NEFESH INTERNATIONAL

The International Network of Orthodox Mental Health Professionals



23rd ANNUAL
NEFESH International
Conference

DECEMBER 12 - DECEMBER 15, 2019

Complimentary Pre-Conference Evening: DECEMBER 11, 2019

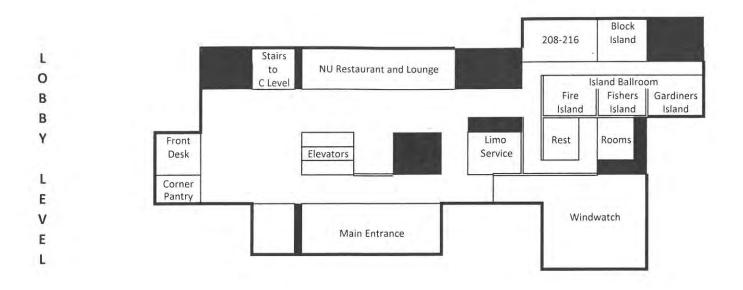
Hyatt Regency Long Island 1717 Motor Parkway

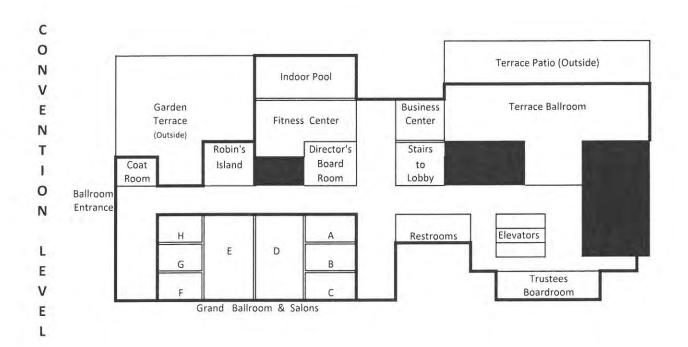
Work the Network!

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Comprehensive Network, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists.





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MESSAGE FROM THE EXECUTIVE DIRECTOR

Dear Nefesh Community Members,

We welcome you to the 23rd Annual NEFESH Conference and are excited to offer you an extraordinary experience of spiritual, intellectual and professional growth.

You will have no "buyer's remorse" as we are confident that our conference is filled with opportunities to engage in challenging dialogue, hear thought provoking presentations, increase your skills, and create new relationships. We trust that your time at this conference will give you the connection to something larger than you expected.

We are also pleased to announce that NEFESH International recently hit a first time high of 850+ members and we are now the largest and most active since our inception in 1992.

We live in a world where it is increasingly easier to get through the day without actually talking with another person. Our world though - the world of the mental health professional - focuses on devotion to others as we live and breathe communication and relationships, including relationship to self. We therefore require support in unique areas for self-care, emotional acuity and compassion fatigue. This conference offers such and is designed to have something for everyone.

Hold on for the ride as you work the NEFESH network and continue your journey as an evolving Orthodox mental health professional.

Miriam Turk, LCSW

Executive Director, NEFESH International

MESSAGE FROM THE PRESIDENT

Dear Colleagues,

It has been a privilege to serve as president of Nefesh over this past year.

Being at the NEFESH conference is a highlight of the year and Shabbos at NEFESH to me is an expression of דהנה מה טוב ומה נעים שבת אחים גם יחד.

We live in a world of tremendous division and strife. The Jewish world has its divisions as well. In a world where people have stopped talking to friends and relatives due to different opinions or belief in what is "right", we come together as observant Jews from across the spectrum, learning, davening, singing and sharing together. The respect we show one another is what makes NEFESH unique and what makes me proud to be a member.

Please enjoy your time together and appreciate what a special group of people you are part of.

Our ability to show respect to each other professionally and religiously is an example of what Jewish life should be. We need to be leaders in the message of respect and tolerance for all 70 faces of Torah throughout our communities.

Welcome to the conference and Shabbat Shalom.

