

## Summary of Workshops Attended – Thursday, December 27, 2018

Initial all workshops attended and submit to NEFESH CEU table in the lower lobby

<b>Name (please print):</b>				

### Thursday, December 27, 2018

Time	Session	Course Objectives	Presenter(s)	CEs	INITIAL
9:20 AM	<b>The DSM, Torah, and Applied Halacha</b>	At the end of this session, participants will be able to: a) Identify DSM classifications with Torah sources on mental illness and internal conflict. b) Identify halachic dimensions in the guidance of Orthodox clients with a psychiatric diagnosis and for clients seeking therapy for personal issues c) Identify techniques to foster better communications with Rabbinic figures on matters of mental health.	Rabbi Avraham Union, MA	3	
9:20 AM	<b>The Future of Behavioral Health is Now! Real multi-system implementation of advanced behavioral health in the community</b>	At the end of this session, participants will be able to: 1) To List the changes to behavioral health care and their implication for practice 2) To recall the current models of behavioral health care that are consistent with these future trends 3) Identify Practices that individual clinicians and organizations can improve outcome through new and emerging models	Isaac Schechter, PsyD	3	
9:20 AM	<b>Making our Communities Safer: A harm reduction approach to substance use</b>	At the end of this session, participants will be able to: <b>1. Participants will summarize a comprehensive overview of harm reduction theory</b> <b>2. Participants will be able to list and understand the main components of integrative harm reduction psychotherapy</b> <b>3. Participants will name practical strategies to help treat patients with substance misuse difficulties from a harm reduction perspective</b>	Eric Pollak, PsyD	3	
9:20 AM	<b>When One Wants and the Other Does Not: Treatment of couples with discrepancies in sexual desire</b>	At the end of this session, participants will be able to: 1) Clinicians will list how to properly assess the problems of low sexual desire and desire discrepancy 2) Help clinicians to identify the medical, psychological, cultural and relational factors that contribute to a couple's problems with desire. 3) Clinicians will summarize practical strategies to use when working with individuals and couples that present with desire discrepancy.	Pamela Klein, LCSW	3	

9:20 AM-10:30 AM	<b>Teleconferencing as a Viable Option for Chronic Pain Patients: The pros and cons of running a professionally facilitated group</b>	At the end of this session, participants will be able to: 1. Participants will identify the challenges faced by Chronic Pain Patients 2. Participants will gain insight and describe the complexities of running teleconference groups 3. Participants will be exposed to and list the defenses and resistances unique to Chronic Pain Patients 4. Participants will learn to identify and work with transference, countertransference and enactment as it surfaces in clinical work with patients.	Michele Cohen, LCSW Chaya Ruben, PhD	1.0	
10:35 AM - 11:55 AM	<b>What Every Mental Health Professional Needs to Know About Aging</b>	At the end of this session, participants will be able to: 1. Participants will identify how ageism and the therapist's perspective affects work with aging clients. 2. Participants will explain how psychosocial interventions benefit older adults and identify why that is important. 3. Participants will explain how the family system benefits from intervention and how to support them during this stage of life.	Adina Segal, LCSW	1.0	
1:10 PM 3:10 PM	<b>Trauma Informed Sex Therapy: The humanistic existential approach</b>	At the end of this session, participants will be able to: 1. Participants will be able to describe the impact of non-sexual trauma on the presentation of sexual problems 2. Participants will be able to describe and apply the Humanistic-Existential model of treatment for sexual problems 3. Participants will be able to apply and explain this model to the treatment of both individuals and couples	Daniel N. Watter, Ed.D.	2	
1:10 PM 3:10 PM	<b>A Medrash, A Ma'aseh and a Therapist: The Personal Experience of Religious Therapist</b>	At the end of this session, participants will be able to: 1. Participants will address and identify their personal concerns about client's religious challenges as they present in session. 2. Participants will identify and to manage their own personal religious dilemmas in the work they do. 3. Participants will identify comfortable ways of addressing their religious feelings about the work they do without jeopardizing the client's autonomy.	Nosson Solomon, PhD Aviva Biberfeld, PsyD Rozi Wax, LMFT, LMHC Moderator: Yitzi Horowitz, LCSW	2	
1:10 PM 3:10 PM	<b>Hello Darkness, my Old Friend: The power of music, photography and other expressive outlets in the processing of trauma and loss</b>	At the end of this session, participants will be able to: 1. Describe 2 clinical populations which music therapy has been shown to be helpful in a therapeutic setting. 2. Learn 3 modalities in which expressive therapeutic interventions can be effectively utilized. 3. Name 2 safety provisions that should be explored before utilizing exposure-related creative-expression interventions.	Barry Horowitz, LCSW-R	2	

