



NEFESH INTERNATIONAL

June, 2015

Dear NEFESH Colleagues,



The recent list serve discussion about feeling too vulnerable or intimidated to post has been thought provoking and informative to all who have been following. We owe a great deal of gratitude to the many posters who risked sharing their vulnerability by posting their thoughts and feelings, thereby creating a rich learning experience for us all.

We ask our clients to do with us that which we are now doing for one another on the list serve: share, risk, learn and grow. There's a critical parallel process going on here where we can maximize our own learning. We must repeatedly remind ourselves that any seasoned professional was once "just out of school" or a beginning professional. We all need to embrace this reality as either humbling or empowering depending upon where we are in the training journey. This journey must be considered a "journey of a lifetime." That's how long the journey should take - a lifetime; one with a beginning but no ending. For those who have never been exposed to the teachings of Brene Brown, it's well worth the 20 minutes of your time to watch her TED Talks entitled *The Power of Vulnerability*:

http://www.ted.com/playlists/171/the_most_popular_talks_of_all?qclid=CjwKEAiw-ZqrBRDt_KjhjcbzhhlISJAAIRGvlSPPLu9PRE2cI-Hj21n39YAaffHI7ktgtCxZc-kEfKBoCo9_w_wcB

Being part of an organization daily juggling the needs of our diverse populations and levels of education is a tricky one but it is indeed part of our daily dialogue. Our most recent attempt to address our organization's diverse needs is our June 7th program, *The Future Is Wide Open: Navigating through the Early Years of Your Career*. Please click for program details; www.nefesh.org or secretary@nefesh.org.

Let's continue sharing, growing and looking out for one another whether it's finding a seat at a professional training or sharing a clinical misstep requiring a corrective intervention. Wishing everyone a restorative and refreshingly good summer.

Miriam Turk
Executive Director



Dear Nefesh Colleagues,

The de-regulating of the list serve has served as a wonderful catalyst for more stimulating discussions in real time.

There have been some tense moments, and at the same time, many, many thought provoking debates. The most important idea to keep in mind is that the list serve belongs to all of us, and it becomes what we make of it. At times, it may seem like a club, but really it's not.

Every member should feel free to post, from novice to seasoned therapist. We should create a vibrant, welcoming and open community. If you like a particular thread, do more of it and encourage others. If you find a post inappropriate, raise your concerns respectfully. I look forward to reading posts from all of the members!

Rabbi Simcha Feuerman, LCSW-R
President

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Position Statement of NEFESH International on Clinical Competence

A core element of the mission of NEFESH International is advocacy for the mental health needs of the Torah community. In this vein, the Executive Board of NEFESH International views with concern the continuing proliferation of inexperienced and often unlicensed psychotherapists engaging in independent practice in that community. Too often, new private practitioners rely solely on their graduate training and a minimum of supervision when treating patients.

As is the case in other professions, independent mental health practitioners are required to be licensed. Licensing serves as a protection for the consumer, as well as official recognition of the profession. Licensure is a statement that a given profession has standards of practice, including education and ethics. It is also a means for authorizing governmental agencies to hold the practitioner accountable for meeting those standards.

It is the position of NEFESH International that attainment of a graduate degree in a mental health discipline does not, in itself, qualify one for independent practice in psychotherapy. A responsible, independent mental health practitioner will have:

- Completion of several years of post-graduate experience
- Completion of several years of individual supervision
- Continuing training to maintain and advance skills.
- A license to practice psychotherapy

In addition, while a therapist cannot be conflict- or problem-free, the personal insight gained from one's own personal therapy is invaluable in understanding both the experience and immediate meaning of psychotherapy and is strongly recommended.

With these elements in mind, the Executive Board of NEFESH International is committed to an initiative to encourage the realization of these professional obligations in our members and to educate and empower the community we serve to question providers regarding their education, training, licensure, and supervision.

RECOMMENDED READING:

Obsessive Perfectionist nature common to people with eating disorders:

-*When Perfect Isn't Good Enough*, by Anthony and Swinson

-*In Pursuit of Perfect*, by Tal Ben Shahar

-*The Intelligent Divorce: Taking Care of Your Kids*, by Mark R. Banschick, David Tabatsky

-*The Intelligent Divorce: Taking Care of Yourself*, by Mark R. Banschick, David Tabatsky

The Gift of Adult ADD: How to Transform Your Challenges and Build on Your Strengths, by Lara Honos-Webb

About G-d and suffering:

-*Man's Search for Meaning*, by Viktor Frankl

-*Finding Light in the Darkness*, by R' Shaul Rosenblatt

-*Always Looking Up*, by Michael J. Fox

-*Anatomy of Hope*, by Jerome Groopman

-*How Doctors Think*, by Jerome Groopman

MEMBER BENEFITS

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>

Social Work CE Provider:

NEFESH is proud to share that we are now a NY State Approved Social Work CE provider.

