

Name: **Ohad Nahum**

Date: 25.8.2026

CURRICULUM VITAE

1. Personal Details

Field	Information
Permanent Home Address	Kehilat Saloniky 6, Tel-Aviv, Israel
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2. Higher Education

A. Undergraduate and Graduate Studies

Year of Approval of Degree	Name of Institution and Department	Degree	Period of Study
2020	University of Haifa	Ph.D., Department of Psychology	2015-2020
2004	University of Haifa	M.A. (Cum Laude), Clinical Child Psychology	2002-2004
2002	Tel Aviv University	B.A., Psychology and Economics	1999-2002

Ph.D. Dissertation Title: Key Resources & Engagement Among Professional Athletes

Supervisors: Prof. Moshe Almagor Tikotzki; Prof. Stevan Hobfoll; Prof. Danny Koren

Additional Professional and Academic Training

Period	Institution	Program
2020-2024	Tel Aviv University, Sackler Faculty of Medicine	Advanced Psychoanalytic Psychotherapy Program

3. Academic Ranks and Tenure in Institutes of Higher Education

Dates	Name of Institution and Department	Rank/Position
2019-Present	The Academic College of Tel Aviv-Yaffo, School of Behavioral Sciences	Teaching Fellow
2012-2017	Ariel University, Psychology Department	Lecturer

5. Scholarly Positions and Activities outside the Institution

A. Positions in Professional Organizations

Role	Organization	Dates
Co-Chair, Conference Committee, 13th Biennial Conference	Society for the Study of Emerging Adulthood (SSEA)	2025-2027
Member, Inaugural Editor Search Committee, Applied Studies in Emerging Adulthood (ASEA)	American Psychological Association (APA) and Society for the Study of Emerging Adulthood (SSEA) and	2025-2026
Chair, Psychotherapy Topic Network	Society for the Study of Emerging Adulthood (SSEA)	2022-Present
Member, Implementation and Field Committee	Israeli Association for Sport and Performance Psychology	2021-2025
Co-Chair, Emerging Scholars Topic Network	Society for the Study of Emerging Adulthood (SSEA)	2020-2022

B. Editorial Roles and Scholarly Leadership

Role	Journal / Activity	Dates
Guest Editor, Special Issue: "Emerging Adult Athletes" (with Alan Reifman and Elodie Wendling)	Emerging Adulthood	2026-Present
Volume Editor, Inside the Therapy Room: Clinical Case Studies with Emerging Adults (with Abby Goldstein)	Oxford University Press	2026-Present

C. Additional Scholarly Activities

Role	Organization	Dates
Author, Project CARE (Collaboration for Action and Resources for Emerging Adults)	Society for the Study of Emerging Adulthood (SSEA)	2020-2021

D. Reviewing Activity

Dates	Organization	Role
2025	International Journal of Sport and Exercise Psychology	Ad hoc reviewer
2024	Journal of Sport Psychology in Action	Ad hoc reviewer
2021	BMC Psychology	Ad hoc reviewer
2019-Present	European Federation of Sport Psychology (FEPSAC) Congress	Reviewer for conference submissions

6. Participation in Scholarly Conferences

a. Active Participation - International Conferences

Date	Name of Conference	Place of Conference	Subject of Lecture	Role
2026	European Congress of Sport and Exercise Psychology (FEPSAC)	Timisoara, Romania	Psychodynamic Thinking in Applied Work with Athletes	Workshop
2026	European Congress of Sport and Exercise Psychology (FEPSAC)	Timisoara, Romania	Recognizing Shame in Elite Sport: A Psychodynamic-Informed Framework	Oral presentation
2026	European Congress of Sport and Exercise Psychology (FEPSAC)	Timisoara, Romania	Subclinical Levels of Distress: Multiple Psychodynamic Lenses in Sport Consultation	Symposium
2025	12th Biennial Conference of the Society for the Study of Emerging Adulthood (SSEA)	South Carolina, USA	Emerging Adult Athletes: Challenges, Mental Health, and the Transition Out of Sport	Innovative Session
2025	12th Biennial Conference of the Society for the Study of Emerging Adulthood (SSEA)	South Carolina, USA	When Emerging Adulthood Doesn't Emerge: Understanding Non-Emergence as a	Innovative Session

