



THE REFUAH INSTITUTE

COUNSELING AND COUNSELOR TRAINING

*"Healing with Love, Torah and Science"*

PROFESSOR JOSHUA RITCHIE, MD, DEAN

**HARVARD'S MOST POPULAR  
PROFESSOR SPEAKS AT THE  
REFUAH INSTITUTE IN JERUSALEM**



Prof. J. Ritchie, MD and Prof. Tal Ben-Shahar, PhD

The Refuah Institute was delighted to host Professor Tal Ben-Shahar of Harvard University this past October for a special guest lecture at our Jerusalem campus. Prof. Ben Shahar set a record at Harvard University by teaching the largest class ever at Harvard with 1,000 students attending his course on Positive Psychology.

Positive Psychology teaches how to achieve excellence and happiness through using our character strengths and virtues such as Optimism, Gratitude, Loving-kindness, and Spirituality. Prof. Ritchie recently taught a course on Positive Psychology and Leadership at the Refuah Institute and looks forward to offering it again in the future.

Professor Ben-Shahar and Professor Ritchie plan to continue to work together, along with selected faculty and students, researching the Torah sources of Positive Psychology. Contact Professor Ritchie if you are interested in joining this project.

**REFUAH'S CALLING IS HEALING!**

REFUAH, רפואה, means healing. Torah teaches that all healing begins with a healing of the soul. A central mitzvah of our Torah is *"Love Your Neighbor as Yourself."* One of the highest forms of Loving-kindness is helping someone to heal. All healing requires love. At Refuah we teach our students the Art of Healing with the greatness of Torah wisdom, tools and techniques proven with science and the power of genuine love. Our credo is:

*"Healing with Love, Torah  
and Science"*

**NLP TRAINING AT  
THE REFUAH INSTITUTE**

Professor Robert Smith, certified Master Trainer of the International NLP Trainers Association in the UK, taught an exciting and dynamic workshop in **Neuro-Linguistic Programming** (NLP) to a captivated group of students during Refuah's Summer Break Intensive. Covering both Basic and Advance NLP, Prof. Smith enthusiastically trained Refuah students in various techniques, including practical tools used for goal achievement, personal growth and success.

Would you like to train to be a practitioner of NLP, TFT and related techniques? Call to sign up for world-class courses in NLP at the Refuah Institute. The Faculty of the Refuah Institute that teaches NLP includes **Professor Robert Smith, Rabbi Zelig Pliskin, Rabbi Yehoshua Paltiel, Ben Goldfarb, Robert Grant** who recently made Aliya from London, and our Dean, **Professor Ritchie**, who has been practicing and teaching NLP for over 25 years.

**REALITY THERAPY CERTIFIED**

The following students have recently earned Reality Therapy Certification at the Refuah Institute: **Rivkah Finkel, MA**, Director, Olamot Seminary, **Rabbi Eliezer Glatt, MA**, **Baruch Kastner, PhD**, **Rabbi Eliyahu Neiman**, **Rabbi Zvi Oelbaum**, **Rabbi Mayer Parker, MA**, **Avi Perez**, **Sheryl Prenzlau, MSW**, **Rebbitzin Chana Poliakoff, MA**, **Rebbitzin Liliane Ritchie** and **Chana Stroe, PhD**, Director, Tikvah Seminary. Many of these graduates are Hebrew speakers and will bring the benefit of Reality Therapy to Hebrew speaking communities in Israel.

**REFUAH INSTITUTE IS THE OFFICIAL  
CENTER FOR REALITY THERAPY  
TRAINING IN ISRAEL**

The Refuah Institute is the official representative in Israel of The William Glasser Institute of Reality Therapy. Professor Joshua Ritchie is a member of the distinguished faculty of the Reality Therapy Institute and trains Reality Therapists here in Israel along with Professor Larry Litwack, EdD, one of our visiting professors from the USA. For details and schedule see our website [www.refuah.net](http://www.refuah.net) or call the office, Tel. (972-2) 571-5112.

## REFUAH GRADUATE EARNS PHD

The Refuah Institute is proud and delighted to learn that **Dr. Baruch Kastner**, a Refuah Professional Counselor and Therapist Diplomate and Certified Reality Therapist, has received his PhD in Counseling Psychology. Professor Ritchie served as one of Dr. Kastner's thesis advisors for his dissertation on **Overcoming the Fear of Death**. Dr. Kastner is currently in private practice as a psychotherapist in Jerusalem, specializing in end of life and bereavement counseling.

## YONA POLLACK RECEIVES AWARD

Yona Pollack, a Refuah Institute Diploma graduate and faculty member, was recently honored with an award for his outstanding teaching by the faculty and students of the Refuah Institute. Yona is a highly respected youth and addictions counselor with an approach that is extremely successful and inspiring. We look forward to enjoying his teaching at Refuah for many years to come.



Rabbi Zelig Pliskin & Professor Ritchie presenting an award to Yona Pollack, Rabbi Zev Leff is on the right.

## TRAIN TO BE A COUNSELOR!

**Are you the person everyone calls for advice?** The Refuah Institute is pleased to offer exciting and rewarding career opportunities. You can train to become a professional counselor and therapist. **Bring more meaning to your life**, learn to facilitate improvement in the lives of others and make a significant contribution to your community.