Effective January 1, 2015, New York State Education Law requires each licensed master social worker (LMSW) and licensed clinical social worker (LCSW) to complete 36 hours of acceptable formal continuing education during each three-year registration period. However, there is a phase-in period for this requirement for licensees whose next registration period starts during the first three years after January 1, 2015. These licensees will have to complete one hour of acceptable formal continuing education for each month in their registration period after January 1, 2015. In addition to our annual conference, NEFESH International has many other CE approved trainings available throughout the year. For more info go to this link: <http://www.op.nysed.gov/prof/sw/swcefaq.htm>

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.

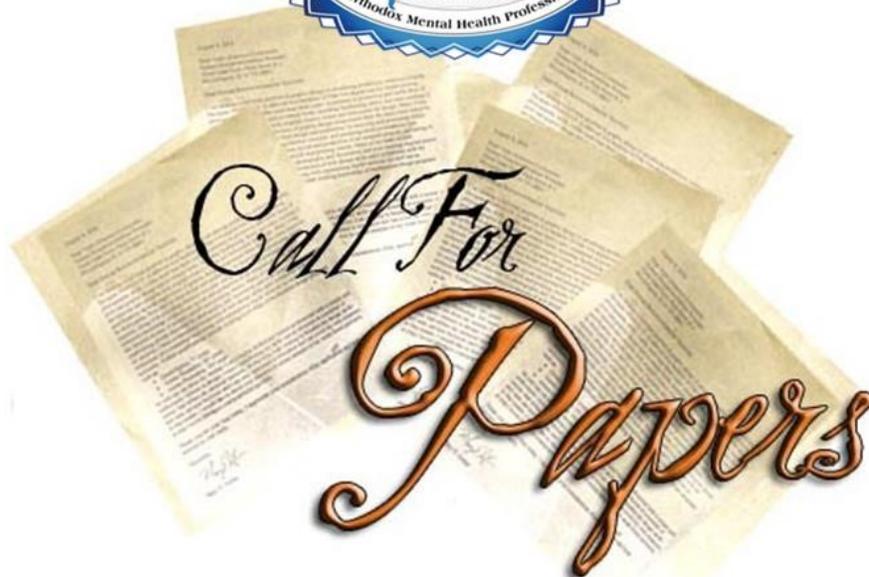
UPCOMING WEBINARS

- ◆ **TRAINING CHILDREN AND ADOLESCENTS IN ANGER MANAGEMENT**
Chaim Neuhoff, PhD June 9, 2015, 12:00
- ◆ **THE NATURE AND TREATMENT OF ADDICTION**
Rabbi Abraham Twerski, MD, June 17, 2015, 12:00 - 1:00
- ◆ **TEACHING THE BRAIN TO HEAL**
Rozi Wax, MA, LMFT, LMHC, June 24, 2015, 12:00 - 1:00
- ◆ **PLAY THERAPY TECHNIQUES**
Allan Gonsler, LCSW, RPT/S with Dr. Paul Fine, June 24th 2015, 1:00 PM
- ◆ **THERAPEUTIC TECHNIQUES FOR WORKING WITH HIGH CONFLICT COUPLES PART 1**
Rabbi Simcha Feuerman, LCSW-R, July 1st 2015, 12:00 PM
- ◆ **THERAPEUTIC TECHNIQUES FOR WORKING WITH HIGH CONFLICT COUPLES PART 2**
Rabbi Simcha Feuerman, LCSW-R, July 7th 2015, 12:00 PM

UPCOMING EVENTS

- **THE FUTURE IS WIDE OPEN: Navigating through the Early Years of Your Career**
Moderator: Deborah Marchuk, LMSW
Sunday, June 7, 2015 at 7 PM
JCC of Marine Park, 3415 Quentin Road, Brooklyn, NY
- **EMDR TRAINING Parts 1 & 2**
Gina Colelli, LCSW
May 31, June 1–2, 2015
July 19, 20, 22, 2015
The Hineni Heritage Center, 232 West End Avenue, New York, NY
Full Day Training
- **SOMATIC INTERVENTION Part 1**
Ricki Bernstein, LCSW
June 18, 19, 21, 22 (2015)
2112 59th St, Brooklyn NY, 11204
Full Day Training
- **THE 19TH ANNUAL NEFESH CONFERENCE***
December 24–27, 2015
Hyatt Regency Long Island
1717 Motor Parkway, Hauppauge Long Island

