MESSAGE FROM THE EXECUTIVE DIRECTOR

At the risk of sounding repetitive, it’s hard not to keep saying that the most recent conference was the best ever. The astounding part is that we make this statement year after year. If you missed it in person, take the opportunity to purchase CD recordings of the conference listed later in the bulletin.

In moving forward, we would be remiss to not mention that our yearly programming gets better and better with time as well. Upcoming trainings featuring Dan Wile and Terrence Real speak to the quality of presenters we are now attracting on a regular basis. If you, in your learning experiences outside of Nefesh find excellent presenters, please let us know. We may be able to contract with these experienced trainers for future Nefesh programming. We now have webcast ability on our website, so look for the upcoming programming. Initial webinar workshops will include those co-sponsored by the Jerusalem Sober House. The possibilities of collaboration with Nefesh International are vast at this time and we ask you to join us in creating the organization’s future.

With that future in mind, we would like to welcome Barry Horowitz, Yitzi Horowitz, Dovid Kohn and Dr. Nachum Klafter to the Nefesh International Board of Directors. Their service to the organization in the last few years makes it clear that we need them on the Board to work them even harder. All kidding aside, for those who would like to volunteer their areas of expertise in assisting us with further growth, please reach out to us with your ideas and specific offers to volunteer.

Please scroll down to see the program information about our first ever West Coast conference on May 4th 2014 in Los Angeles.

We will not just be satisfied with our previous success but will look towards the future with higher goals.

Miriam Turk, LCSW

MESSAGE FROM THE PRESIDENT

Dear Nefesh Colleagues,

My father tells me that Rav Hutner ZT’L used to say on erev Pesach, "Pesach, that's my favorite yom tov!" Then, on erev Succos, he would say, "Succos, that's my favorite yom tov!", and the same for Shavuos. When questioned about this, he would answer "At each time of the year, that yom tov is truly my favorite."

In that vein, this last conference was truly the best conference ever. The level of professionalism of the presenters and the opportunity for networking and shmoozing was fabulous.

Nefesh membership has increased by more than 15% in the past two years, bringing new faces, new ideas and new skills to our membership.

Our low cost supervision initiative and packed training calendar represent an unprecedented level of opportunity for our members that goes way beyond an annual conference.

We look forward to seeing you at our next event!

Rabbi Simcha Feuerman, LCSW-R
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.

**Programming 2014**

**April 3, 2014**
Jodi Mullen, PhD, LMHC: Play Therapy Beyond the Basics

**May 4, 2014**
Abe Worenklein, PhD & Robert Lebovits, PhD
NEFESH West Coast Conference

**May 19 and 20, 2014**
Dan Wile, PhD, ABPP: Collaborative Couples Therapy

**June 8, 9, 10 2014**
Gina Colelli, LCSW: EMDR Basic Training, Level II

**June 8, 2014**
Dr. Abraham Twerski: Self-Esteem Therapy

**Summer, 2014**
Dr. Robert Lebovits and Dr. Gerard Meyer: MindFul Choice

**September, 2014**
Trauma and Teshuva III

**December 28-29, 2014**
18th Annual Nefesh International Conference
Hyatt Regency Hotel, Hauppauge, NY

**Attention All School Based NEFESH Professionals, Including, Social Workers, Psychologists, Mental Health Counselors, Psychiatrists, Rebbeim, Teachers and Principals:**

We are interested in forming a sub group of NEFESH members who work in schools for the purpose of engaging in dialogue and sharing ideas related to specific mental health issues that arise in schools. If you are interested, please contact Faigi Rosenberg at psychoedconsult@gmail.com.
NEFESH
INTERNATIONAL WEST COAST CONFERENCE

SUNDAY
MAY 4TH, 2014

Cedars-Sinai Medical Center
Harvey Morse Auditorium
8700 Beverly Blvd, L.A., CA 90048

Abe Worenklein, Ph.D.
Professor Dawson College, Montreal
Lecturer, Concordia University

