



# NEFESH INTERNATIONAL BULLETIN

NOVEMBER, 2014

## MESSAGE FROM THE PRESIDENT



Dear Fellow NEFESH Members,

One area that Orthodox therapists deal with, which is somewhat unique, is that we constantly meet our clients in other venues. Because we share similar kosher communities and institutions, it is not uncommon to have clients who were friends of your children, members in your shul, and who can even become related to you by marriage.

Where do we draw the line? What if your nephew becomes engaged to a girl you saw as a client? It's not impossible given the relative scale of the Orthodox world. It also is not something that you can prevent because your sister (with a different last name than you) is not going to run by you every single prospective shidduch for her son for approval.

That has never happened to me. But, I was recently at a school event with my daughter where two former clients turned out to be parents of classmates. It is manageable, but may or may not be comfortable for the client. And, what if current clients who, when you took them on, were not classmate parents and then became so. Do you terminate? I would think, not automatically, but it certainly requires exploration and discussion with the client. What happens when your child innocently asks to invite their child for Shabbos or the reverse? Is that fair for your child to be constrained socially, and yet, how is this kind of dual relationship ethically tolerable? If you say no to your child, how do you do this without your child figuring out that the person is somehow a client?

I have asked a lot of questions, but have few answers. What are your thoughts and experiences? I would love to hear them. Email me (and the listserve if you like): [simchafeuerman@gmail.com](mailto:simchafeuerman@gmail.com)

Sincerely,  
Rabbi Simcha Feuerman, LCSW-R

## MESSAGE FROM THE EXECUTIVE DIRECTOR



Dear NEFESH Colleagues,

The first ever West Coast Regional conference held in Los Angeles reached and attracted more new people than was initially thought possible. All enjoyed the networking and the stellar presentations invigorated the group and left them wanting more. More is what we hope to provide.

Wanting more cannot just be about programming though. The Low Cost Supervision program chaired by Drs. Solomon and Biberfeld offers an opportunity to get more, learn more and grow more. Details about the program are found later in this newsletter. We should never be too sure of ourselves. We deal with sensitive, often life altering issues on a daily basis; issues which stir things up in us that often go unrecognized. Supervision protects ourselves and our clients by involving an impartial party (the supervisor) in the intricate work, reducing the risk of over-sights or blind spots that frequently occur in our work. If we're so careful to look out for blind spots on the road while driving, shouldn't we also give responsible attention to the emotional blind spots in our professional life?

As an organization we are concerned about both you and your clients. We offer the professional trainings for knowledge and networking but know that without proper supervision, the knowledge learned will only go so far. Please consider taking a step further by inquiring about this worthwhile professional opportunity of Low Cost Supervision.

Wishing all a fulfilling 5775,  
Miriam Turk, LCSW

Executive Director  
Miriam Turk, LCSW

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Rabbi Simcha Feuerman, LCSW-R

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SAVE THE DATE



18TH ANNUAL NEFESH  
INTERNATIONAL  
CONFERENCE

**Sunday, December 28 -  
Monday, December 29, 2014**

**Hyatt Regency Long Island  
1717 Motor Parkway  
Hauppauge, NY 11778**

WWW.NEFESH.ORG

T: 201-384-0084 F: 347-342-3046

SECRETARY@NEFESH.ORG

[CLICK HERE TO REGISTER](#)

## ABOUT THE CONFERENCE:

Each year, the highly anticipated NEFESH International conference provides an invaluable opportunity to network with peers and colleagues from around the world. The conference addresses a wide spectrum of Mental Health issues in the Orthodox Jewish Community and a variety of effective treatment options. Attendees gain practical training, earn CE credits and learn about the latest advances in treatment from internationally recognized experts in the fields of psychology, psychopharmacology, trauma, child development, chemical dependencies, psychotherapy and more.

