

Mykyta (Nick) Kabrel

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

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PERSONAL PROFILE

Junior researcher with a background in cognitive and clinical psychology exploring ways for conversational AI to enhance insights within and between psychotherapy sessions. A results-driven team player with strong interpersonal skills, passionate about creative research.

EDUCATION

01/09/2022 – 15/06/2024

University of Tartu | Tartu, Estonia

MA: Philosophy (with a focus on cognitive sciences)

Grade: Summa 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 (temporary position) | 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.

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., 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)
- § 3rd 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 (2nd 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)