Parental Alienation/
Estrangement Syndrome
- Definition, Criteria & Differential Diagnosis
- Role of Alienated Parent & Target Parent
- Interview & Assessment Strategies
- Short & Long Term Effects
- Interventions

Robert Lebovits, Ph.D.
Faculty, University of Pittsburgh

The MindFullChoice Method
- How We Think, Not What We Think
- "What" vs. "Why"
- Managing Inattentiveness & Impulsivity
- 4-Step Approach, Perception to Behavior

Special Rabbinical Address
Building Liaisons for Halacha
and Mental Health

Rabbi Avrohom Union
Rabbinic Administrator
Rabbinical Council of California

9:00 AM Registration
9:30 AM-3:30 PM Program

Nefesh Member $65
Non Member $75
Student* $45
Rabbis/Rebbitsens (non mental health professionals) $25
*must bring student ID

5.0 CEUs
Social Workers
2.0 CEU/CMEs
Physicians, Psychiatrists, Psychologists, Nurses

Register Online at www.NEFESH.org
For more information call 201-384-0084
Call for articles

Just a reminder: If you are looking to submit an article to the May 2014 NEFESH/Jewish Press Mind Body and Soul mental health supplement, please email either:

ChaimSender@gmail.com or Lisa Twerski at lisagtwerski@optonline.net

Writer's Guidelines

While preparing the article please keep the following in mind:

- Article Length - Articles should be between 700 and 1000 words or so.
- Article Deadline - Articles received in advance of the deadline will receive first consideration. The deadline for this issue is April 25, 2014.
- Topic Approval - Please run the topic by Lisa Twerski, lisagtwerski@optonline.net, (preferably with a synopsis) before writing to avoid duplication.
- Writer Credits - Please submit name of author with any title to precede the article. Also submit up to a 3 line bio of the author/program/agency at the end of the article. There can be no mention of any affiliation in the body of the article itself.
- Article Enhancements - A) Pictures or Graphics - Feel free to submit or suggest pictures or graphics alongside article B) Pull Quotes - Point out possible compelling or interesting quotes that can be emphasized in the article. C) Sidebars - If part of your article lends itself to a sidebar (E.G. checklist, background, case study), let us know. D) Subheadings - could help break up an article, but not always necessary E) Books & Websites - Any suggestions for further reading would be helpful.
- Contact Information - We need your email and phone number so that we reach you with any questions about your article. Any approved articles that do not run in this section due to the constraints of space will be forwarded for possible publication in the weekly Jewish Press.
- The mental health insert is widely read. By writing an article you have the opportunity to become known for your expertise and are making a contribution to the community.

Submit Final Articles to ChaimSender@Gmail.com
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<thead>
<tr>
<th>Name</th>
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<tr>
<td>Karen Avrech, PhD</td>
<td>Los Angeles, CA</td>
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<td>Ruchia Ayzenberg, Student</td>
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<td>Rozi Wax, MA</td>
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<td>Dov Wilkes, MSW</td>
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**MEMBER BENEFITS**

- Free monthly subscription to *The Psychotherapy Networker*
- Discounts to conferences, workshops, & trainings held throughout the year
- Access to the thought provoking & stimulating International **NEFESH** List Serve
- Low Cost Supervision
- Networking opportunities with over 750 professionals all around the globe
Aviva Biberfeld, PhD has started an ongoing Tuesday night chaburah for women, source base learning with an emphasis on topics relevant to mental health professionals-available as a webinar thru frumtherapist.com or on the phone 712 775 7300 access number 762481#. Past recordings are available at 712 775 7399 762481#.

Marc Diener, PhD:
- Recent Peer-Reviewed Journal Publications:

Naomi Franklin, LCSW, in addition to her private practice in Monsey, has started a private practice working out of Fallsburg Pediatrics in Sullivan County providing play therapy for children and EMDR and CBT among other approaches for adults.

Chaim Kolodny, LSW has just published "The Five Steps to More Peaceful Dating."

Abe Worenklein, PhD:
  - "The Resistant Parent". To be presented at the Conference of the Association of Early Childhood Educators of Quebec. April 19, 2013 Montreal, Quebec.