Date	Name of Conference	Place of Conference	Subject of Lecture	Role
			Developmental Trajectory	
2025	12th Biennial Conference of the Society for the Study of Emerging Adulthood (SSEA)	South Carolina, USA	Emerging Adults' Mental Health, Psychotherapy, Prevention and Intervention: Case Illustrations and Common Themes	Workshop
2024	European Congress of Sport and Exercise Psychology (FEPSAC)	Innsbruck, Austria	Three Psychodynamic Concepts: Applicability for the Sport Psychologist	Workshop
2024	European Congress of Sport and Exercise Psychology (FEPSAC)	Innsbruck, Austria	Shame among athletes: Theoretical and practical considerations for consultation	Poster
2023	11th Biennial Conference of the Society for the Study of Emerging Adulthood (SSEA)	San Diego, USA	Internet addiction and anxiety: Antecedents and consequences	Workshop
2021	10th Biennial Conference of the Society for the Study of Emerging Adulthood (SSEA)	Washington, D.C., USA	Therapeutic Ramifications of a New Etiological Model of Severe Social Withdrawal (Hikikomori Continuum) Among Emerging Adults During and After COVID-19	Poster
2021	10th Biennial Conference of the Society for the Study of Emerging Adulthood (SSEA)	Washington, D.C., USA	Tips From Colleagues: How to Make an (Extra)Ordinary Contribution to the Study of Emerging Adulthood	Innovative Session
2021	42nd Annual Hybrid Conference of the International School Psychology Association (ISPA)	Nicosia, Cyprus	The New Authority for Educators: During COVID-19 and Beyond	Workshop
2021	42nd Stress Trauma Anxiety and Resilience Society (STAR) International Conference	Haifa, Israel	Failing to Emerge: A New Etiological Model of Dysfunctional and Socially Withdrawn Emerging Adults	Lecture
2021	42nd Stress Trauma Anxiety and Resilience Society (STAR) International Conference	Haifa, Israel	Rethinking Sport Psychology Theory and Applied Practice: A Self Psychology Perspective	Lecture
2021	6th International Congress of Exercise and Sport Sciences, The Academic College at Wingate	Netanya, Israel	A Brief Literature Review of Psychodynamic Sport Psychology Practice: Ongoing Neglect and Potential	Lecture

Date	Name of Conference	Place of Conference	Subject of Lecture	Role
			Contributions	
2021	10th International Congress of Cognitive Psychotherapy	Virtual Conference, Rome, Italy	Severe Social Withdrawal (Hikikomori) Among Emerging Adults: A New Etiological Model and Cognitive-Behavioral Therapeutic Strategies	Lecture
2021	6th NVR International Conference	Virtual Conference, Linz, Austria	Still Living Together - Parental Stance toward Adult Children Living at Home: Research and Therapeutic Implications	Lecture
2021	6th NVR International Conference	Virtual Conference, Linz, Austria	When the Going Gets Tough	Workshop
2019	40th Annual Conference of the Stress and Anxiety Research Society (STAR)	Palma de Mallorca, Spain	Failure to Launch: A Brief Review of the Phenomenon of Young Dependent Adults, and the Innovative Non-Violent Resistance Intervention Model	Lecture
2019	40th Annual Conference of the Stress and Anxiety Research Society (STAR)	Palma de Mallorca, Spain	New Theoretical Concepts to Address Children's Anxiety: Malignant and Benign Parental Accommodation	Lecture
2019	40th Annual Conference of the Stress and Anxiety Research Society (STAR)	Palma de Mallorca, Spain	Resources Do Make a Difference: The Impact of Psychological Resources on Stress and Athletic Performance	Lecture
2018	5th International Congress of Exercise and Sport Sciences, The Academic College at Wingate	Netanya, Israel	Stress and well-being among Israeli Female Basketball Premier League Players: Exploring Weekly Fluctuations	Lecture
2018	5th International Congress of Exercise and Sport Sciences, The Academic College at Wingate	Netanya, Israel	Improving Our Sport Psychology Research: What Can Be Done?	Lecture
2018	5th International Conference on Non-Violent Resistance (NVR) Interventions	Tel Aviv, Israel	Child Treatment in Parallel to Parental NVR Training	Lecture
2016	37th Annual Conference of the Stress and Anxiety Research Society (STAR)	Zagreb, Croatia	Working with Parents of Anxious Children: Using the Therapeutic Approach of Non-Violent Resistance	Workshop

