



December, 2015

NEFESH INTERNATIONAL

Dear Colleagues and Attendees,

First, a special welcome to attendees who are new to the conference. Please do not hesitate to come forward and ask me or any of the board members questions and concerns. NEFESH is big enough to be big, but we are also small enough to care!



Allow me to share with you a fascinating piece from the Rambam's Shemoneh Perakim (ch. 5), where he states that the study of psychology is especially valuable, considering it almost as Torah. Here is the quote, and you can judge for yourselves:

יש למלאכת הרפואות מבוא גדול מאד במעלות השכליות והמדות ובידיעת השם יתברך, ובהגיע אל ההצלחה האמתית. ויהיה למודה ובקשתה עבודה מן העבודות הגדולות, ולא תהיה אז כאריגה וכנגרות. כי בה נשער פעלותינו, ונשובו פעלות אנושיות מביאות אל המעלות האמתיות

“The study of medicine has a very great influence upon the acquisition of the virtues and of the knowledge of G-d, as well as upon the attainment of true, spiritual happiness. Therefore, its study and acquisition are supremely important religious activities, and must not be ranked in the same class with the art of weaving, or the science of architecture, for by it [the spiritual and mental health aspects of psychological study and meditation] one learns to weigh one's deeds, and thereby human activities are rendered true virtues.” (Adapted from translation by Joseph I. Gorfinkle, Ph.D., Columbia University Press, 1912.)

So it would seem the Rambam saw the endeavor of understanding the human psyche and assisting human character development to be a G-dly and worthwhile process.

NEFESH is a great place to accomplish these worthy goals and I look forward to the upcoming conference as it inspires us all.

Simcha Feuerman, LCSW-R
President

Dear NEFESH Colleagues and Attendees,

As we wind down the secular calendar year, there is much to highlight of 2015 and still look forward to before 2016 begins.



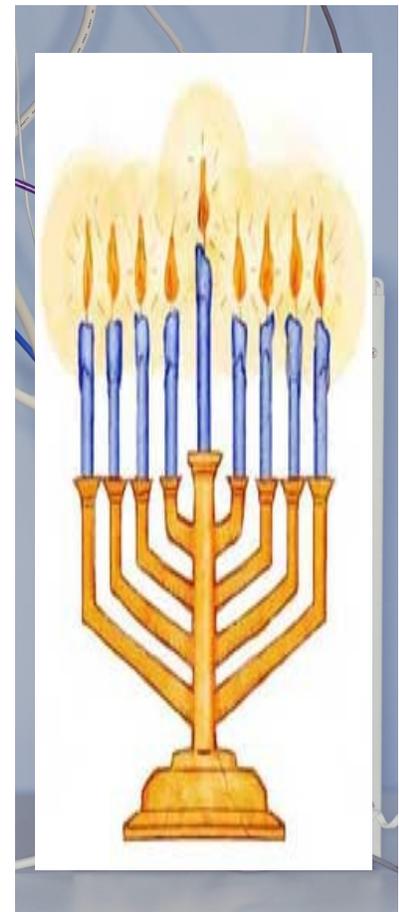
The creation of the NEFESH International webinars has increased what we have to offer and made the required CEUs for social workers accessible from the comfort of your home or office. Our in-person training options have continued an upward trajectory of possibilities as we recognize as an organization we must offer more high-quality training to our members throughout the year. The upgrades to our website have created a more user-friendly NEFESHInternational.org online experience.

The recent 3rd annual NEFESH Midwest Conference hosted by Chicago NEFESH was a success as we move towards regionalizing our resources. The webinars, our tech infrastructure, and ease at which we can offer speakers on the go will strengthen the regions outside of the NY/NJ region. We are committed to those members not residing on the Northeastern Coast.

The creation of the Early Professional arm of NEFESH International has taken off more than we could have ever imagined. The initial two programs were well constructed and received with much enthusiasm. Our upcoming conference closing out 2015 reflects what the membership has requested. For the first time in NEFESH history, there will be a track specific to these early professionals as well as a stand alone track for medical professionals.

