



Therapy Group with Mindfulness Integration

Many students grapple with questions like: Who am I? How do others see me? What kind of partner, friend, or family member do I want to be?

A therapy group can be a powerful place to explore these questions.

How can mindfulness help?

Mindfulness is the practice of paying attention to the body, emotions, and thoughts in the here and now. It can support emotional processing and help develop the ability to relate to ourselves and others in an open, attentive, and non-judgmental way.

Group Details

Mondays, 08:15–09:45 (Starting 2026–2027 academic year)

Participation fee: 200 NIS/month.

The group is facilitated by licensed psychologists.

How to register?

Scan the QR code



After registering, we'll schedule brief, confidential intake meeting.

All inquiries are private and non-binding.

You can also contact the Student Counseling Center, Building 407
phone number: 03-5318450

or by Email:
grouptherapy.barilan@gmail.com

The group opens once a year, and the number of places is limited.