



Course Coordinator: Rabbi Dr. Jonathan Schwartz

Rabbi, Congregation Adath Israel of the JEC, Clinical Director, Center for Anxiety Relief, Union, NJ

CURRICULUM*

**Topics and presenters are tentative and subject to change.*

Session 1 will be slightly more than 60 min but the rest of the course will be closer to 60 min.

<p>Session 1 <i>Week of Jan. 13</i></p>	<p>Dating (35 min) <i>Dr. Efrat Sobolofsky, Director, YUConnects</i> <i>Rabbi Josh Blass, Mashgiach Ruchani, RIETS, Rabbi of Kehillas Bais Yehudah, Monsey, NY and Chosson Teacher</i></p> <p>The Wedding Ceremony (40 min) <i>Rabbi Mordechai Willig, Rosh Yeshiva, RIETS, Yeshiva University, Rabbi, YI of Riverdale, NY</i> <i>Moderated by Rabbi Yaakov Glasser</i></p>
<p>Session 2 <i>Week of Jan. 20</i></p>	<p>Resolving differences, Disagreements and Discord -- improving communication <i>David Mark MS, LCSW, Certified Gottman Therapist, Founder & Director of The Long Island Couples Institute (60min)</i></p> <ul style="list-style-type: none"> ● Between spouses ● With children ● Conflict resolution, setting goals, reflective vs. active listening
<p>Session 3 <i>Week of Jan. 27</i></p>	<p>Boundaries: Within and without relationships (60 min) <i>Rabbi Yaakov Glasser, David Mitzner Dean, Yeshiva University Center for the Jewish Future, and Rabbi, YI Passaic-Clifton, NJ</i></p> <p><i>Dr. Ruth Glasser, School Psychologist, Naaleh High School for Girls, and Rebbetzin, YI Passaic-Clifton, NJ</i> (to address from dual perspective)</p> <ul style="list-style-type: none"> ● Between Spouses ● With children ● With friends (in and outside couples relationship) ● With family (challenges with the in and the outlaws) ● With authorities
<p>Session 4 <i>Week of Feb. 3</i></p>	<p>Developing a healthy attitude and conversation about Sexuality- Part I <i>Rabbi Simcha Feuerman, LCSW-R, President of NEFESH and author of Marriage 911 (30 min)</i></p> <p><i>Rachel Hercman LCSW, Psychotherapist specializing in relationship and sexual functioning (30 min)</i></p>

<p>Session 5 Week of Feb. 10</p>	<p>Developing a healthy attitude and conversation about Sexuality- Part II (60 min) <i>Dr. Scott Chudnoff, Chair of the Hugh K. Miller, MD, Department of Obstetrics & Gynecology at Stamford Health and AASECT certified sexuality counselor & supervisor</i></p> <p><i>Rabbi Yaakov Neuburger, Rosh Yeshiva, RIETS and Rabbi, Beth Abraham, Teaneck, NJ</i></p>
<p>Session 6 Week of Feb. 17</p>	<p>Developing a healthy attitude and conversation about Sexuality- Part III(60 min)</p> <p>Parents talking to children about Sex - how to have the conversation with kids <i>Sarah Diament, Director of School Services, Hidden Sparks, and author of "Talking to Your Children About Intimacy: A Guide for Orthodox Jewish Parents"</i></p> <p>How to have age-appropriate conversations about intimacy with children, when to model Tzniyus, when to be private about it, etc.</p>
<p>Session 7 Week of Feb. 24</p>	<p>The Stress of Dealing with so Many Competing Priorities (60 min)</p> <ul style="list-style-type: none"> • Impact on marriage • Impact on relationship with children <p>How do you handle it religiously <i>Rabbi Ezra Schwartz, Rosh Yeshiva, RIETS, and Rabbi, Mount Sinai Jewish Center, NY, NY</i></p> <p>How do you handle it emotionally (clinical perspective) <i>Rabbi Dr. Jonathan Schwartz</i></p>
<p>Session 8 Week of Mar. 3</p>	<p>Couples Issues as Life Goes On: Retirement, empty nest, mid-life issues and the sandwich generation (30 min) <i>Michael Salamon PhD, founder and director of ADC Psychological Services in NY</i></p> <p>The Rabbinic Perspective <i>Rabbi Kenneth Hain, Rabbi, Cong. Beth Shalom, Lawrence, NY (30 min)</i></p>
<p>Session 9 Week of Mar. 10</p>	<p>Materialism - (60 min) <i>Rabbi Ronald Schwarzberg, Director, The Morris and Gertrude Bienenfeld Dept. of Jewish Career Development and Placement Center for the Jewish Future-RIETS, and Rabbi Emeritus, Cong. Ahavas Achim, Highland Park, NJ</i></p> <p><i>Jonathan Caplan, President and Chief Investment Officer, Caplan Capital Management, Inc.</i></p>

<p>Session 10 Week of Mar. 17</p>	<p>Struggling with God and Religion <i>Rabbi Daniel Feldman, Rosh Yeshiva, RIETS, and Rabbi, Ohr Saadya, Teaneck, NJ</i></p> <p><i>Rabbi Yakov Horowitz, Director of Project YES</i></p> <p><i>Moderated by Rabbi Larry Rothwachs, Director of Professional Rabbis, RIETS, Yeshiva University, and Rabbi, Congregation Beth Aaron, Teaneck, NJ</i></p> <p>(60 min)</p> <ul style="list-style-type: none"> ● Spouse ● Children ● Self <p>How to raise well-adjusted kids spiritually, how to have healthy relationship with Hashem.</p>
<p>Session 11 Week of Mar. 24</p>	<p>Dealing with Illness and Death (60 min) <i>Zahava Farbman LMSW, PhD candidate, Associate Director Project Chai Crisis Intervention, Trauma and Bereavement Services, Director of the Yeshiva University Crisis and Trauma Center, and Adjunct Professor at the YU Wurzweiler School of Social Work</i></p> <ul style="list-style-type: none"> ● Of Spouse ● Of family member ● Of child ● Of spouse's family