We welcome all looking for CEUs and CMEs to be offered in a kosher and Shabbos-friendly environment to join us the end of December.

Miriam Turk, LCSW
Executive Director



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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, rabbanus or counseling. 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.

■ APPROVED 23 CE CONTACT HOURS



WHEN AND WHERE



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.

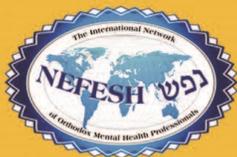
The event will be catered by Elite Catering under KAJ.

Sessions will take place Thursday through Sunday, December 24th – 27th, 2015. A complete schedule will be posted on our website www.NEFESH.org

TOPICS AT THE CONFERENCE

- Attachment
- EFT
- Mindfulness
- Sexual Abuse
- Oppositional Children Collaborative Proactive Solutions
- Integrating Neurobiology In Couple Therapy
- Treating Tourette Syndrome And Tics
- Play Therapy
- Treating Addictions
- Forensic Psychology
- Obsessive-Compulsive Personality Disorder
- Identifying Autism and Treatment
- Behavioral Addictions
- Intergenerational & Attachment Trauma
- ADHD
- Engaging the Resistant Adolescent
- Death and Dying
- Spirituality
- Somatic Experiencing
- Relational Psychoanalysis & Psychotherapy Integration
- Hypnosis
- Secure Attachment Bonds and Co-Regulation in Couples Treatment
- Play Therapy and Trauma
- EFT Techniques and Sex Therapy
- ACT and Mindfulness

APPROVED 23 CE CONTACT HOURS

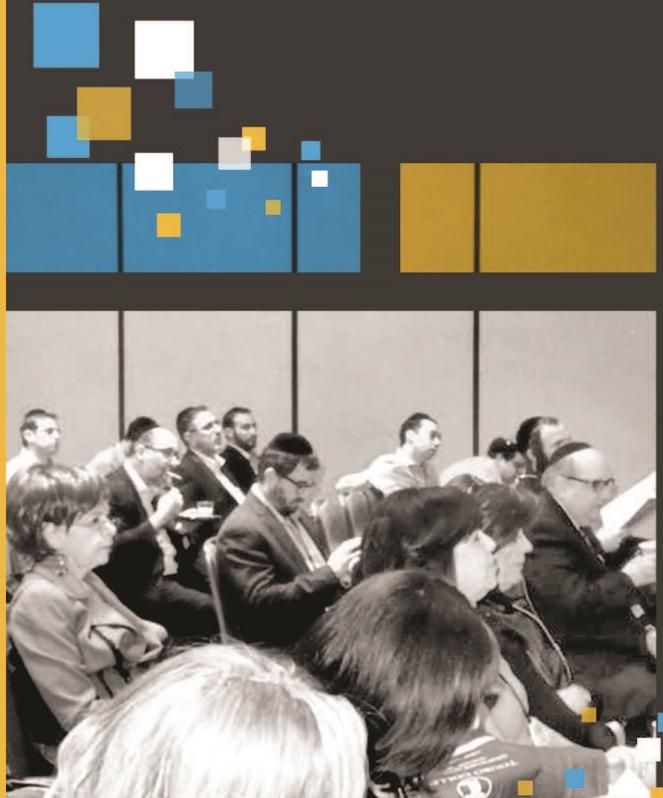


NEFESH INTERNATIONAL
3805 AVE. R
BROOKLYN, NY 11234

NEFESH INTERNATIONAL

19TH ANNUAL CONFERENCE

DECEMBER 24-27, 2015



HYATT REGENCY
LONG ISLAND & WIND WATCH GOLF CLUB,
1717 MOTOR PKWY. HAUPPAUGE, NY 11778



GUEST SPEAKERS



Rabbi Simcha Feuerman, LCSW-R

Director of Operations, OHEL Children's Home and Family Services; President, NEFESH International



Judith Guedalia, PhD

Director, Shaare Zedek Medical Center's Neuropsychology Unit; founder and co-Chair NEFESH Israel; board member NEFESH International



