

Curriculum Vitae

Shlomo Breznitz

1960- B.A. Psychology and Sociology, the Hebrew University Jerusalem.

1962- M.A. Psychology, the Hebrew University, Jerusalem.

1965- Ph.D. Psychology, the Hebrew University, Jerusalem.

1966- Lecturer, the Hebrew University, Jerusalem.

1969- Senior Lecturer, the Hebrew University, Jerusalem.

1969-1971- Consultant to the Israeli Air Force on problems of stress.

1971- Visiting Professor, the London School of Economics and Political Science, London, UK.

1972- Associate Professor, the Hebrew University, Jerusalem; and Visiting Professor, University of Maryland, Maryland, USA.

1973-1974 Professor of Psychology, University of Maryland.

1974- Professor of Psychology, University of Haifa, Haifa, Israel.

1975- Vice Rector, University of Haifa.

1976- Visiting Professor, University of California at Berkeley, California, USA.

1977- Acting President, University of Haifa.

1977-1979 Rector, University of Haifa.

1978- Holder of the Lady Davis Chair in Psychology

1979- Founding Director of Ray D. Wolfe Centre for Study of Psychological Stress.

1979-1980- Visiting Professor, Stanford University, California, USA.

1980 (Summer) - Invited Fellow, Netherland Institute for Advanced Studies, Meyboomlaan 1, Vassenaar, The Netherlands.

1980 (Fall) - Scholar in Residence, Mercy College of Detroit, Michigan, USA.

1980-1983- Member, Council for Higher Education, Israel.

1980-1983- Member, National Council for Research and Development, Israel.

1983 (Spring)- Invited Senior Scientist, West German Academy of Sciences.

1983-1985- Visiting Scientist, National Institute of Mental Health, Washington, D.C.

1985-1989- Member, National Council for Research and Development, Israel.

1985- The New School for Social Research, New York, USA.

1989-1991 Rockefeller University, New York, USA.

1993- Fellow, Collegium Budapest, Institute for Advanced Study.

1996 -International Advisor for the Encyclopedia of Psychology, American Psychological Association.

1999- Founder of CogniFit.

2005 Doctor Honoris Causa, University of Mateja Bela.

2006- 2007 Member of Israeli Parliament

Chairmanship of International Conferences

(a) Anticipatory Coping with Stress. Haifa, May, 1978.

(b) The Denial of Stress. Haifa, June, 1979.

(c) Stress Management. Haifa, May, 1981.

(d) MANKIND 2000. Haifa, April, 1982.

(e) Molecular Biology of Stress. Keystone, Colorado, April, 1988.

(f) Education against hate. Haifa, June 1990.

(g) Beyond Hate: Living With Our Deepest Differences. Londonderry, September 1992.

Teaching Awards

Best Teacher, 1970, The Hebrew University, Jerusalem.

Best Teacher, 1974, Psychology, University of Maryland, Baltimore County, U.S.A.

Best Teacher, 1976, Faculty of Social Sciences, University of Haifa, Israel.

Best Teacher, 1982, Psychology, University of Haifa.

Best Teacher, 1995 Psychology, University of Haifa

Keynote Addresses

-Keynote Speaker, Annual Meeting of Israeli Psychological Association, Haifa, 1975: "Conditions for adjustment, towards a new taxonomy in psychopathology."

-Keynote Speaker, Annual Meeting of Israeli Psychological Association, Jerusalem, 1977: "Behavioral insurance: How to prepare for changes in life."

-Keynote Speaker, Annual Meeting of Israeli Psychological Association, Haifa, 1982: "The psychology of hope."

-Keynote Speaker, Conference on "Faith in Humankind," Washington, D.C., 1984: "Courage."

-Co-Keynote Speaker (with J. Axelrod), Conference on the occasion of 50th Anniversary of Nursing School at University of Pennsylvania Medical School, Philadelphia, 1986: "The effect of hope on coping with stress."

-Keynote Speaker, The 7th International Conference of the Society for Test Anxiety Research, STAR, Jerusalem, July, 1986: "The limits of subjectivism in stress research."

-Keynote Speaker, UCLA Symposium on Molecular Biology of Stress, Keystone, Colorado, April, 1988: "Homo Sapiens: The biologically outdated species."