MAZAL TOV!
Mazal tov to Alice Tusk, LMSW, Nefesh International Director of Operations, on the birth of a new baby girl, Chaya Tamar
Mazal tov to Racheli Glasser, Nefesh Administrator, on the birth of a new baby boy, Shlomo Matisyahu
As a 20 year EMDR practitioner, trainer, and consultant, Gina brings a combination of loving compassion and concrete skills to healing complex trauma as well as relational issues. She has a private practice in NYC and has trained clinicians in EMDR throughout the metro area. EMDR Part 1 & 2 is a 23-hour course of study, certified by the EMDR International Association [EMDRIA]. Clinicians

Thank you, Rivki, for organizing the EMDR training course. You invited excellent presenters who shared their knowledge and expertise in an informative and enthusiastic way. Thank you also to my fellow attendees for sharing of yourselves so that we could all learn. Rivkie Lamm LCSW

I would like to commend Gina on an amazing training, for inspiring us to broaden our horizons as therapists, and to strive to master his remarkable therapy. Gina, thank you for putting your whole self into the training, and for sharing so generously from your knowledge and experience. Susan Frager

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I want to add my enthusiastic appreciation for a wonderful training seminar: the content, the delivery, the ambience if one can call it that in the basement and just the overall worth and presentation were really terrific. I look forward to the next segment. Esther Rabinowicz

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Ricki's workshop was exciting and enlightening on many levels. The idea of mirror neurons, somatic empathy and how body postures can affect us and our clients was brought to the fore through teaching and through experiential exercises. What Ricki presented is just the tip of the iceberg in this vitally important ever evolving area of our treating the whole person, both our clients and ourselves. Aviva Biberfeld

I just want to say that the training was AMAZING, so practical, clear, and already useful! I'm so looking forward to the supervision and advanced day at the end of the summer. It was really great! Lisa Twerski, LCSW

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RECENT PROGRAMS TO BE CONTINUED

EMDR BASIC TRAINING
LEVEL 1
March 2, 3, 4, 2014
LEVEL 2
June 8, 9, 10, 2014

Co-Sponsored by
Shomaya Services
We hope you enjoyed a Freilichen Purim
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.

CONFIDENTIALITY FOR THE LIST SERVE

When you are looking for a referral, put your description in terms of the characteristics and qualifications of the clinician you are seeking, rather than the features of the patient. E. G., the following would be fine to write: “I am looking for a female therapist capable of helping a young female struggling with a sexual problem and marital problems, and should have knowledge of the cultural issues and common challenges faced by women in ultra-orthodox communities. Couples work might enter into the picture at some point, but that is not clear at this time. Proficiency in Yiddish is preferred, but not mandatory. Brooklyn or Queens is ideal, but elsewhere in the Greater New York area is acceptable.”

The problem is that sometimes so many details are given that the above referral request would instead be written like this: “Need therapist to treat a Hassidish woman, age 29, expecting their 5th child, who has pain during intimacy but thinks she’s not allowed to tell her husband about it. So what she’s doing to avoid intimacy is to make excuses, or pretend she’s still a nidda, etc. I think there are problems with the way her husband treats her which make her feel he doesn’t respect her, but she is really reluctant to acknowledge that. She grew up in the system and her Yiddish is really better than her English. Proximity to Boro Park would make it easier for her.”

If you feel that you MUST give details about the patient in order to make sure the clinician is a proper fit, then you should not do that on the list serve. Rather, frame your referral request in terms of the kind of clinician you are looking for, and then talk with a prospective clinician individually.

Remember that our emails do seem occasionally to be accessed by outsiders. There is just no reason to write so many details in the referral request. On the other hand, if you are writing about a case vignette, you can change identifying information about the person, change where they live, and introduce your vignette with the following disclaimer: “The demographic and other identifiers have been altered such that there is no way this patient will be recognizable.”

This will be a signal that people need not worry about the level of detail. Our list serve should be confident that the patient who is described as “a 56 year old actuary” is not 56 and not an actuary.

Nachum Klafter, MD

CHAG KASHER V’SAMEACH

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