Mona Fishbane, PhD

Director, Couple Therapy Training, Chicago Center for Family Health; AAMFT Approved Supervisor; Former Board Member, American Family Therapy Academy; Editor, *Family Process*; Renowned author & lecturer



Nachum Klafter, MD

Director of Advanced Psychodynamic Psychotherapy Training Program, Cincinnati Psychoanalytic Institute; Director, Psychotherapy Training, University of Cincinnati Residency Training Program. board member NEFESH International



Allan M. Gonsher, LCSW, RPT-S

President and founder, Kids Inc., Omaha, NE & Overland Park, KS; Multiple award recipient and author



Binyamin Tepfer, PhD

Founder & Clinical Director Tepfer & Associates, Cedarhurst, NY; CSAT Supervisor International Institute for Trauma & Addictive Professionals (IITAP), AASECT Certified Sex Therapist



Elana Katz, LCSW

Senior faculty member, Ackerman Institute for the Family; Internationally renowned lecturer, Psychotherapy Networker; National Public Radio; Executive Board Member, New York Center for Emotionally Focused Therapy; Board Member New York Association for Collaborative Professionals; Private Practice, Manhattan, NY

Mark Banschick, MD

Author, *The Intelligent Divorce*; Lecturer, interviewer CBS Early Show, CBS Morning News; Blogger Psychology Today, The Huffington Post; Private Practice, Katonah, NY

Norman Blumenthal, PhD

Director of Trauma, Bereavement and Crisis Intervention, OHEL Children's Home and Family Services; Private practice, Lawrence, NY

David Brent, MD

Academic Chief of Child and Adolescent Psychiatry, Department of Psychiatry, University of Pittsburg, School of Medicine, Western Psychiatric Institute and Clinic, Pittsburg, PA

HaRav Dovid Cohen, Shlita

Moreh D'Asra of NEFESH International, Congregation Gevul Yaavetz, Brooklyn, NY, and the halachic consultant to Ohel Children's Home and Family Services

Janice S. Goldfein, ACSW, BCD

Partner, Northwest Counseling and Psychotherapy Center, Private Practice, Farmington Hills, MI

Evelyn Rappoport, PsyD

Somatic Experience ® Practitioner; Adjunct Clinical Supervisor of Doctoral Students, NYC; Internationally renowned speaker, Private Practice, NY

Karen Starr, PsyD

Faculty, Suffolk Institute of Psychotherapy & Psychoanalysis; Clinical Supervisor, The Graduate Center, City University of New York; Renowned author; Private Practice, Great Neck & Manhattan, NY

Meredith Weiss, MD

Instructor, Weill Cornell Medical College; Assistant Attending Psychiatrist, New York-Presbyterian Hospital; Sackler Fellow in Mother-Infant Psychiatry, Weill Cornell Medical College; Multiple award recipient

MEMBER NEWS

Martha Bockian, PhD, founded Chicago Land Simcha Schools (CLaSS), which allows children to learn their own way by facilitating a "choice environment" within a Torah-based setting. For further information see the website: chicagolandsimchaschools.com,

Dovid Brownstein, PsyD, will be relocating his family from St. Paul, MN, to Las Vegas, NV. since he will begin working for a mental health provider called Healthy Minds.

Paul Cantz, PhD:

Publication:

Cantz, P. (2015). Suspicious circumcisions: A psychoanalytic exploration of the connection between misogyny and antisemitism. *Mental Health, Religion & Culture*, 18, 354-367.

Presentations:

Cantz, P. (2015, October). *It's the End of the World as We Know It (...but No Worries): The Rise in Popularity of Dystopian Myths and our Immortal "Other"*. Paper presented at the Psychology and the Other conference, Cambridge, MA.

Cantz, P. (2014, December). *The Binding of Freud: Oedipus vs. Isaac & the Mythopoeic Underpinnings of Psychoanalysis*. Paper presented at the The Centre for the Study of Myth at the University of Aberdeen, Scotland, UK.

He has also been appointed by the National Action Alliance for Suicide Prevention to serve on their Faith-Based Task Force.