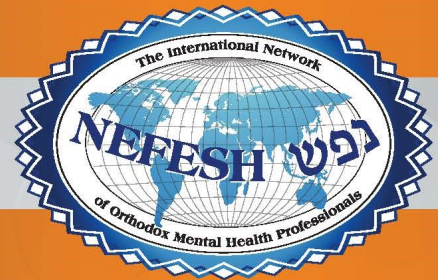
The conference is open to all, but is specifically geared to those involved in mental health, education, or rabbanus. Those who will benefit from it include but are not limited to psychiatrists, psychologists, psychotherapists, social workers, marriage counselors, psychiatric nurses, chemical dependency counselors, educators, guidance and pastoral counselors, rabbis, principals and graduate students.

## WHERE & WHEN

This year the conference will take place at the beautiful Hyatt Regency Long Island and Wind Watch Golf Club, 1717 Motor Parkway, Hauppauge, NY 11778, located 45 minutes from NYC.

- Directions and contact information for the Hyatt regency will be posted at [www.NEFESH.org](http://www.NEFESH.org)
- The event will be catered by Elite caterers
- Sessions will take place Sunday and Monday, December 28 & 29th, 2014
- A complete schedule will be posted on our website, [www.NEFESH.org](http://www.NEFESH.org)

## NEFESH INTERNATIONAL 18TH ANNUAL CONFERENCE



**SUNDAY & MONDAY  
DECEMBER 28TH & 29TH, 2014**

**HYATT REGENCY LONG ISLAND  
AND WIND WATCH GOLF CLUB,  
1717 MOTOR PARKWAY,  
HAUPPAUGE, NY 11778**



**THE FOLLOWING  
IS A PARTIAL  
LISTING OF TOPICS**

**We are once again  
expecting an  
impressive array of  
presenters and  
notables at the  
18th Annual  
Nefesh International  
Conference**

- Positive Psychology
- Somatic Experiencing
- Play Therapy
- Marriage Therapy
- Trauma
- Integrative Psychiatry
- Building and Maintaining Private Practice
- 2nd and 3rd Generation Holocaust Survivors
- Self Care
- Meds for Non-Md's
- Building and Re-Building Marital Intimacy
- Supervision



**Norman Blumenthal, PhD**  
Director of Trauma, Bereavement and Crisis Intervention, OHEL Children's Home and Family Services.



**HaRav Dovid Cohen, Shlita**  
Morah D'Asra of NEFESH International and Ohel Children's Home and Family Services; Rav, Congregation Gevul Yaavetz, Brooklyn, NY.



**Rabbi Simcha Feuerman, LCSW**  
Director of Operations, OHEL Children's Home and Family Services; President, NEFESH International.



**Michael V. Genovese, MD, JD**  
ABIH Diplomate, American Board of Psychiatry and Neurology & American Board of Integrative Holistic Medicine; President, Medical Director, Long Island Mind and Body, Garden City, NY.



**Rivki Jungreis, M.S.E.d, LCSW**  
EMDR Clinician, EMDRIA Institute; Team Member, Trauma/Abuse Services of Child and Adolescent Division, William Alanson White Institute, NYC; Director, Project Safe Camp, LA.



**Nachum Klafter, MD**  
Director, Advanced Psychodynamic Psychotherapy Training Program, Cincinnati Psychoanalytic Institute; Director, Psychotherapy Training, University of Cincinnati Residency Training Program.



**Jodi Ann Mullen, PhD, LMHC, NCC, RPT-S, CCPT-S**, Associate Professor, SUNY Oswego, NY; Director Integrative Counseling Services, Auburn, Cicero, Oswego, Syracuse, NY; Renowned lecturer and author.



**David Pelcovitz, PhD**  
Gwendolyn and Joseph Straus Chair in Psychology and Jewish Education, Azrieli Graduate School of Jewish Education and Administration, Yeshiva University.



**David S. Prescott, LICSW**  
Clinical Director, Becket Family of Services; Past President, Association for the Treatment of Sexual Abusers; Internationally renowned lecturer and author.



**Evelyn Rappoport, Psy.D.**  
Somatic Experience® Practitioner; Adjunct Clinical Supervisor of Doctoral Students, NYC; Private Practice, NY; Internationally renowned speaker.