-Invited participation in numerous professional conferences around the world. Among the most recent ones:

(a) The psychological implications of a DNA Marker for Huntington's Disease. New York, March, 1984.

(b) The dynamics of stress. Luxembourg, April, 1984.

(c) International Society for Political Psychology. Toronto, June, 1984.

(d) American Psychological Association. Toronto, August, 1984.

(e) Aspen Institute Conference on "Ancient Humans in Tomorrow's Electronic World." September, 1984.

(f) Faith in Humankind. Washington, D.C., September, 1984.

(g) Society for Research on Child Development. Toronto, April, 1985.

(h) Scientific Debate on the Nature of Stress. National Institutes of Health, May, 1985.

(i) National Academy of Science, Institute of Medicine, Workshop on Smoking. June, 1985.

(j) National Academy of Science, Institute of Medicine, Medical Consequences of Nuclear War. September, 1985.

(k) 14th Pugwash Workshop on Nuclear Forces: Accidental Nuclear War. Geneva, December, 1986.

(l) The Johns Hopkins Conference on Research in Work, Health and Productivity. Queenstown, Maryland, October, 1987.

- (m) UCLA Symposium on Molecular Biology of Stress. Keystone, Colorado, April, 1987.
- (n) Towards the 21st century. Paris, January 1988.
- (o) The Anatomy of Hate. Boston, March 1989.
- (p) 18th Pugwash Workshop on Nuclear Forces: Accidental Nuclear War. Pugwash, Canada, July 1989.
- (q) The Anatomy of Hate: The Oslo Conference. Oslo, August 1990.
- (r) Educating against hatred. Association of American Colleges, Washington, D.C. December, 1990.
- (s) Enhancement of memory. American Psychological Society, Washington, D.C. June, 1991.

List of Publications

BOOKS

- Social Psychology. Am-Oved, 1969. (Hebrew).
- Stress in Israel. Van Nostrand Reinhold Co., 1981.
- Handbook of stress. With L. Goldberger (Eds.). New York: Free Press of Macmillan, 1982.
- Denial of stress. International Universities Press, 1983.
- Cry wolf: The psychology of false alarms. Englewood Hills, N. J.: Lawrence Erlbaum Associates, 1984.
- Molecular biology of stress. With O. Zinder (Eds.). New York: Alan R. Liss, Inc., 1988.
- Memory fields. New York: Alfred A. Knopf, 1982.
- Handbook of stress. (2nd Revised Edition), With Leo Goldberger (Eds.) Free press, January 1993.
- Maximum brainpower: Challenging the brain for health and wisdom. With Collins Hemingway. New York: Ballantine, 2012.
- The tapestry of life. Hakibutz hameuchad, 2012.
- Sinamatella: A quest for meaning. Dekel publishing house & Samuel Wachtman's Sons, 2014.

CHAPTERS IN BOOKS

- How to simulate if you must. A chapter in M. Inbar (Ed.), Simulations in Social Science. (with A. Lieblich) 1972, Free Press.
- False alarms: Their effects on fear and adjustment. In I. G. Sarason & C. D. Spielberger (Eds.), Stress and anxiety, Vol. III, 1976. New York: Wiley and Sons.
- Stress in Israel. In H. Selye (Ed.), Selye's guide to stress research. Van Nostrand Reinhold Co., 1980.
- The many facets of stress. In S. Breznitz (Ed.), Stress in Israel. Van Nostrand Reinhold Co., 1981.
- Life events: Stressful ordeal or valuable experience? With Y. Eshel. In S. Breznitz (Ed.), Stress in Israel. Van Nostrand Reinhold Co., 1981.
- The noble challenge of stress. In S. Breznitz (Ed.), Denial of stress. International Universities Press, 1983.
- The seven kinds of denial. In S. Breznitz (Ed.), Denial of stress. International Universities Press, 1983.
- Methodological considerations in the study of denial. In S. Breznitz (Ed.), Denial of stress. New York: International Universities Press, 1983.
- Denial versus hope. In S. Breznitz (Ed.), Denial of stress. New York: International Universities Press, 1983.
- Stress at crossroads. In L. Goldberger & S. Breznitz (Eds.), Handbook of stress. New York: Free Press of Macmillan, 1982.
- Stress as a way of life: The case of Israel. University of Oslo Press, 1983.
- The effect of hope on coping with stress. In: M. Appley & R. Trumbull (Eds.), The dynamics of stress. Plenum, 1986.
- Educating for coping with change. In D. Hamburg & M. Frankenheuser (Eds.), Ancient humans in tomorrow's electronic world. Aspen Institute, 1986.
- Are there coping strategies? In: McHugh, S. & Vallis, T.M. (Eds.), Illness Behavior: A Multidisciplinary Model. New York: Plenum, 1968. (325-330).
- Hope and the denial of stress in the nuclear age. In: Institute of Medicine, National Academy of Sciences, The medical implication of nuclear war. Washington, D.C.: National Academy Press, 1986.
- The courage to care. In: C. Rittner & S. Meyers (Eds.), The courage to care. New York: New York University Press, 1986.
- Information-induced stress in humans. In S. Breznitz & O. Zinder (Eds.), Molecular biology of stress. New York: Alan R. Liss, Inc., 1988.

