



ODED ARBEL

Oded Arbel, an Israeli psychiatrist and psychotherapist, Head of day-care unit in Be'er Sheva Mental Health Center, (treating mainly complex PTSD), founder and Head of the Israeli Desert Mindfulness Center in Be'er Sheva MHC, and founder and principal teacher of the training program for mindfulness-based psychotherapy. Dr. Arbel graduated medical school from Tel Aviv University, where he also completed the three-year training program in Dynamic-Analytic psychotherapy. Oded practices Zen Buddhism for over 20 years and teaches meditation, Zen, and the relationship between dynamic psychotherapy and Buddhist thought. He is co-founder of the Israeli program for psychedelic psychotherapy where he is involved in several research studies in the field of psychedelic therapy, including the MAPS MDMA-PTSD research, the compassionate treatment for PTSD in cooperation with the Israeli MOH, as well as an international study on Esketamine for treatment-resistant depression and a pilot study on the use of Psilocybin in the treatment of Obsessive Compulsive Disorder. Dr. Arbel is enthusiastic about exploring the various ways that the study of consciousness can bring healing and growth and relieve suffering to both individuals and society.