Date	Name of Conference	Place of Conference	Subject of Lecture	Role
2016	37th Annual Conference of the Stress and Anxiety Research Society (STAR)	Zagreb, Croatia	Clinical Sport Psychology - Beyond Performance and Psychopathology	Lecture
2016	37th Annual Conference of the Stress and Anxiety Research Society (STAR)	Zagreb, Croatia	Stress Research in Sport Psychology - Three Limitations and Future Directions	Lecture
2015	36th Annual Conference of the Stress and Anxiety Research Society (STAR)	Tel Aviv, Israel	Survival Mode - A Peek into the Subjective Experience of Dependent Adults	Lecture

b. Active Participation - National Conferences

Role	Subject of Lecture / Discussion	Place of Conference	Name of Conference	Date
Invited Workshop (Two-day)	Psychodynamic Thinking in Applied Work with Athletes	Israel	3rd Annual Conference of the Israeli Association for Sport and Performance Psychology	2025
Invited Workshop	Shame - Implications for Psychotherapy and Consultation to Professional Athletes	Israel	1st Annual Conference of the Israeli Association for Sport and Performance Psychology	2022
Workshop	Positive Psychology - Integrating the PERMA Model in Psychotherapy	Israel	42nd Annual Online Conference of the Israeli Association for CBT (ITA)	2022
Workshop	Social Withdrawal, Anxiety, and Seclusion among Emerging Adults - Etiology, Symptoms, and Psychotherapy	Israel	41st Annual Online Conference of the Israeli Association for CBT (ITA)	2021
Workshop	Working with Parents of Anxious Children Using the New Authority and Non-Violent Resistance Psychology	Netanya, Israel	40th Annual Conference of the Israeli Association for CBT (ITA)	2020

c. Organization of Conferences or Sessions

Date	Subject of Conference	Place of Conference	Name of Conference	Role
2025-2027	Emerging Adulthood	Montreal, Canada	Society for the Study of Emerging Adulthood (SSEA) 13th Biennial Conference	Co-Chair, Conference Committee

7. Invited Keynotes, Lectures, Workshops, and Colloquium Talks

Date	Name of Forum	Location	Presentation / Comments
2026	1st North American NVR Conference (Keynote, Master Class)	Calgary, Canada (Online)	NVR-Informed Simultaneous Treatment of Parents and Child
2025	3rd Annual Conference of the Israeli Association for Sport and Performance Psychology (Invited Workshop)	Israel	Psychodynamic Thinking in Applied Work with Athletes
2024	European Congress of Sport and Exercise Psychology (FEPSAC) (Invited Special Roundtable)	Innsbruck, Austria	Working with Sport Clients in Transitions: A Multicultural Scientist-Practitioner Perspective across Nine Countries
2022	1st Annual Conference of the Israeli Association for Sport and Performance Psychology (Invited Lecture)	Israel	Shame - Implications for Psychotherapy and Consultation to Professional Athletes
2017	8th Biennial Conference of the Society for the Study of Emerging Adulthood (Invited Workshop Panel)	Washington, D.C., USA	Non-Violent Resistance Psychology as a Family Therapy for Young Dependent Adults