**Janice Abrahms Spring, PhD**  
Internationally renowned speaker and author; After the Affair; How Can I Forgive You?; Life with Pop.



**Rabbi Abraham J. Twerski, MD**  
World-renowned psychiatrist; Founder, Gateway Rehabilitation Center, Western Pennsylvania; Internationally renowned speaker and author.



**John T. Walkup, M.D.**  
Associate Professor, Division of Child and Adolescent Psychiatry, John Hopkins Hospital, Baltimore, MD.



## Registration Form

18th Annual NEFESH International Conference December 28th & 29th, 2014

Personal Information (please print)

\* required information

\*Last Name: \_\_\_\_\_ \*First Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_ \*Email: \_\_\_\_\_

Phone (1): \_\_\_\_\_ Phone (2): \_\_\_\_\_

Professions: ☐ Psychologist ☐ Social Worker ☐ Psychiatrist ☐ Rabbi  
☐ MHC ☐ Other \_\_\_\_\_ Highest Degree \_\_\_\_\_

\*Name, Title and Affiliation as you would like it to appear on your conference badge:

### Conference Registration:

Both days (Sunday & Monday)

☐ NEFESH Member: \$375  
☐ Non-Member: \$425

Sunday (Light Breakfast, Lunch, and Dinner Included)

☐ NEFESH Member: \$235  
☐ Non-Member: \$275  
☐ Student (NEFESH member): \$90

Monday (Light Breakfast, Lunch Included)

☐ NEFESH Member: \$190  
☐ Non-Member: \$220  
☐ Student (NEFESH member): \$75

### CEUs REGISTRATION

☐ CEUs \$35

REGISTRATION AFTER DECEMBER 22nd \$20 LATE FEE

Accommodations: Room Fee (optional)

☐ \$130 Saturday Night ☐ \$130 Sunday Night ☐ \$130 Monday Night

\* Fees are per room. Please feel free to make your own arrangement for shared occupancy.

### EARLY BIRD SPECIAL

REGISTER BEFORE NOVEMBER 30TH, TAKE 8% DISCOUNT OFF THE ENTIRE FEE  
(Early bird checks may be postdated to 11/30/2014)

### CANCELLATION POLICY

Cancel before 11/30/2014 - full refund  
Cancel between 12/1 and 12/14 - 75% refund  
Cancel between 12/15 and 12/25 - 50% refund  
Cancel after 12/25 - no refund

Join NEFESH: <http://NEFESH.org/members/join.cfm>

Please charge the amount due to my credit card: ☐ Visa ☐ Mastercard ☐ American Express ☐ Discover

Credit Card Number \_\_\_\_\_ Exp Date \_\_\_\_\_ Security Code \_\_\_\_\_

Card Holders Name \_\_\_\_\_ Signature \_\_\_\_\_

☐ Check (Checks should be made out to NEFESH International.)

Register online at [www.NEFESH.org](http://www.NEFESH.org)

Email registration forms to: [secretary@NEFESH.org](mailto:secretary@NEFESH.org) or fax to: 347-342-3046.

NEFESH INTERNATIONAL | PO BOX 3027, TEANECK, NJ 07666 | T 201-384-0084 | [WWW.NEFESH.ORG](http://WWW.NEFESH.ORG)

# Introducing Professional Liability and Business Office Insurance Programs for NEFESH Members

We are pleased to announce that The International Network of Orthodox Mental Health Professionals (NEFESH) has joined forces with Trust Risk Management Services, Inc. (TRMS), to bring you Professional Liability and Business Office Insurance Programs for Orthodox Mental Health Professionals. We recommend that our members look to TRMS for these competitive insurance coverages.