Marc J. Diener, PhD:

Awards:

Awarded the status of Fellow, Division of Independent Practice (Division 42), American Psychological Association, Summer 2015.

Journal Publication:

Lehmann, M. E., Levy, S. R., Hilsenroth, M. J., Weinberger, J., Fuertes, J., & Diener, M. J. (2015). Evaluating pre-treatment patient insight as a factor in early therapeutic technique. *Journal of Psychotherapy Integration*, 25, 199–213. doi:10.1037/a0039560

Presentations:

Berger, C. L., Diener, M. J., Levin, G., Margolis, A., & Perlstein, P. (August, 2015). *Risk factors for nonsuicidal self-injury in Orthodox Jewish adolescents: A preliminary study*. Paper presentation at the Annual Convention of the American Psychological Association, Toronto, Canada.

Lehmann, M. E., Levy, S. R., Hilsenroth, M. J., Weinberger, J., Fuertes, Jairo, & Diener, M. (2015, June). *Evaluating pre-treatment patient insight as a factor in early therapeutic technique*. Poster presentation at the Society for Psychotherapy Research, Philadelphia, PA.

Needham, V. R., Diener, M. J., & Gurley, J. R. (2015, June). *The relation between readmission rates and diagnosis for psychiatric inpatients: An update of a meta-analytic review*. Poster presentation accepted at the Society for Psychotherapy Research, Philadelphia, PA.

S Shalom Feinberg, MD, Associate Clinical Professor of Psychiatry, Albert Einstein College of Medicine, Queens,, is co-chair for the MD track committee.

Shimmy Feintuch, LCSW, is now Primary Therapist at The SAFE Foundation Inc. committee.

Barry Holzer, MD, is co-chair for the MD track committee.

Rabbi Richard Louis Price, MD, Cornell Medical School psychiatry professor, announces the release of his U.S. patented Calmintol Cookies now available in stores for treatment of restricted areas of interest/repetitive behaviors and anxiety/irritability in Autism Spectrum Disorder

Alexander Rand, LCSW-R CASAC, is now Clinical Director of Evolve JCP.

Marla "Malkie" Schick, MSSW LCSW, is now Director of Behavioral Health Services at Ezras Choilim Health Center, Inc.

Sara Teichman, PsyD, of Los Angeles is giving a 4 part parenting teleconference called 'Learning to lead: Discipline that works' weekly - beginning December 14, 2015 teleconference for Tiferet - division of CCHF [Chofetz Chaim Heritage Foundation]. Women all over the world listen to this [singly or in discussion groups] and it is broadcast in US<UK,Camada Belgium, and Israel

Yetta Zelikovitz, LCSW, member of AAMFT, has moved her practice in Marital and Family Therapy to Lakewood, New Jersey. See her web site for more details: famzeli2@aol.com.



NEFESH INTERNATIONAL

THE INTERNATIONAL NETWORK OF ORTHODOX JEWISH MENTAL HEALTH PROFESSIONALS

ANNOUNCES AN EXCITING SPECIALIZED TRACK FOR
PHYSICIANS AND HEALTH PROFESSIONALS
(MDs, PAs, NPs)

AT ITS UPCOMING 19th ANNUAL NEFESH INTERNATIONAL CONFERENCE

Up to **21.25 CME credit hour***

Practical, useful training in psychiatric issues and treatment options by nationally renowned speakers
Wide range of timely topics including depression, ADHD, geriatric issues, anxiety, sexual dysfunction
eating disorders, substance abuse and more

Variety of attendance options: come for 1 or more days

Enjoy the beautiful Shabbos atmosphere of NEFESH: Carlebach Kaballat Shabbos and Melave Malka led
by Yisroel Williger, lavish meals and inspiring shiurim

Hear Rabbi Dr. Eddie Reichman, a renowned bioethicist and Rabbi Dr. Abraham Twerski

DECEMBER 24-27, 2015

THE HYATT REGENCY LONG ISLAND, HAUPPAUGE, NEW YORK

Please visit the NEFESH website: www.NEFESH.org for more information and to view the entire conference schedule

NEFESH: 201-384-0084

Barry Holzer MD: BarryHolzerMD@gmail.com Shalom Feinberg MD: shalomf@aol.com

Please tell your friends and colleagues!!