1:10 PM 3:10 PM	<b>Research into Mental Health Issues in the Seminary Population Studying in Israel</b>	At the end of this session, participants will be able to: 1. Describing the specific mental health challenges faced by the US population relocating to Israel for a year or longer 2. Identifying key areas of clinical need to help clinicians better prepare their clients for the year in Israel 3. Methods and approaches to increase collaboration and continuity of care between clinicians in the US and Israel	Shmuel Harris, MD	2	
1:10 PM 3:10 PM	<b>Creative Hypnosis Scripts for Clinical Practices</b>	At the end of this session, participants will be able to: 1. To create specific scripts for hypnosis treatment 2. Identify updated research in hypnosis 3. Describe practical applications in hypnosis	Rabbi Moshe S. Lasson, PhD	2	
3:35pm - 6:30pm	<b>My Values Are Your Values, or Are They?</b>	At the end of this session, participants will be able to: 1. Therapists will be able to verbalize the importance of addressing religion and spirituality with Orthodox Jewish clients. 2. Therapists will identify and become awareness of how therapists personal religious and spiritual beliefs may impact therapy. 3. Therapists will identify ways of overcoming barriers to effectively meet the needs of religious and spiritual clients.	Shmuel Brachfeld, PsyD	3	
3:35pm - 6:30pm	<b>Na'aseh Adam: A journey into the intrapsychic world of man vis a vie psychology and Torah,</b>	At the end of this session, participants will be able to: 1. List religious wisdom to inform a more robust model of the intrapsychic world. 2. Identify ways that a client's subjective relationship with religion can be utilized in the therapy room to help clients improve their psychological function. 3. Identify ways that a therapist's religious and spiritual practice can be empowering to the practitioner while not jeopardizing the psychotherapy framework.	Yitzi Horowitz, LCSW	3	
3:35pm - 6:30pm	<b>Sex "Addiction" or Poor Excuses? Assessing &amp; addressing compulsive sexual behaviors</b>	At the end of the session, participants will be able to: 1. Participants will be able to explain the definition of sex "addiction" and how it differs from normal sexual urges 2. Participants will be able to describe how the primary mode of treatment for sex addiction (12-steps, abstinence model) has both clinical benefits and drawbacks 3. Participants will be able to implement 3 specific clinical tools to utilize in treatment with those who have sex addiction	David Katzenstein, DSW, LCSW-R	3	
3:35pm - 6:30pm	<b>Till Death Do Us Part: Counseling individuals who have chosen to stay in painful marriages</b>	1. To describe and list the different categories of painful marriages which individuals choose to stay in 2. Summarize the various cognitive interventions available to deal with frustration of unfulfilled relationships 3. Implement effective relationship boundaries that are mutually respected	Binyamin Tepfer PhD, CSAT-S, CMAT	3	
3:35pm - 6:30pm	<b>The Effects of Social Media and Texting on Children and Adolescents</b>	At the end of the session, participants will be able to: 1. List the reasons as to why children and adolescents' communication skills have deteriorated 2. List protective and risk factors 3. Describe methods that both professionals and parents can do to improve communications	Abe Worenklein , PhD	3	

3:35pm - 6:30pm	<b>Mindfulness in Therapy and Practical Living</b>	<p>At the end of the session, participants will be able to:</p> <ol style="list-style-type: none"> <li>1. List methods in Mindfulness to improve self-regulation particularly in response to stress</li> <li>2. Describe ways to teach “parenting techniques to improve parent-child interactions”</li> <li>3. List the ways that mindfulness is consistent with traditional Jewish values.</li> </ol>	Rabbi Moshe S. Lason, PhD	3	
9:40pm-11:10pm	<b>Magical Moments in Psychotherapy</b>	<p>Participants will be able to:  Identify some of the analyst's feelings to recurrent interpersonal patterns in the patient's life.  Describe how to prevent transference from occurring during counseling.  Name techniques a therapist can use to prevent transference.</p>	Debbie Fox, LCSW, Yehuda Krohn, PsyD, Nachum Klafter, MD, Malky Schick, LCSW, Nosson Solomon, PhD	1.5	
9:40 pm 11:10 pm	<b>Momma-looshen; A Yiddish psycho-vocabulary to connect emphatically and accurately with Chassidic clients</b>	<p>At the end of this session, participants will be able to:</p> <ol style="list-style-type: none"> <li>1. Participants will be able to summarize themselves by incorporating a psychological vocabulary that is sensitive to the cultural and linguistic needs of their Yiddish-speaking patients.</li> <li>2. Participants will be able Explain to clients to identify and label subtleties in their feelings.</li> <li>3. Participants will be able to more accurately assign behavioral homework</li> <li>4. Participants will restate while embedding Yiddish psychological term in an ongoing English dialog.</li> </ol>	Ed Yisroel Susskind, PhD Yisroel Teitelbaum, LCSW	1.5	

<b>Day 1 - Total # of workshops attended:</b>					
Submit registration form (name, address, email, etc.), workshop evaluation form(s) and workshop summary form to a NEFESH CEU TABLE. Attendance letters will be sent in 6-8 weeks.					

