



Curriculum*

Each session is approximately 1.5-2 hours

Date	Topic
Session 1	<p>Introduction (60-70 min) Rabbi Menachem Penner, Dean of RIETS, Yeshiva University Rabbi Shmuel Maybruch</p> <ul style="list-style-type: none"> Outline and overview of what to teach Chossonim Use of Hilchos Niddah as a springboard to highlight relationship issues Sensitizing Chossonim to to be cognizant of the different emotional, psychological and physical aspects of marriage (ex. communication, intimacy, stresses unique to each spouse) Books and Resources that are available to Chossonim <p>The Role of the Chosson Teacher: Pastor, Teacher and Rav (25 min) Rabbi Kenneth Brander, Vice President for University & Community Life, Yeshiva University</p> <ul style="list-style-type: none"> Ideas to bring up in premarital meetings Importance of separate counseling sessions Additional roles of the Chosson Teacher Chosson Teacher as Mesader Kedushin
Session 2	<p>Top Hilchos Niddah Issues Chossonim (and Rabbis) Should be Aware of: A Panel Discussion (90 min)</p> <ul style="list-style-type: none"> Rabbi Baruch Simon, Rosh Yeshiva, RIETS, Yeshiva University Rabbi Zvi Sobolofsky, Rosh Yeshiva, RIETS, Yeshiva University Rabbi Mordechai Willig, Rosh Yeshiva, RIETS, Yeshiva University <p>Moderated by Rabbi Yaakov Glasser, David Mitzner Dean of the Yeshiva University Center for the Jewish Future</p>
Session 3	<p>Preventing Chupas Niddah: The Aygestin (norethindrone) Method vs. Birth Control Pills Dr. Martin Grajower, Endocrinologist in private practice; Clinical Associate Professor, Department of Medicine, Division of Endocrinology, Albert Einstein College of Medicine (20-30min)</p> <p>Birth Control & Infertility Rabbi Gideon Weitzman, Director of PUAH Institute (60min)</p> <ul style="list-style-type: none"> Different Halachic considerations on teaching couples about use of birth control in the beginning of marriage and teaching how to use it Different birth control options later in marriage and their Halachic pros/cons Explaining some of the potential infertility issues to new couples to create awareness and quicker recognition of potential difficulties, especially the more solvable issues like short/long ovulation

<p>Session 4</p>	<p>Teaching Sexuality and Intimacy to Chossonim- Part I Dr. Scott Chudnoff, Associate Professor of Obstetrics & Gynecology and Women’s Health, Albert Einstein College of Medicine; Director, Gynecology at Montefiore Medical Center; AASECT certified sexuality counselor & supervisor <i>Teaching the anatomy and positioning, solutions for soreness and discomfort during intimacy (60 min)</i></p> <p>Dov Finkelstein, LCSW, Clinical Social Worker and Clinical Instructor of Psychiatry at the NYU School of Medicine's Program for Human Sexuality <i>Difficulties Couples can Sustain in Marriage Consummation (20 min)</i></p>
<p>Session 5</p>	<p>Teaching Sexuality and Intimacy to Chossonim- Part II Rabbi Shmuel Maybruch <i>Torah perspective on Sexuality, the Chosson Schmooze, topics surrounding the wedding night, sexual permissions and prohibitions, teaching to varying levels of observance, waiting to consummate marriage, how close to the wedding sexuality should be discussed, Hirhurim of Chasanim after the “Schmooze”, discussing sexuality as a couple before the wedding, availability of Chosson teacher on the wedding night for calls both with emotional support or Halachic questions (45 min)</i></p> <p>Dr. David Ribner, Sex Therapist, and Chairman, Sex Therapy Training Program, Bar Ilan University <i>Teaching how to overcome desensitization through Hollywood, internet and pornography, and how 10-20 years into marriage couples can still maintain a strong relationship.</i> <i>Also sensitivity to how abuse can affect intimacy performance (both to be aware of when teaching and after if Chosson calls for guidance on the issue) (45 min)</i></p>
<p>Session 6</p>	<p>How to Teach Relationship Building: Communication, Conflict Resolution & Connection (60 min) Dr. Chani Maybruch, Relationship Educator, and Coach at The Relationship Couple, LLC</p> <ul style="list-style-type: none"> • <i>Fundamental communication concepts and skills: active listening, empathy, and validation</i> • <i>Conflict Resolution: dos and don'ts of conflict, bringing up difficult topics, specific hot topics such as wedding planning disagreements, issues with in-laws, family sharing for Chagim, etc.</i> • <i>Emotional aspect of intimacy: particularly pertaining to Taharas Hamishpacha</i>
<p>Session 7</p>	<p>CAKE Curriculum: Teaching the Couple About Managing Finances, Family, Expectations and Anger Management (60 min) Dr. Jonathan Lasson, Psychotherapist Specializing in Premarital Education, Author of CAKE Curriculum <i>Using a detailed pre-marital counseling curriculum he created, Dr. Lasson will share a portion of this curriculum and how to best use it in teaching new couples</i></p> <p>Relationship Essentials of Premarital Education (20 min) Dr. Chani Maybruch <i>Will share results of her study of over 2,650 Orthodox Jews highlighting relationship education areas participants felt strongly influence their marital satisfaction and they wish they had learned more about in premarital classes</i></p>

Session 8	<p>Teaching Chossonim in Kiruv and College Campuses (30 min) Rabbi Reuven Boshnack, Rabbi, OU-JLIC Brooklyn College and a licensed therapist Rabbi Yaakov Neuburger, Rosh Yeshiva, RIETS, Yeshiva University <i>Will discuss some of the unique challenges teaching Chossonim in Kiruv situations and on college campus</i></p> <p>Chosson Teacher as Early Detector of Danger (30 min) Dr. David Pelcovitz, Gwendolyn and Joseph Straus Chair in Psychology and Jewish Education at Yeshiva University's Azrieli Graduate School of Jewish Education and Administration <i>Importance of Chosson teacher looking for red flags, what to look for (ex. anger issues, abuse as child, communication, relationship dysfunction etc.) and when to reach out to Kallah teacher or professionals to discuss</i></p> <p>Top 10 Things Kallah Teachers Wish Chosson Teachers Would Emphasize, But Don't (20 min) Abby Lerner, Rebbetzin, Young Israel of Great Neck, and Kallah Teacher for Over 30 Years</p>
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