



Curriculum

Each session is approximately 60-75 min*

Date	Topic
<p>Session 1</p>	<p>Introduction <i>Rabbi Yaakov Glasser, David Mitzner Dean, Center for the Jewish Future, Yeshiva University, and Rabbi of the Young Israel of Passaic (3 min)</i></p> <p>Dr. David Pelcovitz (10 min) Overview of the mental health challenges facing Jewish community today</p> <p>Rabbi Dr. Jonathan Schwartz (10 min)</p> <ul style="list-style-type: none"> ● Overview of the Rabbi's role in confronting these challenges in his community and assisting congregants through the crises ● How to convince someone to go for a referral ● Issues that come up with referral – refer to frum vs non frum therapist, young vs old
<p>Session 1</p>	<p>ADHD and Asperger's <i>Rabbi Dr. Barry Holzer, Director, Center for Attention Deficit Disorders (30 min)</i></p> <ul style="list-style-type: none"> ● Provide support for parents of children diagnosed with ADHD or Asperger's Disorder ● Help parents of children with ADHD and Asperger's Disorder understand the options in managing their behaviors ● Help parents handle religious observances (davening, Shabbos meals etc.) with children with ADHD &/or Asperger's Disorders ● Identify community resources/challenges (schools, camps etc.) in the community and means for guidance in navigating life cycle events (Bar/Bat mitzvah, Dating, Wedding) ● Provide advice to Rabbis with adult congregants suffering from ADD/Aspergers regarding adult education/sermons <p>Autism and Developmental Disabilities: Inclusion in Community <i>Rabbi Menachem Penner, Dean of RIETS & Parent of Special Needs Child (30 min)</i></p> <ul style="list-style-type: none"> ● Providing Rabbinic support for families ● How to balance encouraging autistic members to come to shul and be part of community when they are sometimes disruptive to tefillah? What about when the family of a child is being too demanding for inclusion? Any limits to the inclusion? <p><i>*This session will be closer to 1.5 hours</i></p>
<p>Session 2</p>	<p>Psychiatric Medication: What a Rabbi Needs to Know <i>Rabbi Dr Shalom Feinberg, Clinical Associate Professor of Psychiatry at Yeshiva University's Albert Einstein College of Medicine (50 min)</i></p> <ul style="list-style-type: none"> ● Things Rabbis should know about medications ● Halachic implications (ex. fasting and meds, Pesach) ● Impact of medication and medication reporting on Shidduchim (Do we report? Should we discourage discontinuing meds if a congregant is "in the parsha"?)

	<p>Chronic/Severe Mental illness Dr. Ronen Hizami, Clinical Psychiatrist (20 min)</p> <ul style="list-style-type: none"> • Will address 2 aspects of the schizophrenia question for rabbis: helping congregants accept the diagnosis and dealing with the dangerous congregant
<p>Session 3</p>	<p>Anxiety Dr. Miriam Adler, Executive Director of Park Avenue Psychotherapy Associates in Clifton, NJ (30 min)</p> <ul style="list-style-type: none"> • When does “Being Nervous” become a disorder? • What can a Rabbi do when a congregant reaches out for spiritual guidance in dealing with Anxieties • How to handle Jewish situations that often are anxiety and panic filled? Bar Mitzva, wedding, public speaking, Davening for the Amud in aveilus? • How to handle fears and live a good Jewish life (e.g. afraid of the water and going to Mikvah, Afraid to have Aliya or make Kiddush in front of family and friends) <p>Obsessive Compulsive Disorder (OCD) Rabbi Dr. Jonathan Schwartz (30 min)</p> <ul style="list-style-type: none"> • Identification of different subtypes of OCD • Role of the Rabbi in the treatment process/part of the treatment team
<p>Session 4</p>	<p>Personality Disorders:</p> <p>Borderline and Self-Injurious Behaviors (Choking, Cutting, etc.) Dr. David Pelcovitz (30 min)</p> <p>Narcissism, Paranoia and Antisocial Behaviors Dr. Ezra Feuer, Clinical Psychiatrist (30 min)</p>
<p>Session 5</p>	<p>Suicide Dr. David Pelcovitz (25-30 min)</p> <ul style="list-style-type: none"> • Psychology of the one who commits suicide - signs of suicide, rate of suicide and manifestation in the Jewish community • Address some of the resources on suicide prevention • The difference between being down and being depressed in Hashkafa (segue into depression) <p>Rabbi Kenneth Hain, Senior Rabbi, Congregation Beth Shalom, Lawrence, NY (15-20 min)</p> <ul style="list-style-type: none"> • How the rabbi can console the family and the community, what to say at hesped of this person <p>Depression & Bipolar Disorder Dr. Hindie M. Klein, Psychologist/Psychoanalyst (35 min)</p> <p>Depression</p> <ul style="list-style-type: none"> • What should clergy know about Depression? • What Should a Rabbi do when he thinks/knows someone is suffering from depression? • What are the symptoms of depression? What are the treatments? What are they like? • What role can a Rabbi play in the process? For the patient, for the family? • Is depression “permanent”? Is it a reason to nix a Shidduch? • Can you comment on Post-partum Depression? Is it different from regular depression? What is the role of the Rabbi there? • What about after miscarriage – Is a woman who had a miscarriage depressed if she is down? What role does the Rabbi have there? Is it similar in other situations of losing a loved one?