*New York Medical College is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.
New York Medical College designates this Live activity for a maximum of 21.25 AMA PRA Category 1 Credits™.
Physicians should claim only the credit commensurate with the extent of their participation in the activity.

MAZAL TOV:

To **Dr. Trish Attia** on the occasion of her daughter's wedding.

To **Judith S. B. Guedalia, PhD** who just had a baby great granddaughter 4 kilo 100 gm, first girl previous greats all boys. This family's first. Good health to mom Shoshi bat Atara.

To **Nosson, PhD**, and **Yeta Solomon, LCSW**, on the birth of two new grandsons, Shalom Tuvia to Moshe Chaim and Yael Solomon and Akiva Yehuda to Adina and Tal Goldberg

To **Alice and Menachem Tusk, LMSW**, on the occasion of their son Shlomo's bar mitzvah

IN MEMORIAM

We mourn the passing of
Dr. George Fox, A"H, an early member of Nefesh International and beloved father of Rabbi Dr. Dovid Fox. May the family be strengthened in their sorrow and may his memory ever be a blessing.

NEFESH Midwest Conference III

It was NEFESH Chicago's honor to have Dr. Nosson and Yeta Solomon at the 3rd NEFESH Midwest Conference. The Solomon's personal interactions with our region's mental health professionals made a lasting impression of Nefesh International's interest to promote future NEFESH programming and membership benefits.

Without a doubt, NEFESH Midwest Conference III would not have received its many glowing evaluations were it not for the two session topics chosen and the enthusiastic and organized NEFESH Chicago Board & Committee members giving of their personal & professional energies to the conference.

The conference room was packed with mental health professionals seeking clinical approaches to marital infidelity [Session I] and Session II was filled to capacity, as principals and teachers joined the MHPs to address what is, for most, a formidable and painful area – the process of reporting abuse.



Dr. Binyamin Tepfer's extraordinary presentation for Session I, "Clinical Perspectives on Treating Marital Infidelity," treated a sensitive topic in a manner that was ennobling. He masterfully led us on an exploration of the trust and intimacy that is lacking in such relationships. He also described, in detail, the steps that a therapist can take with such couples, leading them back toward safety, accountability and genuine openness. All found Dr. Tepfer well-prepared, engaging, comprehensive, and relevant.

The second session's five-member panel presented on "Child Sexual Abuse in the Orthodox Community &

Dr Tepfer talking with clinicians post his presentation.

Maintaining Relationships throughout the Process of Reporting". Two of the presenters, from Project Shield, are NEFESH Chicago's very own Edward Loew, M.A., LCPC and Rachel Zimmerman, LCPC. Rachel and Ed, shepherded the trio of DCFS (CPS) staff members through an eye opening discussion with participants about what they can expect from DCFS (CPS), in its response to abuse allegations.

Project Shield, serving Chicago community for 10 years, builds awareness, provides education and support for the recognition, prevention and treatment of child sexual abuse in the Jewish community. Most recently, Project Shield has come together with administrators of numerous schools in the Chicago community to compose, for each of those schools, a set of policies and protocols for responding to abuse abuse allegations.

A benefit to all was that NEFESH Chicago facilitated a stronger relationship between Project Shield and DCFS (CPS) via our pre-conference meetings. The trio of DCFS panel members were all senior level personnel and Jewish. Maximal cultural sensitivity was highly integrated into the presentation by all panel members.

Ed Loew spoke of the special Bais Din that he assembled, decades ago. This Bais continues to serve as an address to which therapists and others can bring victims who wish to seek Rabbinic counsel and support. Dayanim Shmuel Fuerst, shlit”a and Daniel Raccah, shlit”a graced the conference for the “Ask the Rav” session. They provided a window into the unique approach each uses in facing the thorny Halachic questions that arise in the world of therapists.