<b>Summary of Workshops Attended – Friday, December 28, 2018</b>
Check all workshops attended and submit to NEFESH or Comprehensive Network Staff representatives

Name (please print):				

<b>FRIDAY, December 28, 2018</b>
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Time	Session		Presenter(s)	CEs	INITIAL
09:20am - 12:20pm	<b>Not What She Expected: Understanding clinical presentations of Perinatal Mood and Anxiety Disorders and birth trauma</b>	At the end of this session, participants will be able to: a) Attendees will be able to recognize and describe the parameters of reproductive loss and trauma. b) Attendees will be able to identify 3 traumatic features of reproductive crisis c) Attendees will identify key features of PMADs and the crisis of motherhood	Dvora Entin, LCSW Mara Tesler Stein, PsyD	3	
09:20am - 12:20pm	<b>When the Going Gets Tough: Providing DBT based intensive outpatient (IOP) and crisis management services within the Orthodox Jewish community</b>	At the end of this session, participants will be able to: a) Attendees will be able to identify DBT-informed approach can provide care to Orthodox Jewish community members presenting with acute and complex mental health symptoms. b) Attendees will be able to identify how to coordinate individual, family, and pharmacological aspects of care to maximize treatment outcomes. c) Attendees will be able to describe and address risk factors, and identify when patients need a hospital level of care.	David H. Rosmarin, PhD, ABPP Ronen Hizami, MD	3	
09:20am - 12:20pm	<b>Navigating the Therapeutic Relationship: An appreciation of Dr. Jeremy Safran's contributions to psychotherapy and psychoanalysis</b>	At the end of this session, participants will be able to: a) Provide a number of examples of common alliance ruptures b) Provide ways to detect ruptures as they occur and strategies on how to respond c) Provide data and case examples that show the positive impact processing alliance ruptures has on treatment d) Provide an overview of the problems of will, agency, and surrender in psychotherapy with a focus on alliance ruptures and resistant client	Dov Finkelstein, LCSW	3	

09:20am - 12:20pm	<b>The Nine Essential Principles for Counseling Couples on the Brink</b>	At the end of this session, participants will be able to: a) Prepare Early Professional Track therapists for the high-stakes counseling sessions of couple therapy by describing the inter-generational stakeholders. Making couples therapy less intimidating and more goal-oriented. b) Illuminate the valuable approaches of three world-class couples theorists and their methodologies. c) Demonstrate and role-play useful techniques and exercises for social workers to gain hands-on experience in counseling couples in crisis, which they can take home.	Alan Singer PhD, LMSW	3	
1:35pm 3:00pm	<b>Pharmacotherapy of Mood Disorders During Pregnancy and Lactation</b>	At the end of this session, participants will be able to: a) To study the course of major depressive disorder and bipolar disorder during pregnancy and the postpartum period b) To examine the impact of medication discontinuation and untreated mental illness on mother and baby c) To evaluate the risks and benefits of commonly used antidepressants and mood stabilizers during pregnancy and lactation	Tal E Weinberger, MD	1.5	
1:35pm 3:00pm	<b>Mindfulness: An Experiential Experience</b>	1.Participants will identify three "Channels" of sense experience 2.Participants will learn three practices for developing awareness if sense experience 3.Participants will engage in a process of inquiry and dialogue to deepen their sensory awareness	Dovid Kohn, LCSW	1.5	
1:35pm - 3:00pm	<b>Compassion Fatigue and Provider Resilience</b>	a) Participants will formulate and summarize a practical, working understanding of compassion fatigue, burnout and vicarious trauma b) Participants will identify the most common signs and symptoms of compassion fatigue in themselves and others, as well as the factors that contribute to them. c) Participants will develop specific plans for the prevention of Compassion Fatigue. d) Participants will discuss the ethical imperative of self-care in both private practice and organizational settings.	Camille Drachman, MSW, LCSW, SEP	1.5	
<b>Day 2 - Total # of workshops attended:</b>					
Submit registration form (name, address, email, etc.), workshop evaluation form(s) and workshop summary form to a NEFESH CEU TABLE. Attendance letters will be sent in 6-8 weeks.					