10. Teaching

a. Courses Taught in Recent Years

Year	Name of Course	Type of Course	Degree	Number of Students
2019-Present	Clinical Sport Psychology	Lecture	B.A.	~20
2019-Present	Performance Psychology	Lecture	B.A.	~30
2012-2017	Psychodiagnosis	Lecture	M.A.	~20
2012-2017	Psychopathology	Lecture	B.A.	~100

b. Supervision of Graduate Students

Name of student	Title of Thesis	Degree	Date of Completion	Students' Achievements
Inbal Frankenberg	Corrective Responses to Violent Behavior in Schools: A Nonviolent Resistance (NVR) Approach	M.A.	2025	
Sharon Gelman	Between Resilience and Distress: Sense of Coherence and Mental Well-Being Among Young Women in Israel After October 7	M.A.	2025	
Tal Reuven	Emerging Adulthood: A Review of Attitudes and Patterns Among Women	M.A.	2025	
Rotem Ben asher	Emerging Adulthood in 2025: Between Stagnation and Hope	M.A.	2025	

11. Miscellaneous

- Development of an interdisciplinary line of work integrating clinical psychology, developmental psychology, sport psychology, and Nonviolent Resistance (NVR).
- Ongoing clinical work with children, adolescents, families, and athletes, together with international collaborations with researchers in North America and Europe.

12. Professional Experience

Dates	Institution / Setting	Role
2007-Present	Private Practice	Clinical Psychologist

		<i>psychotherapy to children, adolescents, emerging adults, adults, and athletes in clinical, educational, and sport settings.</i>
2010-Present	Tel-Aviv Center for NVR Psychology	Parental Guidance <i>Parent Guidance and Consultation with Educational Staff.</i>
2009-2011	Tel Aviv Sourasky Medical Center, Anxiety Unit	Clinical Psychologist
2009-2011	Rishon LeZion Mental Health Center	Child and Adolescent Clinical Psychologist
2005-2009	Tel Aviv Sourasky Medical Center	Child Clinical Psychologist Intern
2005-2008	Israeli Tennis Center, The Tennis Academy	Sport Psychologist Supervisor

PUBLICATIONS

A. Ph.D. Dissertation

Nahum, O. (2020). Key resources and engagement among professional athletes [Ph.D. dissertation, University of Haifa].

D. Articles in Refereed Journals

Nahum, O. (2024). Clinical work with athletes in transitions based on the conservation of resources (COR) theory. *Journal of Sport Psychology in Action*, 15(1), 1-11. <https://doi.org/10.1080/21520704.2024.2428624>

E. Articles or Chapters in Scientific Books

Nahum, O. (2025). Parallel treatments of parents and child. In H. Omer (Ed.), *Revolution in parent guidance: The NVR casebook* (pp. 289-304).

Mellinger, L., Nevo, P., Nahum, O., & Dulberger, D. (2025). NVR in cases of entrenched dependence. In H. Omer (Ed.), *Revolution in parent guidance: The NVR casebook* (pp. 305-318).

Nahum, O. (2021). Survival mode: The adult-child's experience. In D. Dulberger & H. Omer (Eds.), *Non-emerging adulthood: Helping parents of adult children with entrenched dependence* (pp. 123-138). Cambridge University Press.

Nahum, O. (2017). Stress research in sport psychology: Three limitations and future directions. In K. A. Moore & P. Buchwald (Eds.), *Stress and anxiety: Coping and resilience* (pp. 177-186). Logos Publishers.

H. Other Scientific Publications

Omer, H., Dulberger, D., Nahum, O., et al. (2011). The trap of the un-empty nest. Hebrew Psychology website. [Hebrew].

J. Other Works Connected with my Scholarly Field

Nahum, O., Ben-Ami, M., Cohen, D., & Shivek, A. (2016). Athlete's subjective performance scale (ASPS). <https://doi.org/10.13140/RG.2.2.15985.51048>

K. Submitted Publications

Nahum, O., & Ryall, E. (under review). Shame in professional sports: Conceptual framework for athlete shame.