

Curriculum Vitae Ayelet Barak Nahum

Present Employment- Ono Academic College- Head of Culinary Art Therapy Program

Contact information- 17/6 Nehardea st. Tel Aviv, +972-54-4822059,
Mazon.laneshama@gmail.com

zahal (israeli) military service

1996- Training Development Officer (Luitenet)

1995-1996- Officers' Course and Squad Commander

1994-1995- Squad Leader

Marital status- MARRIED + 2

Education

2023- TODAY **Tel Aviv Academic College** Mifrasim Institute of Integrative Psychotherapy.
Ogen Program for adult Psychotherapy.

2009-2015 **Tel Aviv University**, Tel Aviv, PhD in Social Work Dissertation: Somatic Awareness, Nutritional Behavior, Creative Problem Solving and Quality of Life among Cancer Patients Participating in Culinary group Intervention Directed by Dr. Karni Ginzburg, Bob Shapell School of Social Work, Tel Aviv University

2005- 2008 **Tel Aviv University**, Tel Aviv MSW, Bob Shapell School of Social Work
Thesis: The Effectiveness of Culinary Group Therapy among Children and Adolescents Diagnosed with Pervasive Developmental Disorder and Psychiatric Co-morbidity Advisor: Dr. Karni Ginzburg

2007 **Levinski College**, Tel Aviv Teaching Certificate in Special Education

2003-2005- **Bar- Ilan University**, Art Therapy Certificate, School of Social Work

2003- **Tadmor School for Culinary Studies** Art of Cooking Certificate

1997- 2000- **Tel Aviv University**, Tel Aviv B.A. in Social Work, Bob Shapell School of Social Work

Academic and Teaching Experience

2022- Today- Ono Academic college- Head of Culinary Art Therapy Program At the BA in Behavioural Science

2016-Today- Seminar Hakibutzim college. Tel Aviv Head of the “culinary therapy” study program Developed and leading a continuing education program for health-care professionals who wish to combine cooking in their therapeutic work

2008-2016 - School of Occupational Therapy, Hebrew University, Jerusalem, Head of the culinary therapy” study program Developed and leading a continuing education program for health-care professionals who wish to combine cooking in their therapeutic work

Clinical/ Professional Experience

2007-Today- **Privat Clinic- Culinary Art Therapy** Meeting adults and adolescents dealing with life challenges and mental illness.

2011-2017- **Tel Aviv Medical Center- Endocrinology** Leading culinary art therapy groups for diabetes patients and care givers.

2005-2008- **Nativ School for Special Education,** Tel Aviv, Culinary Therapist Working with students (ages 6-21) with autistic spectrum disorders and psychiatric co- morbidity

2004-2017- **The Wellness Community,** Tel Aviv, Culinary Therapist Leading a culinary therapy group for cancer patients in the support center for cancer patients and families sponsored by the Israeli Cancer association

Scientific Publications

Books

Barak Nahum, A. (2023). Kitchen Talks - Introduction to culinary art therapy. Shtaim Sfarim, Tel Aviv, Israel. (in Hebrew)

Original Research articles

Barak Nahum, A. (2025). Hands-On Healing: Food, Trauma, and Worldviews. Manuscript submitted for publication.

Barak-Nahum, A Peretz, E, Eliyahu-Olswang, B. (2025). Washing Dishes and Cleaning the Table: Culinary Therapeutic Intervention with Families Affected by the October 7th War. *Hevra VeRevaha: Social Welfare, (1)*, 94–110. (In Hebrew)

Barak- Nahum, A, Ben Haim, L & Ginzburg, K. (2016). When life gives you lemons: The effectiveness of culinary art therapy among cancer patients. *Social Science & Medicine*, 166, 1-8.

Tsur, N., Defrin, R., Barak-Nahum, A., & Ginzburg, K. (2014). *Monitoring of bodily signals scale (MBSS): A single-item measure for evaluating body vigilance*. Manuscript submitted for publication.

Ginzburg, K., Tsur, N., Barak-Nahum, A., & Defrin, R. (2014). Body awareness: Differentiating between sensitivity to and monitoring of bodily signals. *Journal of Behavioral Medicine*, 37(3), 564-575.

Scholarly presentations

Barak Nahum, A.” Kitchen Talks- Culinary Art therapy in times of war and Trauma”. The 2nd Annual conference of Culinary Art therapy, Ono Academic Colledge, Israel May 2024.

Barak-Nahum, A. & Ginzburg, K. “around The Kitchen Table- Culinary Art Therapy With Cancer Survivors” The Annual Conference of rehabilitative Psychology, Haifa, Israel, 2016.

Barak-Nahum, A. & Ginzburg, K “Somatic Awareness, Nutritional Behavior, Creative Problem Solving and Quality of Life among Cancer Patients Participating in Culinary group Intervention”. The Annual conference of Atid The society of nutrition, Tel Aviv, Israel. 2013

Barak-Nahum, A. & Ginzburg, K. "Somatic Awareness: Differentiating between Body Awareness and Somatization". The 25th Annual Conference of the European Health Psychology Society, Hersonissos, Crete, Greece, September 2011

Barak-Nahum, A. & Ginzburg, K. "Cooking Group Therapy: Implications for the Functioning of Children Diagnosed with PDD and Psychiatric Co-Morbidity". The 23rd Annual Conference of the European Health Psychology Society, Pisa, Italy, September 2009