## Summary of Workshops Attended Saturday, December 29, 2018

Check all workshops attended and submit to NEFESH or Comprehensive Network Staff representatives

Name (please print):

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**Saturday, December 29, 2018**

Time	Session	Presenter(s)	CEs	INITIAL
2:30pm - 3:30pm	<b>The Person In The Psak: Subjective considerations in halachic process</b>	Rabbi Dovid Fox, PhD	1	
7:30pm - 9:00pm	<b>Pitfalls for the Therapist in their Interface With Forensic Evaluators</b>	Zvi Joseph Weinreb, PhD Martin Friedlander, JD	1.5	
7:30pm - 9:00pm	<b>Therapists, Experience How Mindful Mediation Nurtures Your Personal, Professional, and Spiritual Self</b>	Ed Yisroel Susskind, PhD Rus Devorah Wallen, LCSW	1.5	

7:30pm - 9:00pm	<b>“Maybe I Got It All Wrong?” Language Processing and Non-Verbal Interventions with Children and Adolescents With Communication Disorders</b>	At the end of this session, participants will be able to: a) To identify communication/language processing disorders and the misidentification of communication/language processing disorders in children and adolescents b) To ID the effects of miscommunication on the person’s ability to self-regulate in social, classroom, family and clinical setting c) To identify and apply more effective strategies to socially engage persons with communication/language processing disorders.	Hillel Sternstein, LCSW Rabbi Reuven Kamin, MA	1.5	
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**Day 3, December 29, 2018 - Total # of workshops attended:**

**Submit registration form (name, address, email, etc.), workshop evaluation form(s) and workshop summary form to a NEFESH CEU TABLE.  
Attendance letters will be sent in 6-8 weeks.**

**Summary of Workshops Attended Sunday – DECEMBER 30, 2018**

Check all workshops attended and submit to NEFESH or Comprehensive Network Staff representatives

Name (please print):				

**Sunday, December 30, 2018**

Time	Session		Presenter(s)	CEs	INITIAL
09:15am - 12:15pm	<b>Niddah and Traumatic Abandonment: Clinical and halachic concerns</b>	At the end of this session, participants will be able to: a) Practitioners will list clinical techniques for eliciting coping skills in couples who are adversely affected by their religious customs and taboos b) Practitioners will list the variety of ways these observances effect couples and various ways to mitigate some of the effects c) Practitioners will ID and recognize areas of conflict and consonance between traditional Jewish thought and psychology, and adaptive ways to recognize and manage these conflicts	Rabbi Simcha Feuerman, LCSW - R	3	
09:15am - 12:15pm	<b>Ruminations, Pot, and Voices: Psychiatric update on OCD, medical marijuana, and psychosis in anxiety</b>	At the end of this session, participants will be able to: a) Demonstrate the ability to use 3 primary and secondary psychopharmacologic interventions for the treatment of OCD b) Explain the difference between psychotic symptoms that are due to a primary psychotic disorder and those that are related to anxiety disorders c) Identify 3 evidence-based indications for cannabis as a therapeutic intervention	Steven Poskar, MD Barry Holzer, MD Joseph Nissenfeld, MD Moderator: Shalom Feinberg, MD	3	

