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**Presenter(s) license #:** JF, NYS License #: 020183 DK:075571

**Describe relevant presenter qualifications as they pertain to course:**

Both presenters have extensive training in mindfulness practice and in teaching mindfulness. One of the presenters runs a weekly mindfulness group as part of the Nefesh TNT. The other presenter has run numerous mindfulness workshops and published a book on mindfulness and Judaism.

## **Course Overview**

**Course Title:** Mindfulness, Judaism, and Psychotherapy

**Course Description:**

The beginning of this workshop will focus on how to introduce mindfulness to clients in a meaningful way via didactics and experiential exercises. We will explore how mindfulness is more than a technique. A mindful therapist uses mindfulness processes as a foundation of the session that should enable both clients and therapists to be more present both inside and outside the therapy room. A significant portion of the workshop will discuss how to address some of the potential challenges that may arise when introducing mindfulness to religious clients. We will explore how one's value driven behaviors can be enhanced via mindfulness and how mindfulness-based therapies can be enhanced by incorporating the client's values and religious resources.

**Course Outline:**

Part I Introduction to mindfulness: more than a therapeutic technique- a way of living that impacts the therapist both in and out of session. (25 minutes)

Part II : Introducing mindfulness to the religious client Differences between a secular understanding and a Judaic understanding. Discuss how mindfulness can be used to enhance value driven behaviors. Discuss how to incorporate a religious approach toward mindfulness into therapy. (25 minutes)

Part III Discussion and Q&A about various mindfulness practices (20 minutes)

Part IV Experiential exercises to deepen mindfulness practice and different applications of mindfulness. (25 minutes)

Part V Address common obstacles therapist face when exploring mindfulness with clients. (25 minutes)

**Course Length:** 2 hours

**Number of Continuing Education credits requested:** 2

**Indicate the type of credits you are requesting:** Clinical, Social and Cultural Competence

**Please identify and explain the skill levels (beginning, intermediate or advanced) targeted by this program. Please be specific.** Intermediate, Advanced

## **Course Objectives**

- Participants will be able to introduce mindfulness to clients in a meaningful way and explain some of the benefits of practicing mindfulness.

- Participants will be able identify multiple ways to incorporate mindfulness in the therapy room.
- Participants will be able to explain how to integrate client’s spiritual/religious resources with mindfulness practices.

## Course Content

### 1. List current references (within the past 5 years) as evidence of supporting research (bibliography).

Donald, J. N., Sahdra, B. K., Van Zanden, B., Duineveld, J. J., Atkins, P. W., Marshall, S. L., & Ciarrochi, J. (2019). Does your mindfulness benefit others? A systematic review and meta-analysis of the link between mindfulness and prosocial behaviour. *British Journal of Psychology*, 110(1), 101-125.

Feiner, J. (2020). *Mindfulness: a Jewish Approach*. Mosaica Press.

Fletcher, L., & Hayes, S. C. (2005). Relational frame theory, acceptance and commitment therapy, and a functional analytic definition of mindfulness. *Journal of rational- emotive and cognitive-behavior therapy*, 23(4), 315-336.

Goldberg, S. B., Tucker, R. P., Greene, P. A., Davidson, R. J., Wampold, B. E., Kearney, D. J., & Simpson, T. L. (2018). Mindfulness-based interventions for psychiatric disorders: A systematic review and meta-analysis. *Clinical psychology review*, 59, 52-60.

Palitsky, R., & Kaplan, D. M. (2019). The role of religion for mindfulness-based interventions: implications for dissemination and implementation. *Mindfulness*, 1-14. Niculescu, M. (2020). “Jewish Mindfulness” as Spiritual Didactics Teaching Orthodox Jewish Religion through Mindfulness Meditation. *Religions*, 11(1), 1

### Describe how course content reflects current (within the last 5 years) literature, materials and references and how it relates to one or more of the social work educational areas as listed in guidelines:

The introductory parts of the course addressing mindfulness as a clinical technique will be based on recent literature demonstrating the efficacy of mindfulness-based interventions in clinical practice. The portion of the course addressing integrating client’s religious/spiritual resources with mindfulness practice will be based on the relevant literature cited.