

## WORKSHOP PRESENTERS

**PAM BERKWITZ MSW LICSW** is on the JFCS counseling staff.

**JONATHAN 'YONI' BUNDT LMFT** is on staff at the Heilicher Minneapolis Jewish Day School and runs his own consulting company.

**KERRI CASEY L.Ac.** has a Masters in Oriental Medicine and is Board-certified and licensed as an acupuncturist.

**ALANA RISS FINE PhD** received her doctorate in Clinical Health Psychology from Yeshiva University and is in private practice.

**HARRY GREENBERG LGSW** is a licensed social worker and has a family member diagnosed with mental illness.

**LESLIE HAHN MD** works with elderly patients and their families, caregivers and other health professionals in the patient's living environment rather than in a clinic setting.

**JEFF KANER** has a BA in Psychology and is founder of the Supportive Torah program.

**JOSHUA KENT LICSW** is a licensed clinical social worker and therapist in private practice.

**MICHAEL KLEIN MBA** is Chief Operating Officer of Sholom Community Alliance.

**BJ KREMEN GOLDMAN MS RD LD** has over 25 years' experience in nutrition counseling, works in home health, and is founder of DERECH and FITT, two spirituality-based lifestyle change programs.

**BARBARA KROVITZ-NEREN MA** pioneered the development of educational support groups for children and teens with alcoholic parents. She is on staff at the St. Paul Talmud Torah and is founder of Competent Parents, Confident Kids, Coaching for Parents.

**CINDY LIBMAN LICSW LMFT ACEH** is a psychotherapist and energy worker.

**NANCY MADSON** has a BS in Family Social Science and has done post-graduate work in Counseling and Student Personnel Psychology. She has 25 years' experience in leadership development & coaching.

**CANDACE MARGULIES MSW LICSW** is a member of the JFCS counseling department.

**MARY JO MEADOW PhD** is professor emerita of psychology & religious studies at MSU Mankato. Author of seven books, she teaches mindfulness practice worldwide.

**LIZ MELCHER MSW LGSW** is a case manager and social worker at Jewish Family Service of St. Paul.

**CANDICE NADLER MA LP** has been part of the JFCS counseling staff for 12 years. She often uses cognitive behavior therapy and communication skill-building to help people move toward their goals.

**EMMA NADLER MA LPC** provides clinical support and resources as an intake counselor at JFCS. She specializes in working with youth, older adults, and crisis intervention.

**PHIL OXMAN MS LP** is a psychologist and member of the JFCS counseling department and is also in private practice.

**RUTH PALEY LICSW** is client services director at JFCS.

**JILL RABINOVITZ PsyD** is a member of the JFCS counseling staff.

**CHRIS ROSENTHAL LISW** is senior services supervisor at JFS of St. Paul. She facilitates the Alzheimer's support group which meets monthly at Mt. Zion.

**BARBARA RUDNICK MA** is program manager of family life education at JFCS. She offers a free e-mail advice service focusing on relationships and parenting at AskBarbara@jfcsmpls.org.

**ANNETTE MALINSKY SANDLER MA** is program manager of L'Chaim Senior Services at JFCS.

**ALLEN SHAW MPNA** supervises mental health case management at JFCS.

**RABBI BEREL SIMPSON MA** is executive director of AISH Minnesota and has been a Jewish educator and pastoral counselor for 20 years.

**BETSY SITKOFF MA** is a parent educator and program manager of J-CHAI, the Jewish Community Health Awareness Initiative.

**SHELLEY SLOAN L.Ac.** has a BS in Nursing and a Masters in Oriental Medicine. She is Board-certified and licensed as an acupuncturist and has been an RN for 25 years.

**CARLY STEIN** is Healthy Youth-Healthy Communities specialist for J-CHAI.

**JILL STIBER LICSW BCD** is program manager of the JFCS counseling department and an adjunct faculty member of the St. Thomas/St. Kate's School of Social Work.

