

# Mykyta (Nick) Kabrel

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[Google Scholar](#) | [Webpage](#) | [LinkedIn](#) | [ORCID](#)

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## EDUCATION

01/09/2022 – 15/06/2024

**University of Tartu | Tartu, Estonia**

**MA:** Philosophy (with a focus on cognitive sciences)

**Grade:** Cum laude (5 out of 5)

**Thesis:** *“How does psychotherapy work? A cognitive neuroscience-based framework for understanding therapeutic change.”*

**Recognition:** 3rd best master’s thesis in arts and humanities nationwide awarded by the Estonian Research Council (2024).

01/01/2023 – 31/05/2023

**University Vita-Salute San Raffaele, Department of Philosophy | Milan, Italy**

Exchange Semester

01/09/2018 – 15/06/2022

**“KROK” University of Economics and Law | Kyiv, Ukraine**

**BSc:** Psychology

**Grade:** “Good” (86 out of 100)

**Thesis:** *“The influence of the emotional state on sports performance in young football players.”*

## RESEARCH & WORK EXPERIENCE

01/09/2024 – present

**PhD student/Research Associate | Chair of Clinical Psychology and Psychotherapy Research, University of Zurich (Sup. Prof. Dr. [Birgit Watzke](#))**

- Main tasks: teaching seminars and supervision of bachelor’s theses, co-coordinating InMind project; Coordinating “InterInsight project”.

01/06/2023 – 30/08/2024

**Research Assistant | Natural and Artificial Intelligence Lab, University of Tartu (Sup. Prof. Dr. [Jaan Aru](#))**

- Project: “Coaching insight” in collaboration with [Wundamental.AI](#) (Development of the LLM-based tool for facilitating insights in coaching clients between coaching sessions).

20/01/2023 – 30/05/2023

**Research Intern | Cognition in Action Lab, University of Milan (Sup. Prof. Dr. [John Andrew Michael](#))**

- Project: “Cognition in action across cultures.” (Involved in experiment design, conduct, and data analysis).

01/01/2021 – 01/01/2023

**Counseling Psychologist | Football Club [Shakhtar](#), Department of Control and Development of Education (non-academic job)**

- Main tasks: psychological counseling of professional young football players (13-19 y.o.). Workshops and psychological training for coaches and players.

## TEACHING AND SUPERVISION

- Seminar: “Chronification of Mental Disorders” (Fall semester 2024), University of Zurich
- Supervision of 2 bachelor theses in clinical psychology (Spring semester 2025), University of Zurich

## PUBLICATIONS

### *Peer-reviewed*

Kabrel, M., Tulver, K., & Aru, J. (2024). The journey within: Mental navigation as a novel framework for understanding psychotherapeutic transformation. *BMC psychiatry*, 24(1), 91.  
<https://doi.org/10.1186/s12888-024-05522-8>

### *Pre-prints*

Michael J., Dvorkin D., Kabrel M. (2023). Do Collectivist and Individualist Primes Affect the Sense of Commitment in Joint Action? <https://doi.org/10.23668/psycharchives.13226>.

### *Under review*

Kabrel M., Aru J. Internal exploration and awareness expansion: Understanding psychotherapeutic transformation on conceptual and neurobiological levels.

Kabrel M., Aru J. Neurocognitive mechanisms of psychotherapeutic change: A three-stage process.

Michael J., Kabrel M., Montanari F.A., Dvorkin D. (in revision). Experiencing Coordination and Commitment in Joint Action: A Cross-Cultural Qualitative Study.

## CONFERENCE PRESENTATIONS

Kabrel M., Tulver K., Aru J. (June 25-28, 2025). Understanding psychotherapeutic change through cognitive maps and mental navigation. *56th Annual Meeting of the Society for Psychotherapy Research*. Jagiellonian University Krakow. (upcoming panel presentation).

Kabrel M. (December 1-2, 2023). Explaining away the Aha! moment: The phenomenon of insight is just a novel prediction. *1st Annual Web Conference of the International Society for the Philosophy of the Sciences of the Mind*. Hosted by Cisco WebEx. (paper presentation). Program: <https://bit.ly/3BUGZeA>

Kabrel M. (October 12-13, 2023). Exploring Mental Navigation: Cellular, Cognitive, and Philosophical Perspectives. *Berlin Workshop on Neuroscientific Explanation 2023*. Technical University of Berlin. (paper presentation). <https://bit.ly/49HHvZ5>

Kabrel M. (September 15-16, 2023). From Spatial Navigation to Mental Navigation: Developing a Unified Theory of Cognition. *7th Annual Graduate Philosophy Conference for Nordic Universities*. University of Tartu. (paper presentation). Program: <https://bit.ly/3R3SFjD>

Kabrel M., Tulver K., Aru J. (August 28-31, 2023). Extending the Mind: The Neural Basis and Phenomenology of Introspective Insight. *30th Annual Conference in the European Society for Philosophy and Psychology*. Czech Academy of Sciences, Prague. (paper presentation) <https://bit.ly/3L8A1Ea>

Michael J., Kabrel M. (July 10-12, 2023). The Sense of Commitment in Joint Action: A Cross-Cultural Study. *9th Joint Action Meeting*. Central European University, Budapest. Program: <https://bit.ly/48dSic0>

Kabrel M. (June 15-17, 2023). How We Created the Hero Narrative From Our Emotional System of Fear. *10th Annual Conference in the European Philosophical Society for the Study of Emotions*. University of Tartu. (paper presentation). Program: <https://bit.ly/43hpEE4>

## AWARDS

- Teaching “Micro Innovation” Grant awarded by ULF UZH (together with Marie Drüge, Ph.D.) (2024-2025, 3600 CHF)
- 3<sup>rd</sup> best master’s thesis in humanities nationwide awarded by the Estonian Research Council (2024, 1300 EUR)
- Teaching and research stipend for graduate students at the University of Tartu (2023, 1800 EUR)
- Achievement stipend for the University of Tartu students (2023, 1000 EUR)

- Erasmus+ internship grant (2023, 3000 EUR)
- Excellence scholarship for Ukrainian students at the University of Tartu (2022, 1000 EUR)
- Erasmus+ study grant (2022, 2400 EUR)
- Winner of the All-Ukrainian Olympiad in psychology among undergraduate students (2020).

## SCIENCE COMMUNICATION

- Science communication blog on *Psychology Today*:  
<https://www.psychologytoday.com/intl/contributors/nick-kabrel>
- Science communication articles in the *Psyche Digital Magazine*: <https://psyche.co/users/nick-kabrel>
- Interview for the Estonian Science Portal *Novaator*: <https://bit.ly/446TH2C>

## SKILLS

- **Data acquisition:** First experiences with EEG, TMS (brain imaging).
- **Data analysis:** Experienced in R, JASP, SPSS, Python.
- **Language:** Ukrainian (native), Russian (2<sup>nd</sup> native), English (C1, IELTS 8), German (A2-B1).

## VOLUNTEERING AND PUBLIC ENGAGEMENT

- Head of the Institute of Humanities' Student Council at the University of Tartu (2023-2024).
- Volunteering counseling psychologist for Ukrainians at the University of Tartu (2022-2024)
- Introductory psychology lectures for high-school pupils in two Ukrainian schools (2021)