Psychotherapy Research (SPR)	Dublin, Ireland	Emotional change processes in psychotherapy: Mixed methods approaches	Presenter
2024	International annual meeting of the Society for Psychotherapy Research (SPR)	Ottawa, Canada (online)	The effects of attachment patterns on therapeutic processes and relationships	Presenter
2024	Joint European & UK Society for Psychotherapy Research (SPR) chapters conference	Brno, Czech Republic (online)	Ruptures and repairs in the therapeutic alliance through multiple lenses	Presenter

7. Invited Lectures\ Colloquium Talks

Date	Place of Lecture	Name of Forum	Presentation/Comments
2019	Bar-Ilan University	Research seminar, Brain, Emotion and Cognition M.A. Program	Metacognitive reflection and insight therapy for schizophrenia: Preliminary results
2020	Bar-Ilan University	Outstanding doctoral students' presentation for the faculty of the Department of Psychology	Outcomes of Metacognitive reflection and insight therapy trial
2021	Achva College	Clinical seminar, Clinical Psychology M.A. Program	Core elements of Metacognitive reflection and insight therapy
2022	On line	MERIT Institute quarterly conference (invited lecture)	Conceptualizing integration
2024	On line	Research-Practice collaboration project for Danish psychologists (invited lecture)	Impact of alliance on symptom: The moderating role of attachment and interpersonal problems
2025	Copenhagen University	Research-Practice collaboration project for Danish psychologists (invited lecture)	Therapeutic alliance: Alliance building, ruptures and repair



9. Scholarships, Awards and Prizes

- 2023–2024 Postdoctoral Scholarship for Outstanding Women Researchers, Gender Equity Unit, Bar-Ilan University.
- 2023–2025 Postdoctoral Scholarship for Outstanding Women Researchers, Israeli Council for Higher Education.

10. Teaching

a. Courses Taught in Recent Years

Year	Course Name	Type: Lecture/Seminar/ Workshop/ High Learn Course/Introduction	Degree
2021–2023	Integrative CBT, The Academic College of Tel Aviv-Yaffo	Lecture	M.A.
2021–2023	Research seminar: Emotion regulation, The Academic College of Tel Aviv-Yaffo	Seminar	B.A.
2021–2023	Cultural competence in psychotherapy, The Academic College of Tel Aviv-Yaffo	Lecture	B.A.
2022–present	Clinical field experience and Research seminar, Bar-Ilan University	Supervision	B.A.
2022–present	Emotion regulation, Bar-Ilan University	Seminar	B.A.
2022–present	Cultural competence in psychotherapy, Bar-Ilan University	Lecture	B.A., M.A.
2024	Metacognition-based psychotherapy for schizophrenia spectrum disorders, Copenhagen University	Seminar	B.A., M.A.

12. Professional Experience

- 2010–2012 Succat Shalom Schusterman Emergency Center for children in danger, Jerusalem.
- 2013–2016 The Unit for Psychological Service at Ben-Gurion University of the Negev, Beer Sheva.
- 2015–2017 Reim (“Friends”) Program: facilitator of social skills groups for children on the autistic spectrum.
- 2017–2018 Mental Health Daycare Unit of “Clalit” HMO, Bnei Brak.
- 2018–2021 The Community Clinic at Bar-Ilan University, Ramat-Gan.
- 2021–2025 Private clinic, Tel Aviv.
- 2025–present Hila Women’s Mental Health Clinic, Hadassah Ein Kerem Medical Center (in training for certification in Clinical Psychology Supervision).



PUBLICATIONS

A. Ph.D. Dissertation

Igra, L. (2022). *Metacognitive Reflection and Insight Therapy: Self-Experience, Therapeutic Alliance, and Emotional Processes* [Doctoral dissertation, Bar-Ilan University]. Advisor: Prof. Ilanit Hasson-Ohayon.