The **Professional Liability Insurance Program** offers you many new and attractive benefits:

- Occurrence coverage for a broad range of mental health practice settings
- Supplemental coverages such as License Protection, Defendant Expense Benefit, Deposition
- Representation, HIPAA, Sexual Misconduct and Assault automatically included in the policy
- Significant discounts including a 5% discount for applying online and a 10% discount when you switch to the NEFESH-Endorsed Program from another carrier
- Flexibility to include professional assistants working as employees in your practice as necessary;
- Access to licensed and trained customer service representatives to answer your questions and assist with your insurance needs
- 24 hour a day coverage – anywhere in the world

An insurance policy provided by ACE American Insurance Company. ACE Group companies are rated “A++ Superior” by A.M. Best.

If you own your own practice, you may also need **Business Office Insurance** to protect you from “Business and Property” exposures. This combines some of the essential insurance coverages needed by a typical small to medium-sized business, operating in a low-risk category like yours, into one standard package. The policy includes coverage for:

- Building and/or Contents
- General Liability
- Business Interruption
- Crime, and Non-Owned Auto (optional)

For complete information about the **Professional Liability and Business Office Insurance Programs**, a quick quote (less than 60 seconds), or to apply for the coverage, please visit <https://nefesh.trustrms.com>, email TRMS at [nefeshinfo@trustrms.com](mailto:nefeshinfo@trustrms.com), or call TRMS toll free at 855-335-1232 (Monday–Thursday, 8:00 a.m.–6:00 p.m., and Friday, 8:00 a.m.–5:00 p.m., Central Time). Please contact Alice Tusk at NEFESH if you have any questions.

## **LOW-COST SUPERVISION**

Dear NEFESH Members,

I remember the early days in private practice, waiting for the phone to ring, and feeling tremendous anxiety and inadequacy when facing a new client, as well as feeling the shame and rejection of no-shows or clients who suddenly drop out. While B"H the phone rings today at an acceptable pace, the anxiety and fears of inadequacy, for me never quite go away.

Hey, we ALL have feelings. Some of us may be anxious, while others may be condescending, judgmental or grandiose. Who will keep us in check? How will we manage these stressors and GROW from them? What can we learn about ourselves and how can we sharpen both our technique and insight into our clients and ourselves?

Supervision is one of the best ways to improve your skills as a practitioner, and a way to help you remain professional and ethical. NEFESH is offering an opportunity for low cost supervision at the rate of \$80 per 45 minute individual session, and \$35 for a 60 minute group session, given by some of our membership's most esteemed and skilled practitioners. (Go to this link to see who they are: <http://nefesh.org/low%20cost%20supervisors.pdf> ). This benefit is available for practitioners of 7 years or less experience.

Also, obtaining good supervision is not just an ethical decision, but also a smart business decision. Supervision helps you to hold on to clients that are appropriate and increases your referral base by providing you with objective feedback and networking opportunities.

This is one of the superb benefits of being a NEFESH member. I urge you to take advantage of it!

Go to link below to learn more:

<http://nefesh.org/events/read.cfm?CID=1043>

Sincerely,

Rabbi Simcha Feuerman, LCSW-R  
President



## WELCOME NEW MEMBERS!

Martha Bockian, PhD, Chicago, IL

Shmuel Brachfeld, MA, Lakewood, NJ

Lynne Brody, MA, Chicago, IL

Carolynn Feldblum, MSS, Merion Station, PA

Yehoshua Fleisher, LCSW, Far Rockaway, NY

Esther Fuchs, LCSW, Brooklyn, NY

Michal Goldberg, PhD, Beverly Hills, CA

Natalie Haghazari-Zangan, PsyD, Encino, CA

Leah Jacobs, BA, Spring Valley, NY

Mordechai Jacobs, Student, Far Rockaway, NY

Yehudis Karbal, LCPC, Chicago, IL

Rivkah Kaufman, MS. Ed, Brooklyn, NY

Edie Kleinman, MA, Northbrook, IL

David Mark, MS, Cedarhurst, NY

Etty Mizrahi, PsyD Brooklyn, NY

Steve Neren, M. Ed, PhD, Des Plaines, IL

Susan Neuman Gordon, MSW, MFT, Philadelphia, PA

Rivki Pelberg, MSW, Monsey, NY

Chaim Pollock, Rabbi, Israel

Chavie Rabinowitz, LMHC, Brooklyn, NY

Ellie Rothstein, Psychotherapist, Jerusalem, Israel

Rachel Kier Reeder, PhD, Los Angeles, CA

Shuli Sandler, PsyD, Teaneck, NJ

David Schatzkamer, LMHC, RPT, Brooklyn, NY

Joseph Wallach, PhD, Skokie, IL

Karen Winkler, PsyD, New York, NY

## MEMBER BENEFITS

- ♦ **Free monthly subscription to *The Psychotherapy Networker***
- ♦ **Low Cost Supervision**
- ♦ **Discounts to conferences, workshops & trainings held throughout the year**
- ♦ **Access to the thought provoking & stimulating International **NEFESH** List Serve**
- ♦ **Networking opportunities with over 750 professionals all around the globe**
- ♦ **Access to Low Cost Malpractice Insurance**



# Nefesh Books in Review

ENJOY THIS NEW FEATURE OF THE NEFESH BULLETIN. YOU ARE WELCOME TO SHARE WITH OUR MEMBERSHIP A BRIEF REVIEW OF A PROFESSIONAL PUBLICATION WHICH YOU HAVE FOUND HELPFUL.

***The Shame Response to Rejection* by Dr. Herbert E. Thomas (1997),** Albanel Publishers: New York.

***The Shame Response to Rejection* by Dr. Herbert E. Thomas** is a thin book with a mere 53 pages. Dr. Thomas, a psychoanalytically trained psychiatrist, sets out to describe the physiological symptoms of shame and how shame often leads to anger and violence. But Thomas really accomplishes a lot more.

This is a book that explains the fundamentals of what shame is, the various ways we experience shame, an interpersonal understanding of what triggers shame and how so much of our lives are affected by our ability to recognize shame and cope with feelings of rejection. Utilizing interesting case vignettes, references from literature (Judaic writings as well), and observations about society in general, Thomas illustrates his points clearly, concisely and with little gimmickry.

He begins by demonstrating how people feel rejected when they are objectified by others. "...This is, I believe, the definition of 'rejection': the transformation of a person from subject to object. To say it more succinctly: to reject someone is to objectify them. I further believe that it is the transformation of a person from subject to object that causes one to experience shame... (Shame Response, 10)" Thomas goes on to quantify what specific variables of rejection lead to shame, such as the significance of the person doing the rejection, what aspect of the person is being rejected and how the rejection takes place.

Thomas rejects Freud's position that shame is the result of an intrapersonal conflict relating to unconscious processes and instead defines shame as primarily a physiological response to feelings of rejection by significant others. Of particular interest, Thomas discusses the significance of societies with strict and rigid societal expectations and norms and how the fear of rejection is often used as a way of creating social cohesion and harmony. The ensuing shame experienced by those who do not feel they are meeting up to societal standards is significant.

This is a book written for professionals and lay people as well; it is an easy read and I have recommended it to some clients who have found it to be very helpful. Unlike other contemporary authors like Brene Brown and John Bradshaw, Thomas' book is fundamental and concise. The quickness of the read and the simplicity of the book's style belies Thomas' depth of clarity and breadth of knowledge.

While Thomas does talk about healing from rejection and briefly discusses the importance of acceptance in the therapeutic process I would like to see Thomas develop his thoughts on healing in more detail. Shame is a universal experience that underlies most of what our clients suffer from. In reading this book I have gained a much better appreciation for how my clients experience feelings of rejection and shame in their lives. This is a book that precedes others as it defines shame and really makes the reader stop and re-think how significant feelings of rejection and shame deeply affect therapists and patients alike.