Rabbi Barry Holzer, MD

President, NEFESH International

WE THANK THE FOLLOWING FOR THEIR SUPPORT:

ACADIA HEALTHCARE
CAPS AT BIKUR CHOLIM
COJO FLATBUSH
COMPREHENSIVE NETWORK
CONSULTATION CENTER
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OUR VILLAGE
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YESHIVA HAR TORAH

THANK YOU TO ALL COMMITTEE MEMBERS

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TODAH RABA

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Karyn Feinberg, PsyD Ruchama Clapman

POSTER SESSION

Malkie Schick, LCSW

STEERING COMMITTEE:

Karyn Feinberg, PsyD - Committee chairperson

Barry Holzer, MD Chana Kahn, LCSW Miriam Turk, LCSW Ruchama Clapman

DINING AND HOTEL INFORMATION

THURSDAY NETWORKING LUNCH

The seating plan for Thursday lunch is designed to meet the needs of those who wish to sit with old friends, new colleagues or meet people with shared interests. To facilitate this, outside of the tearoom (Terrace Ballroom) and Dining Room you will find signs indicating discussion topics for each individual table (by table number). Find the topic or population of people you would like to sit with, take note of the table number and sit accordingly.

FRIDAY NIGHT DINNER

There will be a candle lighting table available.

Seating for the Friday night dinner is organized as follows

- Buckets holding table number cards will be placed next to the candle lighting table beginning at 4pm or Friday afternoon.
- Each bucket will contain the number of cards equivalent to the number of seats at each table.
- The tables are all the same they are not organized by topic or population.
- Please take a numbered card for vourself and others with whom you wish to seat
- Important: please distribute the cards to your table-mates as soon as possible and/or advise them that you have chosen for them. This will prevent individuals from having more than one card each, and thus ensure that everyone has one.

SHABBOS KEY INSTRUCTIONS

To enter guest rooms, electronic key cards are required. Therefore, on Shabbos we have arranged for security guards to open all rooms with a master key. The guards will rotate among the floors from 5pm until 1am on Friday night and from 8am to 6pm on Shabbos. If you need immediate access to your room and do not see a guard, please go to the front desk in the hotel lobby.

CONTINUING EDUCATION CREDITS

Alice Tusk, LMSW - Chair

Continuing Education Credits are available to purchase for \$45 and CME for \$99 at the registration table in the lobby as well as the CE table located in the lobby.

SOCIAL WORKERS, MFT'S AND MHC'S ACCREDITATION/NEFESH HELP DESK

NEFESH is accredited by NASW as well as The New York State Board for Social Work. The NASW CE Approval Program is currently endorsed by 46 state licensure boards. Please note NY is not accepting national NASW CE Credits. Attendees wil receive a NY State CE Certificate unless otherwise indicated on the forms submitted. Attendees are responsible to inquire about their state licensure regulations.

NEFESH is accredited by National Association of Social Workers and the New York State Board for Social Work. The NASW CE Approval Program is currently endorsed by 46 state licensure boards. Please note that New York State is not accepting national NASW CE Credits. Attendees will receive a NY State CE Certificate unless otherwise indicated on the forms submitted (Non-New York State residents are responsible for inquiring about their state licensure regulations.)

NEFESH International is also 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 (#SW-0048), and by the New York State Education Department's Board for Mental Health Practitioners as an Approved Provider of Continuing Education for Licensed Marriage and Family Therapists (#MFT-0046) and Licensed Mental Health Counselors (#MHC-0082).

The policy set by the New York State Education Department Boards for Social Work and Mental Health Practitioners requires attendees to be present for the entirety of trainings in order to receive certificates of CE hours. There is no accommodation by New York State policy for late arrivals or early departures; partial CE credit for partial attendance cannot be awarded.

This program is Approved by the National Association of Social Workers (Approval # 886394042-4014) for 26 continuing education contact hours.

INSTRUCTIONS FOR OBTAINING CE CREDITS/

Each participant who wishes to purchase CE credits (contact hours) for sessions they attend will receive a folder containing the required paperwork and instructions. At the completion of the conference, please place your completed forms in the folder provided and return it to the NEFESH CE table located in the lobby.