**SARAH VAN WINKLE RN BSN** is Sholom Care Administrator for Sholom Community Alliance.

**RENA WAXMAN MSSW** is executive director of JFS of St. Paul.

**MITCHELL WITTENBERG PhD LP** is counseling department supervisor at JFS and a consultant to St. Paul Talmud Torah.

**RABBI BARRY WOOLF** has decades of experience working with people struggling with addiction and recovery and mental illnesses.

**CERTIFICATES OF ATTENDANCE** will be provided.

**PLEASE SUPPORT** the Mental Health Education Project by underwriting some costs of this conference. The following levels, if received by October 1, will be acknowledged in the printed program: **Benefactors** \$1,000 or more, **Sponsors** \$500-\$999 and **Friends** \$250-\$499. Donations can be made in honor or in memory of a loved one. For more information call Laurie Kramer at 952-417-2149.

### 2009 CONFERENCE BENEFACTORS TO DATE

Jewish Community Center of the Greater St. Paul Area, Jewish Family & Children's Service of Minneapolis, Stefanie & Robert Karon, Laurie & Joel Kramer, Jami Alanna Marks Tikkun Olam Fund of Temple Israel, Ben & Char Nusman in memory of Owen Waxman, Max & Linda Rutman in honor of the Rutman Family, Sholom Community Alliance

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*Mental Health Education Project*  
c/o Jewish Family and Children's Service of Minneapolis  
13100 Wayzata Blvd., Suite 400  
Minnetonka, MN 55305



*Coping in Challenging Times*

Sunday, October 25, 2009

12:30 pm

At Temple Israel

2324 Emerson Avenue South  
Minneapolis, MN 55405

Free and open to everyone

Keynote Speaker

ELYN SAKS J.D.

Professor, dean and author of

*The Center Cannot Hold:*

*My Journey Through Madness*

Free and open to everyone

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Professor, dean and author of

*The Center Cannot Hold:*

*My Journey Through Madness*

*Mental Health Education Project*

A collaborative program of the  
Twin Cities Jewish community presents

*Coping in Challenging Times*

The ninth annual Jewish community  
conference on mental health  
Sunday, October 25, 2009  
12:30 pm  
At Temple Israel  
2324 Emerson Avenue South  
Minneapolis, MN 55405

# Schedule

- 12:30 Registration**
- 12:45 Keynote session**  
Candlelighting ceremony  
Welcome by Rabbi Marcia Zimmerman  
**Keynote talk by Elyn Saks:**  
**My Journey Through Madness**  
Question & answer session moderated  
by Jonathan ‘Yoni’ Bundt LMFT
- 2:20 Workshops 1-11**
- 3:30 Resource fair & refreshments**
- 4:10 Workshops 12-22**
- 5:30 Healing service**  
Led by Jill Ann Marks – everyone welcome



# Keynote Speaker



**ELYN SAKS** grew up in suburban Miami in a comfortable Jewish family. Graduating *summa cum laude* from Vanderbilt University, she attended Oxford University as a Marshall Scholar, and then went on to Yale Law School where she edited the Yale Law Journal. She worked as an attorney and law instructor in Connecticut before joining the law faculty of the University of Southern California.

Today she is Associate Dean and Orrin B. Evans Professor of Law, Psychology, and Psychiatry and the Behavioral Sciences at the USC Gould School of Law. She also teaches at the Institute of Psychiatry and the Law at the Keck School of Medicine at USC and is an adjunct professor of psychiatry at the University of California, San Diego.

In addition to her professional achievements, she is a person who has lived since childhood with a major mental illness. Her recent book, *The Center Cannot Hold: My Journey Through Madness*, is described by Oliver Sacks as “the most lucid and hopeful memoir of living with schizophrenia I have ever read.” A Top 10 nonfiction choice for *Time* magazine in 2007, the book was released in paperback in 2008.

How she survived – and managed to thrive – is a remarkable and moving story involving medical professionals, therapists, medication, perseverance, friendship and love.

## WORKSHOPS SESSION ONE • 2:20-3:30

### 1. CONTINUING DIALOGUE WITH ELYN SAKS

Discussion facilitator: Jonathan ‘Yoni’ Bundt.

