

BIOGRAPHICAL SKETCHES OF PRESENTERS

KEYNOTE:

Rabbi Dr. Tzvi Hersh Weinreb

A noted Rav, psychologist, and orator, Dr. Weinreb received his rabbinic ordination from the Rabbi Jacob Joseph School, a Masters degree in psychology from the New School for Social Research, and a Ph.D. from the University of Maryland. Dr. Weinreb served as assistant supervisor of psychological services for the Prince George's county Public Schools, chief psychologist of the Potomac Foundation for Mental Health, and maintained a private practice of psychotherapy. Rabbi Dr. Weinreb is the Executive Vice President of the Orthodox Union and was formerly the spiritual leader of Congregation Shomrei Emenah of Baltimore, Maryland.

Naomi Baum, Ph.D. is currently director of the National School Intervention Project at the Israel Center for the Treatment of Psychotrauma. Dr. Baum has been a consulting psychologist for pre-schools, elementary, junior, and high schools for over 20 years, focusing on building resilience. Dr. Baum received her Ph.D. in counseling and development at Bryn Mawr College. Dr. Baum, a native of the U.S., moved to Israel in 1987 and lives in Efrat. She has created a website for lay people dealing with trauma: www.traumaweb.org.

Norman Blumenthal, Ph.D. is a clinical psychologist in private practice in Hewlett, New York, specializing in adolescent and group therapy. Dr. Blumenthal is the coordinator of group psychotherapy training for psychiatric residents and psychology interns at Long Island Jewish Medical Center. He received his M.A. and Ph.D. from Adelphi University.

Michal Cohen, L.C.S.W. is a Licensed Clinical Social Worker in practice at Jewish Family and Community Service, where she does individual, family, and couple work. Mrs. Cohen is also a consultant for a Jewish teenage youth group, and works with day schools and high schools. She received her M.S.W. from Loyola University School of Social Work.

Hadassah Goodman, L.C.S.W., A.C.S.W. is a Licensed Clinical Social Worker and a supervisor at Jewish Family and Community Service specializing in work with families and children. She consults and does training for teachers and principals in

elementary and high schools around issues of behavior management, conflict resolution, anger management, grief and trauma. Mrs. Goodman received her M.S.W. from Loyola University School of Social Work. Mrs. Goodman has extensive experience teaching *Taharas Hamishpachah* for kallahs and married women.

Jerry Lob, Ph.D. is a Clinical Psychologist in private practice in Chicago, specializing in adolescent and family therapy. Dr. Lob received his Ph.D. in Clinical Psychology from the Illinois School of Professional Psychology, and is a well-known author of numerous articles on parenting, marriage, and Jewish philosophy. Dr. Lob also received *smicha* from Beth Medrash Govoha in Lakewood, New Jersey.

Rona Novick, Ph.D. is Senior Psychologist in the division of Adolescent Psychiatry at the North Shore-Long Island Jewish Health System, and is a member of the faculty of the Albert Einstein College of Medicine. She is also in private practice on Long Island.

David Pelcovitz, Ph.D. is the Chief Child and Adolescent Psychologist at North Shore University Hospital / NYU School of Medicine and clinical professor of psychology at NYU School of Medicine. He also teaches pastoral psychology courses for the Smicha program at Yeshiva University.

Rivkah H. Simon, Ph.D., Psy.D. received both her Doctor of Philosophy and Doctor of Psychology degrees in Clinical Psychology from the Miami Institute of Psychology. Dr. Simon works in private practice in Chicago. Her client population consists mainly of adolescents and adults in the treatment and prevention of eating disorders, parenting issues, at risk teens, anxiety, depression, and trauma. Dr. Simon is EMDR trained clinician and uses this technique to enhance and provide relief from trauma.

Mara Stein, Psy.D. is a clinical psychologist in private practice in Chicago. She specializes in lifespan adjustment and relationship issues, focusing on parent-child dynamics. Dr. Stein writes about and speaks on these issues around the country. She is co-author of the book, *The Emotional Journey of Parenting Your Premature Baby and Child: A Book of Hope and Healing (Fulcrum)* that will be published in 2004.

COMMITTEE MEMBERS

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MRS. ALIZA HAAS
MRS. SHOSHIE KAHN
DR. JILL KIRSHNER
MRS. DOREEN MERMELSTEIN
MRS. RIVKA MUSKAT
MRS. ROCHIE PORUSH
MRS. TYBI RAY

FOR INFORMATION AND ADVANCE REGISTRATION, PLEASE CONTACT:

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National Conference of
Synagogue Youth (NCSY)
847.677.6279

CONFERENCE PARTICIPATION IS ENCOURAGED AND SUPPORTED BY:

ORTHODOX UNION / NATIONAL CONFERENCE OF SYNAGOGUE YOUTH (N.C.S.Y.)