Please be certain to complete and submit the paperwork while at the conference as we will not be able to accept it after the conference is over. For additional support regarding CE certificates, please visit the NEFESH HELP DESK in Robin's Island in the lower lobby on the following days:

Thursday, December 12: 2PM-6PM Friday, December 13: 1PM-3PM Sunday, December 15: 2PM-4PM

Submit the completed folder to the CE desk located at the NEFESH Registration table.

PSYCHOLOGIST CONTINUING EDUCATION CREDITS

This program is co-sponsored by Comprehensive Network, Inc. and NEFESH International. Comprehensive Network, Inc is approved by the American Psychological Association to sponsor continuing education for psychologists. Comprehensive Network, Inc maintains responsibility for the program and its content.

Each participant who wishes to purchase CE credits (contact hours) for sessions they attend will receive a folder containing the required paperwork and instructions. At the completion of the conference, please place your completed forms in the folder provided and return it to the NEFESH CE table located in the lobby.

Attendance letters will be sent within 6-8 weeks.

MEDICAL DOCTOR CONTINUING MEDICAL EDUCATION CREDITS

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education through the joint providership of New York Medical College and NEFESH International. New York Medical College is accredited by the ACCME to provide continuing medical education for physicians.

New York Medical College designates this live activity for a maximum of 24.25 AMA PRA Category 1 Credit(s) $^{\text{TM}}$. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Each participant who wishes to purchase CME credits (contact hours) for sessions they attend will receive a folder containing the required paperwork and instructions. At the completion of the conference, please place your completed forms in the folder provided and return it to the NEFESH CE table located in the lobby.

Competency Guidelines

NEFESH International regards the conduct of psychotherapy as a responsibility with serious, professional and ethical obligations to the client.

This responsibility should always be uppermost in the mind of the therapist, as he/she seeks to offer the best service he can to his client.

In an effort to improve the quality of mental health services provided to the Torah community, the Board of Directors of NEFESH International has set forth the following recommended standards for practitioners beginning a private practice in mental health services.

EDUCATION

The beginning private practitioner should have – at minimum – a masters level graduate degree in a clinical mental health field from an accredited school.

Continuing education and training are essential for maintaining and increasing competence in the provision of mental health services. It is therefore expected that the practitioner will be actively engaged in these activities.

LICENSURE

The therapist should be licensed in the state in which services are offered. This license should permit independent practice on the part of the practitioner. For example, a social worker should be licensed as an LCSW; a mental health counselor, as an LMHC.

Psychiatrists should be licensed in the state in which services are offered

INSURANCE

The therapist should hold a professional liability insurance policy to protect his client and him/herself.

EXPERIENCE

The amount of prior clinical experience required to conduct a private practice should be dictated by the extent of graduate education. Masters level clinicians (e.g. MA, LMSW, LMHC's, and LPC's) should have completed 5 years of 30 hrs/wk of clinical work. Psychologists with doctoral degrees (e.g., Ph.D. or Psy.D.) should have 3 years post licensure of 30 hrs/wk of clinical work doing psychotherapy.

Psychiatrists should have completed a residency program accredited by the Accreditation Council for Graduate Medical Education in the field of psychiatry.

SUPERVISION

The clinician should have ongoing, individual, clinical supervision for at least 10 years into her/his practice by a licensed clinician with extensive experience. There is no substitute for individual supervision and no one who does not need it. In fact, ongoing supervision should continue throughout one's career at a level appropriate to experience and competence.

COMPETENCE

The heavy responsibility carried by the mental health professional requires that services be provided within the boundaries of her/his competence, based on his/her education, training, supervised experience, and study. The practitioner should avoid false self-confidence and hubris by being aware of her/his own limitations. When a clinical presentation exceeds the bounds of his/her competence, the ethical therapist should refer to another professional whom the therapist knows to be competent in the problem area at issue. In case of doubt, collegial consultation is strongly encouraged.

A professional's level and area of competence must never be misrepresented.