### 2. MENTAL ILLNESS 101

What is the difference between mental illness and “normal” problems in living? What are the most common disorders and most effective treatments? How can you help a family member with a particular illness? Presenter: Jill Stiber.

### 3. OFF THE CUSHION – Staying connected & centered in life

This experiential workshop will help you connect with new sources of energy, allowing you to infuse your life and all that you do with that energy. Some meditation experience is helpful but not necessary. Presenter: Cindy Libman.

### 4. TALKING & LISTENING IN CHALLENGING TIMES

Boost your communication skills in a hands-on, interactive workshop focusing on empathy, gratitude, collaborative goal setting, and expressing needs and desires. Gain new tools to use at work, with a spouse or in the community. Presenters: Candice Nadler & Emma Nadler.

### 5. ASK THE CHILD PSYCHOLOGIST

What’s normal in kids depends on age and developmental stage. When should concerned adults worry? A brief presentation will be followed by extended Q & A. Presenter: Mitchell Wittenberg.

### 6. ADDRESSING FAMILY ABUSE & VIOLENCE – New approaches

How can a community work to prevent abuse and violence, while also supporting treatment and healing for those who have been victimized? Learn how current research is affecting perspectives on victims as well as abusers. Presenters: Betsy Sitkoff & Carly Stein.

### 7. SHAME & MENTAL ILLNESS – A Supportive Torah class

Rabbi Barry Woolf will discuss a traditional view of shame and ways in which it can be overcome. Experience the Supportive Torah model which includes time for introductions and Q&A with a rabbi. Facilitator: Jeff Kaner.

### 8. ALL IN THE FAMILY

When Mom and Dad start to decline, how can adult children support good decision-making, either from nearby or long-distance? And how can difficult family issues be addressed – conflicts between adult children, shame, stigma, guilt, unrealistic expectations and/or denial by the family that things have changed? Panelists: Chris Rosenthal, Leslie Hahn, Michael Klein. Moderator: Rena Waxman.

### 9. MENTAL HEALTH CAREGIVER SUPPORT

How can you offer support to a family member or client struggling with chronic mental illness, and at the same time maintain boundaries, empower the individual & avoid common mistakes? What techniques & resources are available to help? Presenters: Allen Shaw & Ruth Paley.

### 10. BREAKING THE ICE – A family approach to stigma & shame

Mental illness is the proverbial elephant in the room in many families – not discussed, and often experienced differently by parents, grandparents and siblings of the individual with the illness. This session offers a framework for initiating discussion so that family members can come together in supportive ways. Presenter: Harry Greenberg.

### 11. TALK THERAPY – Making it work for you

How does psychotherapy work, especially during difficult times? What resources are available to help you find a therapist? What is a good therapy relationship? What should you expect during the therapy process? Bring your questions. Presenter: Jill Rabinovitz.

## WORKSHOPS SESSION TWO • 4:10-5:20

### 12. ASK THE THERAPISTS

Mental health clinicians will answer questions about diagnoses, parenting, aging, development, attachment, anxiety, depression, medications, couple’s issues – you name it. Questions will be written and collected to protect confidentiality. Panelists: Candace Margulies, Jill Rabinovitz, Phil Oxman, Pam Berkwitz and Candice Nadler. Resource specialist: Emma Nadler.

### 13. WHEN DREAMS DON’T COME TRUE

For most of us, life doesn’t turn out the way we envisioned. Sometimes the adjustments needed are minor, sometimes major. How can we cope and grow when challenges seem overwhelming? Presenter: Barbara Rudnick.

### 14. DE-STIGMATIZING MENTAL HEALTH

How does stigma interfere with our ability to attend to our well-being? How can an integrative understanding of mental health help us cope with various mental health problems? Workshop suitable for consumers, family members and professionals. Presenter: Joshua Kent.

### 15. ACUPUNCTURE FOR ANXIETY & DEPRESSION

What is acupuncture, and how does it work in the treatment of anxiety and depression? Session will focus on acupuncture used alone or with medications. The community-style acupuncture protocol will be explained. Presenters: Kerri Casey & Shelley Sloan.