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SOCIAL SERVICES AGENCIES:
JEWISH CHILDREN'S BUREAU
JEWISH FAMILY AND COMMUNITY SERVICE RESPONSE CENTER

Positive Jewish Parenting programs of the Orthodox Union are sponsored in part through a grant from the Goldstein Family and Parkside Memorial Chapels.

PARKSIDE F.E.G.S
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National conferences are held in conjunction with the Rabbinical Council of America (RCA), F•E•G•S, and with the support and encouragement of the International Association of Orthodox Mental Health Professionals (NEFESH). An Orthodox Union community project, coordinated by Frank Buchweitz, Director, Special Projects, Department of Community and Synagogue Services, Orthodox Union • 212.613.8188 • www.ou.org/events/parenting.htm.

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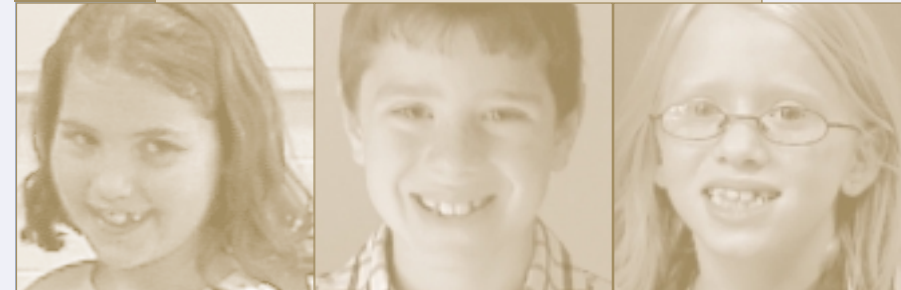
POSITIVE

JEWISH PARENTING CONFERENCE



Strengthen Your Parenting Skills

AN INTERACTIVE PROGRAM



SATURDAY, NOVEMBER 1, 2003

מוצש"ק • ז' חשוון תשנ"ד

7:00 PM-11:00 PM

KEYNOTE ADDRESS: RABBI DR. TZVI HERSH WEINREB

CHICAGO PRESENTERS

Michal Cohen, L.C.S.W.
Hadassah Goodman, L.C.S.W., A.C.S.W.
Jerry Lob, Ph.D.
Rivkah H. Simon, Ph.D., Psy.D
Mara Stein, Psy.D

INTERNATIONAL PRESENTERS

Naomi Baum, Ph.D.
Norman Blumenthal, Ph.D.
Rona Novick, Ph.D.
David Pelcovitz, Ph.D.

ASSOCIATED TALMUD TORAHS OF CHICAGO
2828 WEST PRATT BOULEVARD • CHICAGO, IL 60645

A program of the Department of Community and Synagogue Services of the Orthodox Union, Community Service Division of Associated Talmud Torahs of Chicago and E.L.A.N. Diagnostic Center

GIVING THE MOST TO YOUR CHILDREN GETTING THE MOST OUT OF BEING PARENTS

Please select one workshop for each time slot. If your spouse has joined you, you may consider going into different workshop sessions, thereby maximizing the number of sessions attended.

ADMISSION
\$10 PER PERSON
IN ADVANCE

\$18 PER PERSON
AT THE DOOR

PROGRAM SCHEDULE

7:00 – 7:25 pm Registration / Refreshments
 7:30 – 8:30 pm Concurrent Workshops
 8:40 – 9:40 pm Concurrent Workshops
 9:50 – 11:00 pm Keynote Address and Parent Talk

KEYNOTE ADDRESS

Rabbi Dr. Tzvi Hersh Weinreb,
 Executive Vice President, Orthodox Union

PARENT TALK Question and Answer Session with
 Rabbi Weinreb and a Panel of Workshop Presenters

WORKSHOPS: SESSION #1 7:30 – 8:30 PM

WORKSHOPS: SESSION #2 8:40 – 9:40 PM

Talking to Your Children About Disturbing World Events
 Naomi Baum, Ph.D.

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 Naomi Baum, Ph.D.

The Impact of Media and Tzechnology on Our Children
 Norman Blumenthal, Ph.D.

School and the Home Relationship – Friend or Foe?
 Norman Blumenthal, Ph.D.

You're Getting Under My Skin: Understanding and Setting Healthy Boundaries
 [THIS SESSION WILL FOCUS ON TEENS]
 Michal Cohen, L.C.S.W.

You're Getting Under My Skin: Understanding and Setting Healthy Boundaries
 [THIS SESSION WILL FOCUS ON TEENS]
 Michal Cohen, L.C.S.W.

"Say What?": Reclaiming the Art of Listening and Talking Between Parents and Children
 Hadassah Goodman, L.C.S.W., A.C.S.W.

Conversations with our Children about Their Bodies' Development
 [THIS SESSION IS OPEN TO WOMEN ONLY]
 Hadassah Goodman, L.C.S.W., A.C.S.W.

Building A Lifelong Relationship with your Child; Six Characteristics that Really Make a Difference
 Jerry Lob, Ph.D.