PERSONAL PSYCHOTHERAPY

A professional's own course of psychotherapy is invaluable in the acquisition of skill, crucial insight into her/himself, and an understanding of the client's experience.

RABBINIC CONSULTATION

Every therapist should have a *rav* with whom he/she feels comfortable consulting concerning *halachic* issues.

ENDORSED BY:





















WEDNESDAY EVENING SCHEDULE DECEMBER 11, 2019

TIME						
6:00 - 7:00 PM	Registration	LOBBY				
CONFERENCE ROOM	SALON G CME CREDIT	SALON F CME CREDIT		SALON H		
7:00 - 10:00 PM	Beyond the Yellow Brick Road?! Exploring and Increasing Resilience and Post - Traumatic Growth for Survivors of Trauma	Mission Impossible with Dr. Klafter: present your complex clinical cases		th for your complex clinical cases Blunders: Importar		Psychotherapeutic Bloopers and Blunders: Important Clinical Lessons Learned
3 CE	Barry Horowitz, LCSW-R	Nachum	(Andrew) Klafter, MD	Rivki Jungreis, LCSW, MS.E.d; Hindie M. Klein, PsyD		
10:00- 11:59 PM	WORK THE NETWORK Find friends, colleagues and meet new possible NEFESH bonding time!!	eople.	TERRACE BALLROOM	WILL BE OPEN		
	THURSDAY SCHEDULE December 12, 2019					
TIME						
7:15- 8:00 AM	Shachris I	FISHER'S ISLAND				
8:15- 9:00 AM	Shachris II	BLOCK ISLAND				
	Registration	LOBBY				
8:30 - 9:15 AM	Poster Sessions	LOWER LOBBY				
8.30 - 9.13 AW	Coffee and Cake Meet and Greet First Time Meet and Greet Early	TEDDACE DALI DOOM				
	Attendees Professionals					

CONFERENCE ROOM	SALON F	SALON H CME CREDIT	FISHER'S ISLAND	SALON G	BLOCK ISLAND	
9:30 AM - 12:30 PM 3 CE		Emotional Regulation within a Neurodevelopmental Psychopathology Framework Gittel Weber MEd, LMHC Rabbi Reuven Kamin, MA Hillel Sternstein, LCSW		PUTTING IT ALL TOGETHER: Applying Various Integrative Approaches in the Treatment of Trauma and Attachment: Strategies of EMDR, IFS and Somatic Therapies presented in clinical cases with children/adults Rivki Jungreis, LCSW- R, M.S.Ed	But Nothing Happened: The Invisible Trauma, Betrayal and Shame of Everyday Married Life Moshe Zev Lamm, LCSW	
12:30 - 1:30 PM			Lunch and Network cutive Director Address Miriam Turk, LCSW	SALON A, B, C, D & E		
1:40 PM			Mincha	a TERRACE BALLROOM		
CONFERENCE ROOM	SALON F	SALON H	FISHER'S ISLAND	SALON G CME CREDIT	BLOCK ISLAND	
2:00 – 5:40 PM 3.5 CE	Eating Disorders: A Comprehensive Overview of Individual and Family Therapy Part II Frani Pollack, PhD, LSW	Group Work with Adolescents Seth Aronson, PsyD	Boundaries and Professionalism in Enmeshed Orthodox Communities zer Nachum (Andrew) Klafter, MD	Ani Ledodi- Enhancing Marital Intimacy Throughout the Lifecycle Talli Rosenbaum, MSC David S. Ribner, DSW	Trauma Therapy Innovations: Intensive Trauma-Focused Therapy and the Flash Technique Ricky Greenwald, PsyD	