NEFESH International and NEFESH Chicago look forward to providing future programming to Mental Health Professionals, Rabbonim, Rebbetzins, and educators.

The NEFESH Chicago Board and its committees are a credit to NEFESH International. Nefesh Chicago has provided continuous quality programming to the Chicago community for the past 19 years.

ACKNOWLEDGEMENTS:

Nefesh Chicago Board 2015:

Rabbi Dr Dovid Montrose, President Nefesh Chicago

Renee Lepp, M.A. Treasurer

Menucha Robeson, Executive Secretary

Paul Cantz, PhD

Sharon Chambers, LCSW, CADC

Malka Miller, PsyD

Sara Miller, LCSW

Fraida Nathan, LCSW, CADC, ICDVP

Naomi Ben-Attar Yablong, LCSW

Nefesh Chicago Midwest Conference Program Committee:

Yehudah Krohn, PsyD

Edward Loew, LCPC, CCHP, NCC



Most of the Nefesh Chicago Board with Dr Nossan & Yeta Solomon. Standing L-R: Malka Miller, Sharon Miller, Sharon Chambers, Naomi Ben-Attar Yablong, Paul Cantz, Nossan Solomon, Ed Loew, Yehudah Krohn
Seated L-R: Menucha Robeson, Fraida Nathan, Yeta Solomon
Not shown: Rabbi Dr Dovid Montrose, Renee Lepp



Intensely focused audience



5 person panel for Session II DCFS and JCFS: L-R Beth Solomon, Rachel Zimmerman, Ann Marakis, Meryl Paniak, and Ed Loew

AUTHORS' TABLE

Dear NEFESH Book Authors,

We would like to give you the opportunity to sell your books at the Nefesh conference. You would have to bring your own published copies and also be fully registered for the conference.

In addition, you would contribute the nominal fee of \$25.

A table will be set up for you and other authors to sell your books at designated hours. Nefesh will provide the manpower to oversee the table and sell your books. The Nefesh secretary will only be able to accept cash or check, but will not be able to process credit cards, provide storage or deal with subsequent sales of books, all of which will be solely within the province of each author. This gives people an opportunity to meet you in person and become familiar with your publication, always an extra plus within the conference venue.

If you run out of books because more people want your book than you have brought, please make your own arrangements so you can send it to them after the conference.

However, in order to set up this new feature at the conference, we need a minimum of seven book authors who would be interested to do so.

If you qualify to participate in this exciting new venture, please send me the following information at this email: counselingforbetterliving@gmail.com to reserve your place on the table:

Your full name and address

The complete title of your book, the publisher, the year published, and the place it was published

A one-sentence summary of your topic

The cost of your book

We are looking forward to sharing your good work with the Nefesh community. If you have any questions, please email us at the address below:

Chana Kahn, LCSW

Marlene Greenspan, MA, LPC

counselingforbetterliving@gmail.com



The 19th Annual NEFESH INTERNATIONAL CONFERENCE

Are you coming?

Will I see you there?

I hope so.

I look forward to the NEFESH International Conference every year.

As a clinician in private practice, I often find my work isolating. Often, the collegial relationships I have are over the phone or through listserves. I look forward to learning with and meeting with the scores of colleagues who have no face throughout the year.

Do you ever post on the NEFESH Listserve? Have I only met you via your words on my computer screen? Please find me and introduce yourself. I will look to do the same with as many people as I can.

Are you a NEFESH member who does not post yet, however watch the exchanges? I am looking to meet you.

Once a year, I get to meet those who walk by me and converse with me in the virtual hallway of our NEFESH office.

See you soon.

Chaim Sender, LCSW

Conference Co-Chairman

NEW MEMBERS

We welcome all our newcomers and are very glad that you are with us.

However, due to a technical glitch, we cannot list each individual in this issue.

That will be rectified in the future.

Thank you for understanding.

Executive Director:
Miriam Turk, LCSW

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Rabbi Simcha Feuerman, LCSW--R

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Chana Kahn, LCSW

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Yitzi Horowitz, LCSW

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Nathan A. Solomon, Ph.D.
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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.



HAPPY CHANUKAH