***CALL FOR PAPERS : DEADLINE JULY 1, 2015**



19TH ANNUAL NEFESH INTERNATIONAL CONFERENCE

DEADLINE: JULY 1, 2015

[CLICK HERE TO DOWNLOAD CALL FOR PAPERS](#)

**19th ANNUAL NEFESH
INT'L CONFERENCE**



**SAVE THE DATE
DECEMBER 24TH- DECEMBER 27TH, 2015**



Hyatt Regency Long Island
1717 Motor Parkway
Hauppauge Long Island

WWW.NEFESH.ORG
201-384-0084
SECRETARY@NEFESH.ORG

NEFESH CHICAGO HONORS CHICAGOLAND REBBETZINS ANNUALLY

NEFESH Chicago recognizes the growing stressors of Rebbetzins in their role as *ezer knegdo* to their husbands who hold a pulpit position. We, as mental health professionals, also seek to strengthen the relationship between the Rabbinic community and clinicians.

Hence, over a decade ago, NEFESH Chicago's Vivian Skolnick, Ph.D, created and implemented the Rebbetzen's Conference, the Annual *Seudah Hokarah*, Appreciation Luncheon, not only for women whose husbands hold pulpits, but also for women who are school administrators. The Rebbetzins are always giving to others and greatly appreciate the opportunity to be served and given to in the form of helping their Rabbinic families and the community at large.

Each year the program topic is one which has been chosen via a survey of Rebbetzins, and formulated to cover objectives which are useful in their leadership work and activities. It is deeply satisfying for all of us to see that we have a large representation from each spectrum of our community: Modern Orthodox, Chassidische, Telshe Yeshiva, Lubavitch, and outreach, to name a few. The Rebbetzins' attachment and camaraderie to this program has intensified as our community continues to expand and the emotional demands on our Rebbetzins increase.

Program planning is mindful to keep our audience's interest stimulated. One year we offer a panel to present on a topic, another year we provide an interactive role-playing teaching tool, and yet the following year we follow-up a presentation with round table discussions and sharing of Rebbetzins' creative techniques and problem-solving recommendations.

Weeks after our *Seudah Hokarah*, many Rebbetzins are still approaching Board members with thanks and excitement about the quality of presentations; they feel someone is interested in helping them understand and bear their responsibilities. The evaluations have been uniformly positive and enthusiastic.

This is a testimony to how wonderful it is for the Rebbetzins to feel an afternoon is set aside for them to be educated, nurtured, and appreciated. Our hardworking NEFESH Chicago Board realizes much gratification from the Rebbetzins' involvement, attendance, and responses to the annual conferences.

Topics presented have included:

Responsible Approaches to a Congregant In Need
Multi-Dimensional Challenges of Working with Ba'al Teshuva Families
Intimacy in the Life-Cycle of Marriage
Post-Partum Depression
Demystifying the Halachic Prenuptial (this was the topic for this spring's *seudah*)

New Members

Ben Rubin, Student, Bergenfield, NJ

Rabbi Eli Kaufman, MSW, Student, Jerusalem, Israel

Michael Danziger, LMSW, Brooklyn, NY

Shlomo Tanenbaum, Student, Brooklyn, NY

Rabbi Avi Lehrer, LMSW, Monsey, NY

Dr. Steven Kurtz, PhD, New York, NY

Noam Frankel, MSW, Student, Brooklyn, NY

Dr. Alan Hilfer, PhD, Brooklyn, NY

Adina Segal, MSW, Brooklyn, NY

Linda Chabbot, LCSW, Brooklyn, NY

Judith Brun, MSW, Lawrence, NY

Menachem Schepansky, Student, Far Rockaway, NY

Tania Liska, Student, Vienna, Austria

Rabbi Yoseph Shurin, MSW, Monsey, NY

Dr. Michael Simcha Lax, PsyD

Yale Lipsett, Brooklyn, NY

Rabbi Mordechai Guertzenstein, Sao Paulo, Brazil

Yehuda Roberts, Student, Kew Gardens, NY

Rabbi Nissan Lachman, MSW, Student, Brooklyn, NY

Chani Sontag, LPC

Avrumi Marmorstein, Student, Lakewood, NJ

MEMBER NEWS

Neal Bauer, Psy.D, MA, MS, Doctoral Candidate Clinical Psychology Doctoral Program, will Y"H be defending his dissertation on July 1, LIU Post, Brooklyn, NY.

Dr. Aviva Biberfeld PsyD, NYS Licensed Psychologist, gave a full day workshop to Counterforce staff on Treating Anxiety Disorders in Children.

Debbie Fox, LCSW, has just published a book entitled *Seminary Savvy - Every Girl's Guide to a Successful, Safe and Satisfying Experience in Seminary and Beyond*. It will be of immeasurable benefit to young women who are preparing to leave home for seminary as well as to their therapists and parents.

