

Sigal Zilcha-Mano, Ph.D., Senior Lecturer, Department of Psychology, University of Haifa.

Dr. Zilcha-Mano is a licensed clinical psychologist and a senior lecturer of clinical psychology in the Department of Psychology, University of Haifa.

She received her PhD from Bar-Ilan University, where she was mentored by Prof. Mario Mikulincer. Her dissertation was on applications of attachment theory, and especially the ways in which old maladaptive working models may or may not be projected onto new relationships.

She completed a post-doctoral fellowship funded by a Fulbright scholarship at Adelphi University, where she was mentored by Prof. Jacques Barber.

Zilcha-Mano is currently engaged in the study of mechanisms of change in psychotherapy and of the interplay between interpersonal factors and processes of change.

At present, she is most interested in separating the trait-like patient interpersonal characteristics (which can therefore serve in determining which type of treatment is best suited for which patient) from those patient interpersonal characteristics that change across treatment and drive change in psychotherapy. In particular, she is interested in understanding how both components contribute to the process and outcome of treatment.

She feels fortunate to be part of the SPR home and to collaborate with other SPR researchers around the world. She leads the psychotherapy research lab in the Department of Psychology at the University of Haifa, where she and her students are currently conducting an RCT (funded by an ISF grant) as well as naturalistic studies investigating mechanisms of change in psychotherapy. She has a part-time private practice as a clinical psychotherapist since 2010.