### 16. COPING WITH STRESS – A Supportive Torah class

Rabbi Berel Simpser will present a classic Judaic model for coping with life’s challenges, which participants can use to create their own responses to stress. Experience the Supportive Torah model which includes time for introductions and Q&A with a rabbi. Facilitator: Jeff Kaner.

### 17. MINDFULNESS PRACTICE – The art of the present moment

An ancient method of self-understanding and self-management, mindfulness has re-emerged as a way to handle pain, stress and bereavement. This workshop will explain the theory and offer examples of how to bring mindfulness into daily life. Presenter: Mary Jo Meadow.

### 18. LIFE COACHING

Life coaching is different from therapy and sponsorship. What is it and how does it work? And how can it help you discover your purpose and find personal and professional fulfillment? Presenter: Nancy Madson.

### 19. CONFIDENT PARENTS, CONFIDENT KIDS

When a parent or teen is in recovery from addiction, the whole family is affected. This workshop for adults will focus on a five-step experiential Parent Coaching model, designed to help families move towards a healthier family system. Presenter: Barbara Krovitz-Neren.

### 20. BIBLICAL PERSONALITIES & THE D.S.M.

If Jewish leaders such as Elijah or Rachel walked into the office of a 21st century psychologist, how would their lives & challenges be viewed? What would the *Diagnostic & Statistical Manual* offer as a framework for understanding? Presenter: Alana Riss Fine.

### 21. THE SPIRITUALITY OF EATING

Explore how spiritual connections in Judaism relate to how we should eat and the purpose of food in our lives. Learn about a positive approach to eating based on practical techniques derived from Maimonides, the Torah and other sources. Presenter: BJ Kremen Goldman.

### 22. MEDICARE, MEDICAID & PRIVATE PAY – Myths & realities

What’s covered, what isn’t, and how can you access needed services? Topics include community home care services, outpatient rehab, hospice, medications and services that help older adults remain in their homes. Panelists: Sarah Van Winkle, Annette Malinsky Sandler, Liz Melcher.

# Registration

**REGISTER BY OCTOBER 8** to ensure space in the workshops of your choice or to request free transportation from the St. Paul JCC.

- **Register online** at [www.jfcsmpls.org](http://www.jfcsmpls.org) **OR**
- **Fax** a copy of this form to 651-698-0162 **OR**
- **Mail** this form to Coping in Challenging Times, c/o JFS of St. Paul, 1633 W. Seventh Street, St. Paul, MN 55102
- **For more information or to request transportation**, call Jewish Family Service at 651-698-0767

Name/s \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

1. Please register \_\_\_ people for the conference.
2. Workshop Choices:
 

|          |              |               |
|----------|--------------|---------------|
|          | Session One  | Session Two   |
|          | Numbers 1-11 | Numbers 12-22 |
| Person 1 | _____        | _____         |
| Person 2 | _____        | _____         |
3. \_\_\_ YES please contact me about volunteering on Oct. 25.
4. \_\_\_ YES a voluntary contribution of \$ \_\_\_\_\_ is enclosed.
5. \_\_\_ YES please contact me about special accommodations.
6. \_\_\_ YES I have attended this conference in previous years.

*Please consider making a donation to underwrite this conference. Make your check (in any amount) payable to Mental Health Education Project and mail with your registration. All contributions are appreciated and fully tax-deductible.*

## THE MENTAL HEALTH EDUCATION PROJECT

raises awareness of mental health, offers education and training, and provides support for families and individuals. The project received the 2003 Faith Community of the Year Award from NAMI-MN. MHEP is part of J-CHAI, the Jewish Community Health Awareness Initiative, a collaborative program of Jewish Family and Children’s Service of Minneapolis and Jewish Family Service of St. Paul. J-CHAI’s primary funder for 2009 is the Rita & Harold Divine Foundation. For information about J-CHAI, call Betsy Sitkoff, Program Manager, at 952-542-4833.