	<p>Bipolar</p> <ul style="list-style-type: none"> ● What is bipolar disorder? ● Are there different types of bipolar disorder? ● What causes bipolar disorder? ● How is bipolar disorder diagnosed? ● How is bipolar disorder treated? ● Can a bipolar person who is feeling well go off medications? What about in order to have kids? ● Along with medication, is it advisable to see a psychotherapist? Why? ● What is the role of a Rabbi in this process? ● Should a person with bipolar disorder disclose that at workplace? In the community? For a Shidduch? ● Is there hope for a person with bipolar disorder? Can they marry and lead a productive life? <p><i>*This session will be closer to 1.5 hours</i></p>
<p>Session 6</p>	<p>Eating Disorders Sarah Bateman, LCSW, Clinical Therapist, and Liaison to the Jewish Community at The Renfrew Center (35 min)</p> <ul style="list-style-type: none"> ● What should Rabbis know about Eating Disorders? (gender, age and other myths – Are eating disorders permanent? Is it true that eating disorders are hereditary? Are eating disorders victims prone to depression? Can someone who has been treated for an eating disorder ever handle life stress? Are all eating disorders either Bulimia or Anorexia?) ● What Should a Rabbi do when he thinks/knows someone is suffering from an eating disorder? What is the right language to use when approaching them? ● What are the treatment options? What are they like? How do these treatments mesh with orthodox Judaism? ● What role can a Rabbi play in the process? For the patient, for the family? <p>Rabbi Larry Rothwachs, Rabbi, Congregation Beth Aaron, Teaneck, NJ (25 min)</p> <ul style="list-style-type: none"> ● The rabbi's role (from perspective of the rabbi) ● Are there any Halachic challenges to Eating disorders treatments? How do we handle these? ● Shidduch questions? ● How could we handle questions on the Hashkafic topics of: <ul style="list-style-type: none"> ○ Self-Esteem (Bishvili Nivra Ha'Olam) ○ Dating and Marriage (Shidduch V'Zivuggim) ○ Body Image ○ The Place of Food in Jewish Life ○ In context of congregants dealing with eating disorders and their friends
<p>Session 7</p>	<p>Addictions Lew Abrams, ACSW, LCSW, CASAC, Addictions Therapist, Former Director of Marworth Treatment Center and The Yatzkan Center (35 min)</p> <ul style="list-style-type: none"> ● Addictive Behaviors: Alcohol, Substance Abuse, Gambling and Technology (internet and phone addictions) <p>Dr. Binyamin Tepfer, PhD, CSAT, CMAT, AASECT, Founder and Clinical Director of Tepfer and Associates (25 min)</p> <ul style="list-style-type: none"> ● Sexually acting out: pornography and using technology to develop virtual friends, especially of opposite gender ● When virtual becomes reality, and actual relationships result (through infidelity) - both emotional and sexual

<p>Session 8</p>	<p>Sexual Disorders:</p> <p>Sexual Dysfunctions Talli Y. Rosenbaum, MSc, AASECT Individual and Couples Therapist, Noted Author on sexual health, unconsummated marriage, and sexuality and Judaism, and Academic Advisor for Yahel: The Center for Jewish Intimacy (30 min) Including Sexual Desire Disorders, Sexual Arousal Disorders, and Sexual Pain Disorders</p> <ul style="list-style-type: none"> • How to help individuals and couples identify, discuss and approach their sexual difficulties in a supportive way. (e.g. How can Rabbis help individuals coming to them for help learn how to talk together in order to develop a healthy approach to dealing with dysfunction) • Where can Rabbis refer couples seeking help? What are the treatments like? How do we help couples work through some of the anxiety and shame in seeking treatment? What is the role (if any) that a Rabbi might be asked to play in the treatment process? <p>Paraphilia Rabbi Eliezer Zwickler LCSW, CSAT Candidate (2), Senior Rabbi, Congregation AABJ&D, West Orange, NJ (30 min)</p> <ul style="list-style-type: none"> • <i>What should the rabbi's role be?</i>
<p>Session 9</p>	<p>Top Mental Health Related Halachic Questions Rabbi Yaakov Neuburger, Rosh Yeshiva, RIETS, Yeshiva University and Rabbi, Congregation Beth Abraham, Bergenfield, NJ (30 min) Rabbi Mordechai Willig, Rosh Yeshiva, RIETS, Yeshiva University and Rabbi, Young Israel of Riverdale, NY (30 min) Moderated by Rabbi Yaakov Glasser</p>