



RESEARCH

Prof. Zisberg and Prof. Shadmi Receive 20 million Euro Grant

Prof. Anna Zisberg and Prof. Efrat Shadmi from the Cheryl Spencer Department of Nursing in the Faculty of Welfare and Health Sciences, part of a 22-organization research group from 12 European countries, have [received 20 million euros](#) from the European HORIZON HEALTH grant program. Their research aims to reduce chronic diseases in the elderly. They will map existing policies and practices across Europe that address aging with multiple chronic conditions and use this data to develop pan-European policy recommendations for advancing health technologies and adapting care systems to mitigate the effects of chronic disease accumulation.

ERC Consolidator Grant awarded to Prof. Sigal Zilcha-Mano

Prof. Sigal Zilcha-Mano from the School of Psychological Sciences has been awarded a prestigious [ERC Consolidator Grant](#) for her project titled 'An Individual-Specific Understanding of How Synchrony Becomes



Upcoming School of Medicine at UofH (Credit: University of Haifa).

Curative'. This study aims to explore the therapeutic potential of interpersonal synchrony in psychotherapy. Building on Prof. Zilcha-Mano's theory of personalized therapeutic change mechanisms, the research investigates how synchronicity in interpersonal interactions contributes to the healing process.

Understanding the Brain Language

A new study by Prof. Eran Stark from the Sagol School of Neurobiology, [published in Science](#), reveals that encoding new information involves a complex mechanism in hippocampal neurons. The research demonstrates for

the first time a clear causal relationship, showing that an increase in firing rate directly alters the precise timing of neuronal firing.

Pathways to better understand PTSD

[A study](#) by researchers from the School of Psychological Sciences identified specific neural pathways responsible for exaggerated responses to perceived threats after a traumatic event. Current methods for treating traumatic memories struggle to extinguish the connections that trigger these memories due to their association with intense emotional experiences. Understanding the mechanisms and localization of

the specific cells and synapses where these changes occur may one day assist in both diagnosing and developing techniques to reverse these brain changes.

COMMUNITY ENGAGEMENT

New Approach to Chronic Pain

Prof. Pavel Goldstein from the School of Public Health and the Ambassadors Program, along with the Integrative [Pain Research Lab](#) team, has produced [an animated video](#) that provides both knowledge and hope to those experiencing pain. The Pain Lab team is focused on gaining a deeper understanding of chronic pain conditions and developing innovative methods for measuring, preventing, and treating chronic pain.

A suggested Ban on 'Scream'

The Israeli Speech-Language Pathologists Association, among them board member Dr. Limor Lavie from the Department of Communication Sciences and Disorders, issued a [professional statement](#) on the use of the 'Scream' (LARD) Device during protesting dispersing. Given the serious potential risks associated with this system for dispersing protests, they recommended a complete ban on its use.

Age Friendly University

Two new projects are being launched, by [the Center for Research & Study of Aging](#), to strengthen the connection between the university and the elderly population in Haifa and its

surroundings. The first project, 'From Generation to Generation', focuses on age-friendly learning and aims to encourage students to volunteer with elderly individuals in the community. The second, 'Academic Tastings', involves open lectures to the public to foster connections with older audiences both in the community and at the UofH campus.

LEARNING & STUDENTS

The University Breaks Ground on New School of Medicine

In June 2024, the University of Haifa held a cornerstone-laying ceremony for the [new School of Medicine](#), named after Herta and Paul Amir, set to open in 2025. Partnering with Carmel Medical Center, the school will offer a six-year program and feature an advanced simulation center with AI and virtual reality. The school aims to address Israel's severe doctor shortage, especially in the north, by enhancing healthcare through student training and scholarships to retain graduates in the region. This initiative was funded by a 200 million NIS generous donation from Herta Amir, with an additional 50 million NIS raised by the university.

A Healthy City for All: Challenges and Opportunities in Urban Policy

Healthy cities provide opportunities for a healthy lifestyle, especially for those lacking other health resources.

[A new course](#) will explore how environmental impacts on health vary across different life stages and populations. It will review evidence-based research and policies for creating inclusive cities and discuss how healthy policies can reduce health disparities. The course, led by Dr. Mika Moran from the School of Public Health, addresses these key issues.

OPERATIONS

Staying Active

Free opportunities to get in shape! The Sports Center on campus offers free Pilates and karate classes. Additionally, the Department of Physiotherapy invites staff to join a running training program through a WhatsApp group.

Donating Medications, Saving Lives

Approximately half of the inquiries received by the National Poison Center at Rambam Hospital are related to medication exposure. Improper disposal of medications can pose environmental and health risks, including contamination of water sources. To address this issue, the Faculty of Social Welfare and Health Sciences has launched a new initiative and placed bins for recycling and donating medications.