5:45 – 6:00 PM		TERRACE BALLROOM				
6:00- 7:00 PM		Dinner and Network Presidential Address Rabbi Barry Holzer, MD	SALON A, B, C, D &	& E		
CONFERENCE ROOM	BLOCK ISLAND	SALON F CME CREDIT	SALON H	SALO	ON G	GARDINER'S ISLAND
7:05 - 9:05 PM 2 CE	When Alice Meets Eve in The Gardens of The Known and Unknown	Bipolar Disorder: Common	Complex Case in Women's Health: Attending to the client, family, and the therapist who cares for them	Please Don' Forgive You Approach to He and Other F Wou	ı! A Radical caling Infidelity Celationship	Practical Mindfulness Tools You Will Actually Use In Session
	Evelyn Rappoport, PsyD Lea Koplowitz, LCSW- R	Tal E. Weinberger, MD	Dvora Entin, LCSW	Janis Abrahm	s Spring, PhD	Shimmy Feintuch, LCSW CASAC-G
CONFERENCE ROOM	SALON G CME CREDIT	SALON F CME CREDIT			SA	ALON H
9:15 – 10:45 PM 1.5 CE	Sexual Abuse Prevention: Why We're Still Getting It Wrong David Katzenstein, DSW, LCSW- R	Israel				ugh Family Systems Work art MSW, LCSW
10:45-11:45 PM	WORK THE NE Find friends, colleagues an NEFESH bondi	d meet new people.	TERRACE BALLRO	OOM WILL I	BE OPEN	

FRIDAY SCHEDULE December 13, 2019					
TIME					
7:30 AM		Shachris I	FISHER'S ISLAND		
8:15 AM		Shachris II	BLOCK ISLAND		
8:15 AM		Registration	LOBBY		
7:30 AM		Breakfast	TERRACE BALLROOM	M	
CONFERENCE ROOM	SALON G CME CREDIT	BLOCK ISLAND	SALON H SALON F		
9:20 AM - 12:10 PM 2.5 CE	Integrating Couples and Sex Therapy Chana Simmonds, MSW, LCSW	Personality Disorders and Character in the Lens of Jewish Law Rabbi Avrohom Union, MA	The Essentials of Dialectical Behavior Therapy (DBT) for Youth Jill M Emanuele, PhD	Thespian Therapists: 4 Couples, 4 ApproachesRole-Play Case History Called to Chupa after the Death of a Spouse; A New Home Michelle Friedman, PhD Infidelity, Is There a Way Back Home? Alan Singer, PhD Use Kindness, Stop Anger Yisroel Susskind, PhD Repair After a Fight Rozi Wax, LMFT, LMHC	
12:10 - 1:00 PM		Lunch and Network Sponsored by Late School of Social Work In Dean Steven Huberman	SALON A, B, C, D & E		

CONFERENCE ROOM	GARDINER'S ISLAND	FISHER'S ISLAND	BLOCK ISLAND CME CREDIT	
1:05 - 3:05 PM 2 CE	Couched Favorably: When clients are less than forthright with us, and what we can do about it Yehuda Krohn, PsyD	The Biology of Trauma Camille Drachman, LCSW	Strangers in a Strange Land: Guidance for Mental Health Professionals Involved in the Legal System Martin E. Friedlander, Esq. Sylvan Schaffer, PhD, JD	
4:07 PM	Candle Lighting	LOWER LOBBY		
4:10 - 5:30 PM	Mincha / Kabbalos Shabbos with Yisroel Williger	SALON F, G & H		
5:30 - 8:00 PM	Seudas Shabbos / D'var Torah	SALON A, B, C, D & E		
8:00 - 9:45 PM	Do Torah and Psychology Get Along? Rabbi YY Jacobson	SALON F, G & H		
10:00 – 11:55 PM	Oneg Shabbos	TERRACE BALLROOM		
		SCHEDULE er 14, 2019		
TIME				
7:00 – 10:00 AM	Breakfast	TERRACE BALLROOM		
8:45- 11:00 AM	Shachris	SALON F, G & H		
11:15 AM - 1:00 PM	Seudas Shabbos Dvar Torah by Rabbi Avrohom Union, MA	SALON A, B, C, D & E		

