

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
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FOR INFORMATION AND ADVANCE REGISTRATION, PLEASE CONTACT:

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E.L.A.N. Program
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parenting@att.org

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.

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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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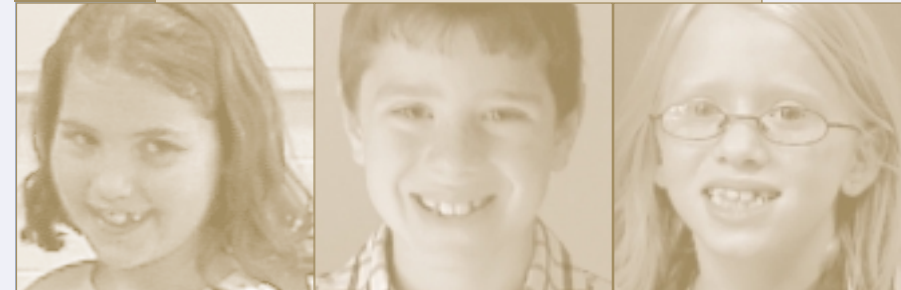
POSITIVE

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

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

The Impact of Media and
Tzechnology on Our Children
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.

"Say What?": Reclaiming the
Art of Listening and Talking
Between Parents and Children
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.

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

Beyond Sibling Rivalry: Help
Your Children Become Cooperative,
Caring and Compassionate
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.

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

WORKSHOPS: SESSION #2 8:40 – 9:40 PM

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

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.

Time Management for
Today's Frum Family
Rona Novick, 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
Rivkah H. Simon, Ph.D., Psy.D.

When Your Children Drive You
Crazy: How to Get Back on Track
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 chil-
dren. 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 entertain-
ment" will be subject to discussion
and scrutiny as the pitfalls of televi-
sion, movies, internet, and the like
will be enumerated. How to reverse
and prevent the damage or use tech-
nology 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 develop-
ment 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 pos-
itive 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 sen-
sitive 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 devel-
opment enhances a child's self esteem,
can prevent at risk behavior, and fos-
ters a meaningful parent / child rela-
tionship. 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 pre-
cious 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 relation-
ships are inevitably difficult and prac-
tically 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 set-
ting 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 con-
tribute 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.