Steven Pirutinsky, PhD, Graduate Fellow, Issac Schechter, Ariel Kor & David Rosmarin (2015): Family size and psychological functioning in the Orthodox Jewish community, *Mental Health, Religion & Culture*, DOI: 10.1080/13674676.2015.1042851
To link to this article: <http://dx.doi.org/10.1080/13674676.2015.1042851>

Chana Simmonds, MSW, LCSW attended the conferences WHEN IT TAKES MORE THAN TWO TO MAKE A BABY (sponsored by Thomas Jefferson University, Department of Obstetrics and Gynecology) and HEALTHY SEXUALITY AS A HUMAN RIGHT: MAKING SEX THERAPY AVAILABLE TO DIVERSE POPULATIONS (sponsored by the Society for Sex Therapy and Research).

Lisa Twerski, LCSW set up articles from the Jewish Press Mental Health Quarterly on the NEFESH web site.

MAZAL TOV to OUR GRADUATES!

Frayde Yudkowsky, MSW, Graduate of Kean University, Brooklyn, NY

Tova Lane, PsyD BCSP school: GSAPP, Rutgers University, Brooklyn, NY

Nissan Lachman, MSW, LIU, Brooklyn, NY

Rabbi Ari Sytner, M.Ed., MSW, Wurzweiler, Director of Community Initiatives, YU, Center for the Jewish Future, and passed the licensing exam.

Noam Frankel, MSW, LIU, Brooklyn, NY

Rabbi Eli Kaufman MSW, LIU, living in Jerusalem, Israel.

Michali Wiener, LMSW, completed SIFI, Seminar in Field Instruction, Fordham University, Bronx, NY, Supervisor

David Mark, M.S., LMSW, Certified Gottman Therapist (CGT), approved Gottman Seven Principles Program Educator, bringing the Art and Science of Love Workshop to the Frum Long Island community.

MAZAL TOV!

Mazal Tov to **Nosson and Yeta Solomon** on the birth of a new grandson, Akiva Yonah, to Alisa and Dovid Lasky.

Mazal Tov to **Rabbi and Mrs. Simcha Feuerman** on the birth of a granddaughter, Tiferet Devora, to Eta and Daniel Yaeger.

BLOG BEATS

A QUICK FIX FOR LAZINESS

Do you ever feel stuck in couch potato land? Like you're in a laziness rut and just can't seem to get moving? If you have, great - you're human! (If you haven't - I'm concerned. Please have that looked at.)

Laziness is a heaviness, a stuck feeling that prevents us from getting work done. And it often does not feel good, especially if we have work that needs doing (like dishes, paperwork, shopping...anything at all).

It's closely related to procrastination, but different. Procrastination is putting off specific tasks, while laziness is a general "disinclination to activity or exertion" (dictionary). It's when the concept of any work at all seems like a punishment, and the couch is so comfortable.

Here's one solution: Get moving. Do one action, however small.

Sounds too simple, right? Let me explain.

Laziness is like inertia - objects in motion tend to stay in motion, and objects at rest tend to stay at rest. The more you stay on the couch, the more you want to stay on the couch. The more productive you are, the more productive you want to be.

I've used this idea a lot myself. If I'm at the office and not in the mood of paperwork, I'll take a walk around the block. If there's a huge cleanup job to do, but I can't bring myself to do it, I'll do something smaller, like wash a few dishes. Once I get started, it's easier to continue.

Give it a try. Remember, the key is to change the dynamic from being at rest to being in motion. When you're feeling lazy, the last thing you want to do is, well, anything at all. So start small. Get that blood flowing. Believe in the process. You'll be out of your rut in no time at all.

Spiritual Sofa, SHIMMY FEINTUCH, LMSW, May 30, 2015

NEFESH Blogs

Spiritual Sofa by Shimmy Feintuch: a blog for Orthodox Jews on Mental Health Issues

Caffeinated by Shaya Hecht

The Therapist's Therapy by Dovid Kohn—Inspiration: Poetry, Prayer, Profound Quotes, Jokes, and the occasional musing....

Smadar's Sane Way by Smadar Prager: Thoughts about people, relationships, therapy, and life

Yitzi Muses by Yitzi Horowitz

Counseling for Better Living by Marlene Greenspan

-NEFESH now has blog capabilities for all members, just sign into your account and blog within minutes.

-Did you miss the quarterly JEWISH PRESS NEFESH Mental Health Magazine, Mind Body Soul? If you would like to write for the next insert, the submission deadline is July 15th. Please email Chaim Sender for a copy of the writer's guidelines and to see some published articles: chaimsender@gmail.com



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.



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