**Reviewed by:** Yitzi Horowitz, LCSW.

READER DISCUSSION FEEDBACK IS ALSO WELCOME. HAVE YOU READ THIS BOOK? DO YOU HAVE SOME PROFESSIONAL INSIGHTS YOU WOULD LIKE OTHERS TO CONSIDER IN ADDITION TO THE IDEAS EXPRESSED ABOVE? WE LOOK FORWARD TO HEARING YOUR THOUGHTS ON THIS TOPIC. EMAIL NEFESH: [NEFESHINT@LIST.NEFESH.ORG](mailto:NEFESHINT@LIST.NEFESH.ORG)

## **MEMBER NEWS**

**"Dr Deb" Deb Hirschhorn**, Ph.D. Marriage & Family Therapy, LMHC has been appointed the Clinical Director of the Five Towns Marriage Initiative. It includes a hotline serving the Five Towns area. The hotline's purpose is to answer questions regarding marital issues and make referrals to competent therapists. It is staffed by experienced, licensed therapists. In addition, the FTMI brings educational programs to men and women in the area.

The Chazaq organization has started an internet radio station and **Dr. Deb** will have her own weekly program called Parents and Kids starting June 12, Thursdays from 3-4. The live call-in number is: 718-285-9132. Therapists can let their clients know to make calls for Dr. Deb to answer!

**Barry Holzer**, M.D. and **Ruchama Fund**, Ph.D. spoke at the 15th annual Rebbetzins' Conference at Khal Chassidim in Boro Park on June 10, 2014 on the topic of ADHD and the Family. Dr. Holzer spoke about the effect of ADHD on children in the Yeshiva system, and Dr. Fund spoke about ADHD in marriage.

**Ruchama Fund**, Ph.D. presented a two day training on DBT Skills in Individual, Child, and Family Therapy on June 15, 2014 at Congregation Sheves Achim in Brooklyn

**David Kohn**, LCSW, CASAC, Nefesh board member, presented a workshop at Nefesh with **Roy Tellis**, CACAC-G, focusing on the Integration of Psychotherapy & the 12 Steps, May 19, 2014

**Aviva Rizel** is happy to share that she has been certified in Emotionally Focused Couple's Therapy as of June 11th. Aviva is the first therapist on the south shore of Long Island to be certified, and the first Orthodox Jew to be certified on all of Long Island. She is looking forward to spreading this modality in the frum community.

**Eytan Kobre** wrote an article about **Dr. Yitzchak Schechter** in **Mishpacha Magazine**, called Big Data—Big Solutions, *Mishpacha*, April 23, 2014

**Marla Malkie Schick**, MSSW LCSW has completed the postgraduate psychoanalytic psychotherapy training program at the Dallas Psychoanalytic Institute.

## **MAZAL TOV!**

Mazal Tov to **Rabbi Dr Baruch Amiri** on the birth of his son Moshe.

Mazal Tov to **Rabbi Yoni and Malkie Schick**, MSSW LCSW, on the birth of a granddaughter.

Mazal Tov to **Dr. Nossan and Yeta (LCSW) Solomon** on the birth of their newest grandchild, Arielle Esther, born to Avraham and Leah Solomon.

Mazal Tov to **Rabbi Dr. Asher Lipner** on his engagement to Abi Magid.

## MEMBER BENEFIT: LOW-COST SUPERVISION

In its ongoing commitment to training and education, NEFESH has begun to offer low-cost supervision to its members. This new service pairs senior clinicians with relatively new therapists to offer their experience and expertise at a very reasonable fee. Visit the NEFESH website and check out this valuable program; you'll find a listing of seasoned therapists, their CV's and their fees. We hope our eligible members will avail themselves of this service: <http://nefesh.org/low%20cost%20supervisors.pdf>



**NEFESH INTERNATIONAL** is a network and training association of Orthodox Mental Health Professionals, Rabbanim, and Educators. **NEFESH** is constantly developing new training opportunities to promote professional development of its community of practitioners. We are proud to share with you highlights of our upcoming programs. If you would like more information about our events or **NEFESH** membership, visit [www.nefesh.org](http://www.nefesh.org).

**NEFESH  
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Brooklyn, NY 11234**



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