-Type-A behavior pattern and denial of failure-related information. In: Krohne, H.W. (ed.), *Attention and avoidance: Strategies in coping with aversiveness*. (with H. Ben-Zur & R. Hashmonay). 1991, Plenum.

-The effects of war on civilians: The mixed, albeit biased, effects of stress. (With M. Rieck & D. Carmil) In: L. Weisaeth (ed.), *The individual meeting with trauma*. Oslo University Press.

-Hope and endurance of stress. In: I. Carter, A.Q. Mische, & D. Schwartz (Eds.), *Aspects of hope*. New York: ICIS Publications, 1993.

-Reflections on fear. In: G. Ben-Shachar, & A. Lieblich (Eds.), *Studies in psychology: A volume in honor of Sony Kugelmass*. Jerusalem: Scripta Hierosolomytana, vol. 37, 1994.

JOURNAL ARTICLES

-An attempt to find principles of moral judgment of adolescents. *Megamoth*, 1962, 12/2, 103-110. (Hebrew).

-The development of intentionality in moral judgment: Suggestions and initial test. *Scripta Hierosolymitana*, 1965, 82-97. (with S. Kugelmass and T. Breznitz).

-The perception of parents by adolescents: Consideration of the Instrumentality-Expressivity differentiation. *Human Relations*, 1966, 18, 103-111 (with S. Kugelmass).

-Perception of parents by Kibbutz adolescents: A further test of Instrumentality-Expressivity Differentiation. *Human Relations*, 1966, 19, 117-122.

-Incubation of threat: The influence of the time interval between a threat with a frightening stimulus and its execution upon the fear reaction in humans. *Proceedings of the 74th annual convention of the American Psychological Association*, 1966, 47-48.

-Intentionality in moral judgment: Developmental stages. *Child Development*, 1967, 38, 469-479 (with S. Kugelmass).

-Confidence in estimation of group norm as a function of subjective conformity. *Psychonomic Science*, 1967, 7(12), 399-400.

-The development of intentionality in moral judgment in city and kibbutz adolescents. *Journal of Genetic Psychology*, 1967, 111, 1033-111,

-The drive (D) properties of reproduction-set in a word association task. *Psychonomic Science*, 1967, 8, 519-520.

-Incubation of threat: Duration of anticipation and false alarm as determinants of fear reaction to an unavoidable frightening event. *Journal of Experimental Research in Personality*, 1967, 2, 173-180.

