

SPEAKER KIT

Shirly Moas

Therapist · Researcher · Speaker

Talks in Hebrew and English

Shirly Moas is a therapist, researcher and speaker, a doctoral candidate at Bar-Ilan University with an MA in Educational Counseling. She is the head educational counselor and head of the emotional support system at Thelma Yellin, the national high school for the arts, and works with individuals and couples in her private clinic in Givatayim, near Tel Aviv.

Her training includes low-intensity cognitive behavioral therapy (CBT) at Levinsky College and completion of the theoretical training track in couples and family therapy at the Barkai Institute, in accordance with the criteria of the Israeli Association for Couple and Family Therapy. She is a graduate of the therapist training program at the Center for Alternative Sexuality, for work with non-monogamous relationships and identities across the trans spectrum.

She is a Major in the IDF reserves, serving as a casualty notification officer and incident manager in the IDF casualty system for more than two decades. She has been on reserve duty since October 7.

Identity

Moving between our versions

Most of us think of identity as something fixed, waiting to be discovered. The talk offers another view, identity as movement between versions of ourselves, and gives tools for noticing when we have become stuck in one.

Love and Sexuality

Beyond the norm

Open relationships, non-monogamy, BDSM and alternative sexualities: what they really are, and what remains once prejudice is set aside. A talk that opens an accurate conversation about what has long been considered deviant.

Desire

What goes unsaid

An evening on what is hard to say out loud: fantasies, desire that has faded, the distance that grows during long stretches apart such as reserve duty, and the curiosity about opening the relationship that comes up often and is rarely spoken. The talk gives all of this a language and legitimacy, with no one asked to share and questions welcome anonymously. For women only, or for couples.

Adolescence

Identity, parenting and a secure base

Beneath what looks like rebellion, teenagers are trying on different versions of themselves. Parents and educators gain a way to understand that search, and to remain a secure base within it.

Trauma and Resilience

Reopening what was sealed

Trauma is a decision sealed under fire: that this is how things will stay. Resilience is the ability to reopen it. Drawing on bereavement, loss and the national trauma after October 7, the talk asks what separates those whom hardship wears down from those it builds, and offers ways to strengthen resilience.

The Language of the Rainbow

Core LGBTQ+ concepts, and how to talk about them well

Gender identity, sexual orientation, coming out and more: what the terms mean, and how to use them with confidence and respect, in the classroom, the team and the organization.

Trauma

What it really is, and how it shows up in everyday life

What happens in body and mind during and after a hard event, how to recognize signs of trauma, and what truly helps, both the person who went through it and those beside them.

Coming Out in Adolescence

Guidance for staff and parents

How to accompany a teenager through the process without losing connection and safety, and what staff and parents can do starting tomorrow.

Loss and Bereavement

How to be present alongside pain

What can be said, what is better kept to ourselves, and how to stay close to a grieving person even after everyone else has returned to routine.

Non-Monogamous Relationships and Alternative Sexuality

An introduction for professionals

Concepts, relationship structures and the questions that arise in the therapy room, for professional, non-judgmental work with every form of relationship.

TO BE READ BEFORE THE TALK

Shirly Moas is a therapist, researcher and speaker, and a doctoral candidate at Bar-Ilan University. She heads the emotional support system at Thelma Yellin, the national high school for the arts, and works with individuals and couples in her private clinic.

LANGUAGES

Hebrew · English

FORMAT

Talk · Workshop · Staff training

AUDIENCE

Conferences, organizations, schools, staff and professionals

CONTACT

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