Building A Lifelong Relationship with your Child; Six Characteristics that Really Make a Difference
 Jerry Lob, Ph.D.

Time Management for Today's Frum Family
 Rona Novick, Ph.D.

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Beyond Sibling Rivalry: Help Your Children Become Cooperative, Caring and Compassionate
 David Pelcovitz, Ph.D.

Setting Limits for Our Children: What Do We Allow? What Do We Forbid?
 David Pelcovitz, Ph.D.

Preventing Eating Disorders: Developing a Positive Body Image
 [THIS SESSION IS OPEN TO WOMEN ONLY]
 Rivkah H. Simon, Ph.D., Psy.D.

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When Your Children Drive You Crazy: How to Get Back on Track
 Mara Stein, Ph.D.

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 Mara Stein, Ph.D.

Talking to Your Children About Disturbing World Events
 NAOMI BAUM, Ph.D.
 The situation in Israel, frightening news events, and 9/11, raise numerous questions and concerns in our children. This workshop will provide age-appropriate parental guidelines for addressing and clarifying children's questions, reactions to crisis, fears, behaviors that may be experienced as a result, and helping children cope.

The Impact of Media and Technology on Our Children
 NORMAN BLUMENTHAL, Ph.D.
 The notion of "harmless entertainment" will be subject to discussion and scrutiny as the pitfalls of television, movies, internet, and the like will be enumerated. How to reverse and prevent the damage or use technology and the media constructively, will be considered as well.

School and the Home Relationship – Friend or Foe?
 NORMAN BLUMENTHAL, Ph.D.
 This workshop will explore how to develop an optimal relationship between the two settings that most impact on our children. Issues of homework, parent-teacher contact, teacher-student discord, etc. will be discussed.

You're Getting Under My Skin: Understanding and Setting Healthy Boundaries [This Session Will Focus on Teens]
 MICHAL COHEN, L.C.S.W.
 This workshop explores the development and maintenance of healthy family boundaries. Adult relational boundaries will also be explored to recognize how boundaries affect our own lives. Skills to help our children develop their separate and unique positive self concept will be emphasized.

"Say What?": Reclaiming the Art of Listening and Talking Between Parents and Children
 HADASSAH GOODMAN, L.C.S.W., A.C.S.W.
 Parents and children—including teens—build healthy relationships through effective communication and dialogue. Practical communication techniques and listening strategies to deal with the sensitive issues of phone calls, homework, chores, friends, curfew, and clothes will be discussed.

Conversations with our Children about Their Bodies' Development [THIS SESSION IS OPEN TO WOMEN ONLY]
 HADASSAH GOODMAN, L.C.S.W., A.C.S.W.
 Healthy discussions between parents and children about the body's development enhances a child's self esteem, can prevent at risk behavior, and fosters a meaningful parent / child relationship. Workshop will focus on the developmental changes from pre-school through puberty, for boys and girls, with practical guidelines for parents.

WORKSHOP DESCRIPTIONS

Building A Lifelong Relationship with your Child: Six Characteristics that Really Make a Difference
 JERRY LOB, Ph.D.
 This workshop will focus on strategies that parents can use to communicate respect, warmth, pride, and realistic expectations.

Time Management for Today's Frum Family
 RONA NOVICK, Ph.D.
 In today's hectic pace, single and dual careers, after- school activities, and multiple demands, time is a most precious rare commodity. Strategies for prioritizing and balancing time for your children, spouse, and yourself will be presented.

Beyond Sibling Rivalry: Help Your Children Become Cooperative, Caring and Compassionate
 DAVID PELCOVITZ, Ph.D.
 This workshop moves away from the common view that sibling relationships are inevitably difficult and practically impossible to improve. Dr. Pelcovitz will provide new insights and strategies for parents and siblings to successfully interact with each other.

Setting Limits for Our Children: What Do We Allow? What Do We Forbid?
 DAVID PELCOVITZ, Ph.D.
 In this age of boundless opportunities and information, the issue of how and when to draw the line becomes all the more important. Setting limits will be discussed from the vantage point of the children's needs and development within the context of the yeshiva and Orthodox community. Learn to nurture a positive relationship while still setting firm and effective guidelines.

Preventing Eating Disorders Developing a Positive Body Image
 RIVKAH H. SIMON, Ph.D., PSY.D.
 Information regarding warning signs of eating disorders, and how to reduce the risk in your children. Discussion of personality attributes that contribute to eating disorders, practical ways to help your child form a healthy body image, and myths about the causes of eating disorders.

When Your Children Drive You Crazy: How to Get Back on Track
 MARA STEIN, Ph.D.
 Every parent experiences moments resembling a whirlpool of insanity. Understand the how's and why's of power-struggles, misunderstandings, and frustrations while reflecting on the unique role each of you plays. Learn how to empathize and respond to your children without feeling as if you are losing the battle or losing your mind.