

Refuat Ha'Nefesh Fellows Program
2010/2011 Curriculum

Note: Most sessions run 2 hours; however some will run 3 hours; **please note times in bold.**

The basic reader for this course is Give Me Your Hand (GMYF), which can be found in the third section of your reader. Additional readings are in the second half of your reader and are color coded for your convenience. Please refer to the syllabus for weekly assignments.

Unit 1 - Orientation - **R. Fred Klein, R. Jonathan Tabachnikoff**

October 12, 2010 @ 6:00pm - 9:00pm

- Mitzvah of *Bikur Cholim* - Theology and Sources;
- What distinguishes a *Chaver* from a visitor;
- Etiquette and Boundaries, Confidentiality, Recording Visits
- *Bikkur Cholim* DVD

READ GMYH Chapter 1, BLUE section

Unit 2- Understanding the Person We Visit - **R. Simeon Schreiber**

October 19, 2009 @ 7:00pm - 9:00pm

- The Mechanics of a Visit - Instructional Video and Conversation
- Goal Setting; Do's and Don'ts of *Bikur Cholim*; Assessment; Volunteer
- Role Playing

READ GMYH Chapter 2 & Appendix #2, YELLOW section

Unit 3 -Understanding Myself- **Rabbi Judith Siegal, MSW**

November 2, 2010 @ 7:00pm - 9:00pm

- Understanding the Group Process - Why am I involved in this?

- Transference - Your relationship with the aging, death and suffering
- What does healing mean - Refuat Ha-Nefesh and Refuat HaGuf
- Role Playing and exercise

READ RED section

Unit 4 - The Spiritual Life of Seniors -**Rabbi Sol Schiff, Rabbi Dayle Friedman**

November 16, 2010 @ 7:00pm - 9:00pm
PROCESS GROUP - 6 PM

- What is the Meaning of Aging in the Jewish Tradition
- Psychological Development among adults
- Understanding Loss/doing spiritual assessment;
- How to respond to loss - emotional and spiritual support;
- Strategies-spiritual coping, living histories, unaddressed issues;
- Family Relationships

READ GREEN section

Unit 5 - Dementia, Depression and Mental Illness in the Elderly - **Dr. Mark Agronin**

December 7, 2010 @ 7:00pm - 9:00pm
PROCESS GROUP- 6 PM

- The Science behind Dementia and Depression
- Strategies to Help

READ GMYH Chapter 3, PINK SECTION

Unit 6 - Different Jews, Different Theologies - **R. Ed Farber, Rabbi Fred Klein, Rabbi Jonathan Tabachnikoff**

December 21, 2010 @ 7:00pm - 9:00pm
PROCESS GROUP- 6 PM

- Denominational Differences

- Religious Pluralism
- Ethnic Differences

Special presentation about Greater Miami Jewish Federation given by Simon Kamenetsky, Director of Philanthropic Initiatives, Greater Miami Jewish Federation, and a Refaut Ha-Nefesh Fellow.

READ No reading this week. However, an optional article on the history of Tikkun Olam by Rabbi Jill Jacobs is for your consideration. This is photocopied in PINK

Unit 7 - Theological Perspectives on Suffering and Death -
R. Lauren Berkun, R. Edwin Goldberg

January 4, 2011 6:00pm - 9:00pm

PROCESS GROUP- 6 PM

- Jewish Theologies of Illness
- "Why is this happening to me"
- Views of the afterlife

READ LIGHT BLUE SECTION

Unit 8 - Jewish Healing Rituals: Part One - **Rabbi Jonathan Tabachnikoff, Rabbi Fred Klein**

January 18, 2011 @ 7:00pm - 9:00pm

- What is prayer?
- How do we pray with someone? Spontaneous prayer.
- Ritual from a Pastoral Perspective
- Use of music
- Review of Important Prayers- distribution of Prayer CD

READ GMYH Appendix, BEIGE SECTION, (Extra Prayers at End of Book, prayer card, and Chaplaincy book of Reflections)

Unit 9 - Jewish Healing Rituals, Part Two -**Cantor Mark Phillippe De Roca, Rabbi Simcha Silverman**

- Kabbalah and Healing

February 1, 2011 @ 7:00pm - 9:00pm
PROCESS GROUP- 6 PM

READ SAME AS LAST SESSION

- Unit 10 Bereavement 101- **Robyn Fisher, Rabbi Simeon Schreiber**

February 10, 2011 @ 6:00pm - 9:00pm

- Visiting Mourners
- Prayers at the End of Life
- How to use humor in patient visits

READ SECOND BLUE SESSION

Unit 11 - - Jewish Medical Ethics and Palliative Care: The End of Life - **R. Charles Sheer, Director of Jewish Education, Healthcare Chaplaincy of New York (tentative); Dr. Barry Kinzbrunner, Chief Medical Officer, Vitas**

March 1, @ 6pm- 9pm

- What is the Jewish standard of medical Futility
What is the Jewish definition of Quality of Life

READ GREEN SECTION

Unit 12 - TBA

March 15, 2011 @ 7:00pm - 9:00pm
PROCESS GROUP- 6 PM

Graduation

March 29, 2011 @ 7:00pm - late

LOCATION TBA

PROCESS GROUPS- We will be offering process groups to students, every week at six PM beginning in December. Process sessions are one hour long. We ask you to sign up for a minimum two sessions. These sessions will enable you to share with others, receive valuable feedback from your peers, and provide you with insights when visiting.