CONFERENCE ROOM	SALON F	SALON G NO CE CREDIT	SALON H	
1:40 - 3:40 PM	Incorporating Jewish Texts with REBT in the Treatment of Clinical Anger	Ask The Rav	The Mirror, the Chair and the Men Who Sought to Connect Them	
2 CE	Rabbi Mordechai Schiffman, Psy.D.	Mora D'Asrah Rabbi Dovid Cohen	Rabbi Reuven Boshnack, MS.ED, LMHC	
3:45 PM - 4:15 PM		Mincha	SALON F, G & H	
4:15 - 5:25 PM	Yaakov-Eisav-Rachel-Leah—The Genes	Seudas Shlishis sis of Identity Conflict with Rabbi YY Jacobson		
5:12 PM		Motzei Shabbos	Tzais Hakochavim	
5:39 PM		Wiotzei Shabbos	Rabbeinu Tam (72 Minutes)	
5:40 – 6:30 PM	Maariv an	d Havdala with Yisroel Williger	SALON F, G & H	
7:30 - 9:00 PM	Т	PLENARY ackling Difficult Communal Issues David Pelcovitz, PhD	SALON F, G & H	
9:30 – 11:55 PM		Malka and Work the Network colleagues and meet new people NEFESH bonding time!	SALON A, B, C, D & E	

		SUNDAY SCHI	EDULE		
		December 15,			
TIME					
7:30- 10:00 AM		Breakfast	TERRACE BALLR	OOM	
7:30 - 8:15 AM		Shachris I	BLOCK ISLAND		
8:15 - 9:00 AM		Shachris II	FISHER'S ISLAND)	
8:15- 9:00 AM		Registration	LOBBY		
9:00- 9:45 AM		Poster Sessions	LOWER LOBBY		
CONFERENCE ROOM	FISHER'S ISLAND CME CREDIT	SALON G	SALON F	SALON H	BLOCK ISLAND
9:45 AM - 12:45 PM 3 CE	Contemporary Controversial Issues in Psychiatry: Facts and Misconceptions Chairpersons: Shalom Feinberg MD, Naalla Schreiber MD PANDAS AND PANS: Description, Controversies and Evidence Sharon Nachman MD Controversies in the Routine Use of Pharmacogenetic Testing in Psychiatry Joseph Goldberg MD Do Medications Have a Role in the Treatment of Addiction, or Are the 12 Steps the Only Answer? Howard Forman MD	Internal Family Systems Therapy: A New Perspective Mary Kruger, MS, LMFT	Identifying and Differentiating Parental Alienation from Estrangement by Using the Themes that Alienators Use Abe Worenklein, PhD	Transference and Countertransference in the Age of Social Media Laura Barbanel, EdD, ABPP Hindie M. Klein, PsyD Malky Mayerfeld, PsyD Eliezer Mandelbaum, PhD	Making Sense of Money: Understanding and Treating Pathological Gambling, Underearning, Spending, and other Financial Disorders Binyamin Tepfer, PhD CSAT-S, CMAT

12:55 - 2:00 PM		Lunch n (z'I) Memorial Award nt: Faye Wilber, LCSW	SALON A, B, C, D & E		
2:00 PM		Mincha	TERRACE BALLROOM		
CONFERENCE ROOM	BLOCK ISLAND	SALON F	SALON H	SALON G	
2:25 - 3:55 PM 1.5 CE	Generalized Anxiety Disorder and its Treatment	Long Term Impact of Divorce on the Couple and Children	Mental Health Treatment of Children: Schools, Therapists and Psychiatrists – Working Together or Working Apart?	Dialectical Behavioral Therapy (DBT) Principles and Practical Applications	
	Michael E. Portman, LCSW, ACT	Gila Schwerd, PsyD, Rabbi Dovid Greenblatt	Jonathan Frohlich, PhD	Tzippora Wallach, PsyD	
CONFERENCE ROOM	BLOCK ISI CME CRE		SALON F	SALON G	
4:05 - 5:35 PM 1.5 CE	Positive Psychotherapy: Therapeutic practices from positive psychology that you can use tomorrow with adults and children Ruchama Fund, PhD		The Nurtured Heart Approach: Transforming the Intense Child Naftoli Walfish, LCSW Yael Walfish, LCSW	Trauma and Shame- the Dynamic Duo Esther Goldstein, LCSW	
5:40 PM		Maariv	TERRACE BALLROOM		



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Transformations is licensed by the Department of Children and Family Services, The Agency for Health Care Administration, Joint Commission Certified, and accredited by the Commission on Accreditation of Rehabilitation Services.



