- The Guttman scale as a means of testing Piaget's theory of development. *Journal of Genetic Psychology*, 1967, 111, 169-170. (with S. Kugelmass).
- The moral judgment of positive acts. *Journal of Social Psychology*, 1968, 76, 253-264.
- Intentionality in moral judgment: Adolescent development. *Child Development*, 1968, 39, 249-256.
- Analysis of reproduction in a word association task. *Journal of Verbal Learning and Verbal Behavior*, 1968, 7, 510-515.
- Moral judgment of lowerclass delinquents. *The British Journal of Criminology*, 1968, January, 69-74 (with J. Eshel and S. Kugelmass).
- 'Incubation of threat' in a situation of conflicting expectations. *Psychological Reports*, 1968, 22, 755-756.
- Self-guided word association: Suggestions for a diagnostic tool. *Journal of Projective Techniques & Personality Assessment*, 1969, 33, 234-239.
- Between literature and psychology - A few notes. *Moznaim*, 1968, 190-193.
- The unconscious plays patience: An attempt to simulate the dreamwork. *Simulation and Gaming*, 1970, January (with Liebllich).
- Termination of a stressful task reduces fear of an approaching shock. *Psychonomic Science*, 1971, 23, 311-312 (with A. Hess).
- A study of worrying. *British Journal of Social and Clinical Psychology*, 1971, 10, 271-279.
- A critical note on 'Secondary Revision.' *International Journal of Psychoanalysis*, 1971, 52, (4), November.
- Self-produced context effect in word association. *Psychological Reports*, 1972, 30, 299-306.
- Stars and chains: A model for continued associations. (with I. Levin). *Acta Psychologica*, 1977, 48, 435-444.
- Conditions for adjustment: Towards a new taxonomy in psychopathology. *Megamot*, 1977, 23, 81-94
- What to tell cancer patients. *Megamot*, 1978.
- The effect of time pressure on risky choice behavior. With H. Ben Zur. *Acta Psychologica*, 47, 1981.
- Chores as a buffer against risky interaction. *Schizophrenia Bulletin*, 1985, 11, 357-360.
- Theory-based stress measurement? Not Yet. *Psychological Inquiry*, 1990, 1, 17-19.

- What makes people angry: Dimensions of anger-evoking events. *Journal of Research in Personality*, (1991), 25, 1-22. (With H. Ben-Zur).
- Personal trauma and world view: Are extremely stressful experiences related to political attitudes, religious beliefs and future orientation? *Journal of Traumatic Stress*, (1992), 4(3), 395-405 (With D. Carmil).
- Enhancing performance under stress by information about its duration. *ESN Information Bulletin*, 1993, 93-05, 345353.
- Stress in the prison of its success. *Social Research*, Spring, 1994.

RESEARCH REPORTS

- The effect of frequency and pacing of warning signals upon fear reaction to threat. *Scientific Report*, 87 pp. Ford Foundation, 1972.
- The effects of early vs. late cancellation of a threat upon the fear reaction to a second similar threat. *Research Report to the U.S. Army Research Institute for the Behavioral and Social Sciences*, 1973.
- The effect of probability of threat and false alarm upon the fear reaction to a second similar threat. *Research Report to the U.S. Army Research Institute for the Behavioral and Social Sciences*, 1974a.
- Threat and false alarm as determinants of fear and avoidance of pain. *Research Report to the U.S. Army Research Institute for the Behavioral and Social Sciences*, 1974b.
- The effects of explaining the causes of false alarms upon the credibility of warning systems. *Research Report to the U. S. Army Research Institute for the Behavioral and Social Sciences*, July, 1977.
- The effect of frequency of warnings upon active coping. *Research Report to the U.S. Army Research Institute for the Behavioral and Social Sciences*, September, 1977.
- Effects of training on systematic and nonsystematic visual search. *Research Report to the U.S. Army Research Institute for the Behavioral and Social Sciences*, April, 1978.
- The effects of training under relaxed/stress condition upon task performance during the anticipation of an avoidable impending danger. *Research Report to the U.S. Army Research Institute for the Behavioral and Social Sciences*, Part I, 1978.
- The effects of active coping training on task performance during the anticipation of an impending danger. *Research Report to the U.S. Army Research Institute for the Behavioral and Social Sciences*, Part II, 1978.
- The effect of minimal changes in threat instructions on the false alarm effect. *Research Report to the U.S. Army Research Institute for the Behavioral and Social Sciences*, 1979.

- The effect of information and its change on endurance of two stressful tasks. First Annual Report to U.S. Army Research Institute, January, 1988.
- The effect of "false promise" and control vs. no control on endurance of a stressful task. Second Annual Report to U.S. Army Research Institute, February, 1989.
- Information management of promising signals as a method for endurance enhancement. Report to U.S. Army Research Institute, September 1989.
- Enhancing performance under stress by information about its expected duration. Final Technical Report to the U.S. Army Research Institute, 1990.
- Enhancing cognitive performance by information management techniques. Final Technical Report to the U.S. Army Research Institute, 1992.
- Enhancing effective decision making by information management techniques. Final Technical Report to the U.S. Army Research Institute, 1994.