Get to Know Me



Prof. Anat Shoshani

Academic Director

Anat ShoShanyis a professor at the Baruch Ivcher School of Psychology at Reichman University, academic director of the Maytiv Center for Research and Practice in Positive Psychology at Reichman University, and a co-founder of the Maytiv Center.
Prof. ShoShanycompleted her bachelor's degree in psychology and education at the University of Haifa. At Tel Aviv University she completed both a master's degree in clinical psychology and her PhD, which focused on preventive interventions for coping with exposure to political violence in the media. Anat has extensive experience in research development and in implementing preventive intervention programs to promote resilience and mental health in the community.
In recent years, she has developed and led educational interventions for teachers and students on embedding positive psychology in schools and kindergartens, to improve teaching and learning processes and to promote coping with exposure to terror attacks and war.
Prof. ShoShanyresearches aspects related to positive psychology and to promoting the mental wellbeing of children and adolescents, and studies the contribution of children's character strengths and resilience factors to their adjustment to developmental tasks, environmental changes, and stress and trauma situations. She is also an internationally recognized researcher in the field of positive psychology in education, and is an expert clinical psychologist whose therapeutic experience includes clinical work with children, adolescents, and adults in mental-health clinics and psychiatric hospitals.