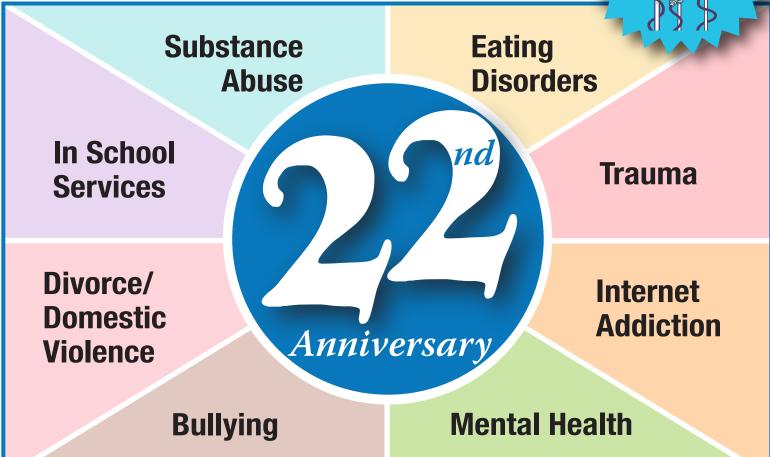


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NEFESH INTERNATIONAL

IS PROUD TO ANNOUNCE THAT

FAYE WILBUR, LCSW



WILL BE THE RECIPIENT OF THE

ESTHER SOLOMON MEMORIAL AWARD

FOR OUTSTANDING CONTRIBUTIONS TO
MENTAL HEALTH IN THE TORAH COMMUNITY

AT THE 23RD ANNUAL

NEFESH INTERNATIONAL CONFERENCE

DECEMBER 11-15, 2019

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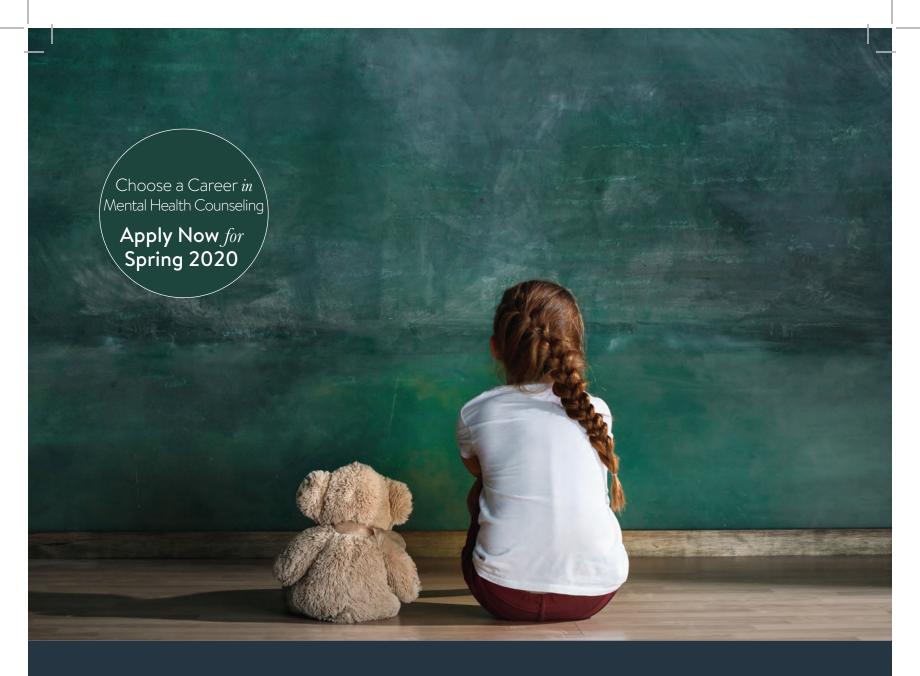
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