09:15am - 12:15pm	<b>Honoring the Space Between: Understanding - and working with - the impact of individual therapy on the marital bond</b>	At the end of this session, participants will be able to: a) Participants will be able to describe those aspects of individual psychotherapy that can potentially have a negative impact on a client's marital relationship. b) Participants will be able to describe those aspects of individual psychotherapy that can potentially conflict with the client's work in couple's therapy. c) Participant will be able to define and describe the Couples Sensitive Individual Therapy (CSIT) protocol for working with individual clients.	Moshe Zev Lamm, LCSW	3	
09:15am - 12:15pm	<b>Pathways For The Soul Survivors: Clinical implementation of spiritual interventions for trauma victims and crisis survivors</b>	At the end of this session, participants will be able to: a) Identify and work with clinical aspects of spiritual functioning b) Identify and work with spiritual aspects of clinical functioning c) Identify, model and practice clinical tools for addressing spiritual dimensions of recovery d) Outfit the therapist's toolbox for deeper clinical working with crisis and trauma issues in therapy	Rabbi Dovid Fox, PhD Zahava Farbman, LMSW	3	
09:15am - 12:15pm	<b>Emotional Predisposition of the Sex Addict</b>	List the practical ways to engage clients in the development of their belief system ID the four elements of the belief system of the sex addict as defined by Dr. Carnes ID why it is important to map out a belief system within a disorder	Akiva Perlman, PhD, LCSW	3	
3:00pm 6:00pm	<b>Divorce/Remarriage in "OUR" Community....How is it connected to Family and Play Therapy?</b>	At the end of this session, participants will be able to: a) Participants will be able to describe 5 principles of divorce b) Participants will be able to identify 5 unique challenges of divorce in the Orthodox Jewish Community. c) Participants will learn 5 Play and Family Therapy techniques to address divorce issues.	Allan Gonsler, LCSW, RPT-S	3	
3:00pm 6:00pm	<b>The Pregnant Mental Health Professional: The reactions of the patient/client, supervisor, colleague and the therapist</b>	At the end of this session, participants will be able to: a) Identifying the issues facing the PMHP/trainee b) Identifying the coping strategies with transference/countertransference and difficult clinical communication for the PMHP during patient/client sessions c) Identifying the range of strategies for institutions, supervisors and colleagues to address the PMHP	Yocheved Berlowitz, MD Naala Schreiber, MD, MS Shuli Sandler, PsyD	3	
3:00pm 6:00pm	<b>Addicting, Offending, and Violating: The hydra-headed monster of sexual behavior gone awry</b>	a) Explain the essential elements that define and distinguish between sexual addiction, criminal sexual behavior, and sexual harassment and abuse, commonly associated with the #MeToo movement. b) Define and explain basic terminology, e.g., "sex addict" "sexual offender", "pedophile" "child molester" "sexual harassment". c) List the controversies surrounding the term sexual addiction. d) Recall essential elements of treatment of those suffering from sexual addiction. e) Explain fact-based information regarding common misconceptions about sexual offenders. f) Explain the essential elements of the "Good Lives Model" of treatment for convicted sexual offenders. g) Explain history of #MeToo and its impact on society and victims of sexual harassment. h) Restate constructive approaches towards healing from sexual harassment.	Avi Shteingart, LCSW CASAC/LCADC Jeffrey C. Singer, PhD Dvorah Levy, LCSW	3	

<p><b>3:00pm 6:00pm</b></p>	<p><b>Patients and Families Who are Suspicious and Resistant to Therapy</b></p>	<p>Participants in this program will learn how to do the following;</p> <ol style="list-style-type: none"> <li>1. Recognize the common reluctance all patients and families feel toward psychotherapy treatment, with special attention to patients in Orthodox Jewish religious communities.</li> <li>2. Show how you can be helpful through early psychotherapy interventions in the first session or even during the first initial telephone contact (supportive, cognitive, and psychoanalytic.</li> <li>3. Provide at least one psychotherapy intervention during the initial telephone contact, and several interventions during the first session, and present a practical, treatment plan which appeals to the patient's and his/her family's common sense.</li> <li>4. Respond effectively to common, difficult questions at the outset of treatment such as (a) "How long will this therapy take?" (b) "Can you make sure that you don't talk about [x-topic]?" or (c) "Can you just give me some tools, so I can work on this independently?"</li> </ol>	<p>Nachum Klafter, MD</p>	<p>3</p>	
<p><b>Day 4, December 30, 2018 - Total # of workshops attended:</b></p>					
<p><b>Submit registration form (name, address, email, etc.), workshop evaluation form(s) and workshop summary form to a NEFESH CEU TABLE. Attendance letters will be sent in 6-8 weeks.</b></p>					



**At the conclusion of the conference, list the number of credits you are claiming for each day, then complete and sign the time attestation below.**

	<b>Maximum # Credits</b>	<b># Credits Claimed</b>
<b>Date:</b>		
<b>Thursday, December 27, 2018</b>	9.5	_____
<b>Friday, December 28, 2018</b>	4.5	_____
<b>Saturday, December 29, 2018</b>	2.5	_____
<b>Sunday, December 30, 2018</b>	6.0	_____

**Time Attestation:**

New York State Social Work Board designates this educational activity for a maximum of **22.5 Contact Hours**. Social Workers should only claim credit commensurate with the extent of their participation in the activity.

I certify that I participated in this CE activity. I am claiming \_\_\_\_\_ credits for this activity.

**SIGNATURE:** \_\_\_\_\_

This form **MUST** be completed, signed, and returned along with your evaluation at the CE NEFESH Table.

- NEFESH International is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0048.
- NEFESH International is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0046.
- NEFESH International is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0082.
- This program is Approved by the National Association of Social Workers (Approval # 886394042-6298) for 24 continuing education contact hours.