D. Articles in Refereed Journals

Published

1. Netzer, L., **Igra, L.**, Anan, Y. B., & Tamir, M. (2015). When bad emotions seem better: Experience changes the automatic evaluation of anger. *Social Psychological and Personality Science*, 6(7), 797–804.
2. **Igra, L.**, Lavidor, M., Atzil-Slonim, D., Arnon-Ribenfeld, N., de Jong, S., & Hasson-Ohayon, I. (2020). A meta-analysis of client–therapist perspectives on the therapeutic alliance: Moderating role of measurement type and diagnosis. *European Psychiatry*, 63(1), e67.
3. Bercovich, A., Goldzweig, G., **Igra, L.**, Lavi-Rotenberg, A., Gumley, A., & Hasson-Ohayon, I. (2020). The interactive effect of metacognition and self-compassion on predicting meaning in life among individuals with schizophrenia. *Psychiatric Rehabilitation Journal*, 43(4), 290.
4. Lavi-Rotenberg, A., Bar-Kalifa, E., de Jong, S., **Igra, L.**, Lysaker, P. H., & Hasson-Ohayon, I. (2020). Elements that enhance therapeutic alliance and short-term outcomes in MERIT: A session-by-session assessment. *Psychiatric Rehabilitation Journal*, 43(4), 318.
5. Hasson-Ohayon, I., de Jong, S., **Igra, L.**, Carter, S. A., Faith, L. A., & Lysaker, P. H. (2021). Longitudinal changes in therapeutic alliance with people with psychosis: Relationship between client and therapist assessments. *Clinical Psychology & Psychotherapy*, 28(5), 1243–1253.
6. **Igra, L.**, Roe, D., Lavi-Rotenberg, A., Lysaker, P. H., & Hasson-Ohayon, I. (2021). “Making sense of my diagnosis”: Assimilating psychoeducation into metacognitive psychotherapy for individuals with schizophrenia. *Journal of Psychotherapy Integration*, 31(3), 277.
7. **Igra, L.**, Sened, H., Lavi-Rotenberg, A., Pijnenborg, M., Lysaker, P. H., & Hasson-Ohayon, I. (2022). Emotional experience and metacognition among people with schizophrenia: Session-by-session analysis and outcome of metacognitive-oriented psychotherapy. *Journal of Psychiatric Research*, 156, 460–466.
8. Lavi-Rotenberg, A., Kivity, Y., **Igra, L.**, Atzil-Slonim, D., & Hasson-Ohayon, I. (2023). A dyadic session-by-session assessment of therapeutic alliance and short-term outcome among clients with schizophrenia compared with clients with emotional disorders. *Psychology and Psychotherapy*, 96(4), 1029–1043.
9. Hasson-Ohayon, I., **Igra, L.**, Lavi-Rotenberg, A., Lysaker, P., & Goldzweig, G. (2023). Findings from a randomized controlled trial of MERIT for people with schizophrenia: Effects on metacognition and symptoms. *Psychology and Psychotherapy: Theory, Research and Practice*.
10. Lavi-Rotenberg, A., Roe, D., **Igra, L.**, & Hasson-Ohayon, I. (2023). Re-owning motherhood in MERIT with a woman diagnosed with schizophrenia: Lessons from a case study. *Journal of Contemporary Psychotherapy*, 53(1), 81–90.
11. **Igra, L.**, Shilon, S., Kivity, Y., Atzil-Slonim, D., Lavi-Rotenberg, A., & Hasson-Ohayon, I. (2023). Examining the associations between difficulties in emotion regulation and symptomatic outcome measures among individuals with different mental disorders. *Frontiers in Psychology*, 14, 973.
12. Jacob, A., Goldzweig, G., Dar, A., **Igra, L.**, & Hasson-Ohayon, I. (2024). Public stigma toward women, mothers and non-mothers with serious mental illness in Jewish Ultraorthodox society. *Mental Health, Religion & Culture*, 1–17.
13. Alfi-Yogev, T., Kivity, Y., Atzil-Slonim, D., Paz, A., **Igra, L.**, Lavi-Rotenberg, A., & Hasson-Ohayon, I. (2024). Transdiagnostic effects of therapist self-disclosure on diverse emotional



experiences of clients with emotional disorders and schizophrenia. *Journal of Clinical Psychology*.

14. Lavi-Rotenberg, A., Frishman, N., **Igra, L.**, Gilboa-Schechtman, E., & Hasson-Ohayon, I. (2024). Beyond one's attitude toward the self: The role of social anxiety in self-stigma among individuals with schizophrenia. *Journal of Nervous and Mental Disease*, 212(1), 28–32.
15. Jacob, A., Lavidor, M., **Igra, L.**, & Hasson-Ohayon, I. (2025). Cultural aspects of stigma toward people with serious mental illness: A meta-analysis of the association between individualism–collectivism and social distance. *Stigma and Health*.
16. Jacobsen, C. F., **Igra, L.**, Lunn, S., Karstoft, K. I., Nielsen, J., Lauritzen, L., ... Poulsen, S. (2025). The association between therapist internal relational models, professional self-doubt, and coping strategies and the process and outcome of psychotherapy. *Psychotherapy Research*, 1–16.
17. Jacobsen, C. F., Falkenström, F., Karstoft, K. I., **Igra, L.**, Lunn, S., Nielsen, J., ... Poulsen, S. (2025). Exploring the matching effect: The association between preference accommodation, the working alliance, and outcome in psychotherapy. *Journal of Consulting and Clinical Psychology*, 93(6), 443.
18. **Igra, L.**, Jacobsen, C. F., Falkenström, F., Lunn, S., Lauritzen, L., & Poulsen, S. (2025). Rupture patterns and outcomes: The moderating role of interpersonal functioning. *Clinical Psychology & Psychotherapy*, 32(6), e70181.
19. **Igra, L.**, Jacobsen, C. F., Lunn, S., Nielsen, J., & Poulsen, S. (2025). The effect of therapists' trait-like and state-like professional self-doubt on rupture resolution. *Psychotherapy Research*, 1–15.
20. **Igra, L.**, Mayo, O., Kivity, Y., Jacobsen, C. F., Lunn, S., & Poulsen, S. (2026). Early alliance growth and changes in attachment styles in psychotherapy. *Psychotherapy*.
21. Hasson-Ohayon, I., **Igra, L.**, Lavi-Rotenberg, A., & Atzil-Slonim, D. (2026). Adherence to elements of metacognition-based therapy for schizophrenia moderates the negative association between therapist-perceived rupture intensity and the client's session evaluation. *Psychotherapy Research*, 1–10.

E. Articles or Chapters in Scientific Books (which are not Conference Proceedings)

Published

1. Hasson-Ohayon, I., Lavi-Rotenberg, A., **Igra, L.**, de Jong, S., & Roe, D. (2021). The recovery of the self through therapeutic alliance focused group therapy. In I. Hasson-Ohayon & P. H. Lysaker (Eds.), *The recovery of the self in psychosis: Contributions from metacognitive and mentalization-based oriented psychotherapy*. ISPS series book. London: Routledge.

K. Submitted Publications

1. Yonatan-Leus, R., Jacobsen, C. F., **Igra, L.**, & Poulsen, S. (under review). The stability of therapist effects: From general to stage-specific therapist effectiveness.
 2. Jacobsen, C. F., Falkenström, F., **Igra, L.**, Lunn, S., & Poulsen, S. (under review). The association between therapist in-session self-doubt, responsive activities, and client alliance growth.
-