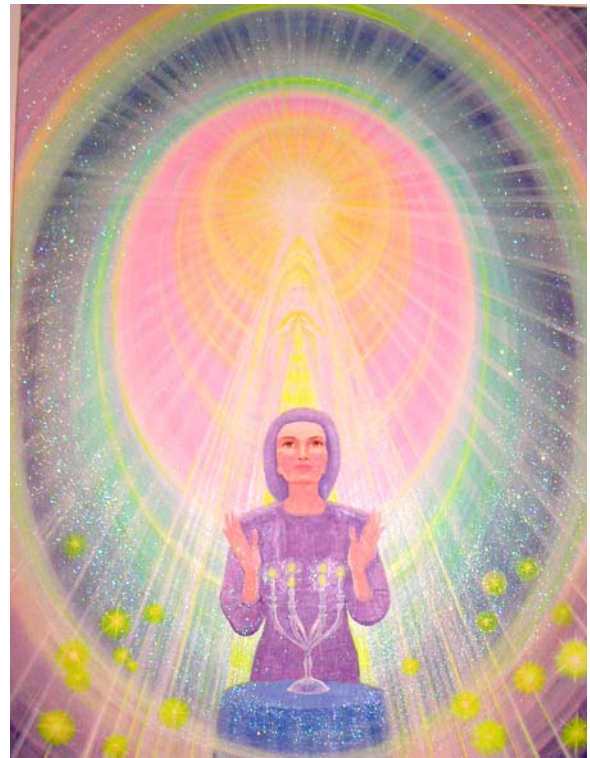
## REFUAH COURSES THIS WINTER 2007

### COUNSELING SKILLS DEVELOPMENT

Our Counseling Skills Development Course is conducted by a distinguished and dynamic faculty, with leading experts in the field. This four unit certificate course provides the foundation for your successful career in counseling and therapy.

### MARRIAGE & FAMILY THERAPY

Focus on the unique skills required for Marriage and Family therapy. Explore family relationship dynamics and new therapeutic methods for enhancing the development and maintenance of harmonious relationships in marriage & the family.



### KINDLING THE LIGHT

See more of Liliane's art at [www.refuah.net/art](http://www.refuah.net/art)

## EXHIBITION OF THE ARTWORK OF LILIANE AURA RITCHIE THIS PESACH

Students of Refuah have always enjoyed and appreciated **Liliane's artwork** gracing the walls of the Institute. This Pesach, the **first formal exhibition and sale of her creative artwork** in acrylic and mixed media will be held as a benefit event for Refuah. We hope you will attend!

**TRAUMA AND PTSD TREATMENT:** This four unit intensive workshop trains our students to treat **Post Traumatic Stress Disorder** and Stress with NLP and the related techniques of EMDR & PRTT. Graduates treat victims of terror in our **Project Refuah**.

**YOUTH COUNSELING:** Be effective!! Study **exciting and successful techniques for working with youth** in this 4 unit course.

**OTHER COURSES** this winter include Group Leadership & Facilitation Skills, Supervision groups and Reality Therapy Practicum. Call our office or check our website [www.refuah.net](http://www.refuah.net) for details.

### COURSES AVAILABLE BY INTERNET & DVD

You can study in your own home through our independent study program or through live internet hook-up. Contact our office for more details, Email: [info@refuah.net](mailto:info@refuah.net), Tel: (972-2) 571-5112

### REFERRAL SERVICE

The Refuah Institute offers a referral service with a choice of appropriate counselors, coaches & therapists. Assistance is available on a sliding scale for clients with limited resources. Tel. (02) 571-5112

# A GIFT OF GUIDANCE FROM THE REFUAH INSTITUTE

## *Healing with Love, Torah and Science*

Based on the mitzvah of “*Love your Neighbor as Yourself*” and Torah wisdom, Rabbi Ritchie’s *13 Steps to Harmonious Relationships* is a gift of guidance to help you create happier and holier relationships with the important people in your life. May you be blessed with harmonious relationships!

## *13 Steps to Harmonious Relationships*

1. **Be Understanding:** Understand with empathy. Listen attentively, with compassion. Ask clarifying and open-ended questions to fully understand and to show your interest. Communicate your understanding with active reflective listening and by responding in a non-critical & non-defensive way.

2. **Be Respectful:** Honor each person by showing positive regard and respect. Relate to the essential goodness of each person, even when it is hidden. Recognize their great potential. Show them that you know how precious and valuable they are by expressing respect and appreciation.

3. **Be Sincere:** Be genuine. Be really present with authentic and sincere interest. Share your best self, your highest feelings, your soulful connection, your caring and desire to help.

4. **Be Exemplary:** Teach by example. Be a living example of what you want to teach. Inspire others with your positive attitude, joyful feelings and actions. Be a good role model.

5. **Be Clear:** Communicate well. Speak their language, verbal and non-verbal, to build rapport, comfort and trust. For good communication, speak in ways that allows them to understand you, and in ways, such as by accurately summarizing and reflecting what they have said, so that they feel heard and understood.

6. **Be Encouraging:** Praise other people’s positive attributes and express admiration & appreciation for their talents, qualities, accomplishments, values and courage. Validate their feelings and normalize their reactions. Acknowledge and endorse their positive aspirations such as their desire to learn and grow.

7. **Be Supportive:** Support and assist sensitively and compassionately with information, referrals, contacts, endorsements, backing, coaching, mentoring, teaching and training.

8. **Be Empowering:** Empower others by supporting them in making their own decisions. Gently offer guidance in clarifying goals, considering consequences and choosing accomplishable steps. Their successes will increase their self-respect, confidence, sense of responsibility and empowerment.

9. **Be Prayerful & Optimistic:** Optimistically trust in the essential goodness and growth of others. Visualize a harmonious relationship, seeing the other blessed in light and love, protected and growing. Prayers, blessings, affirmations and visualizations are powerful forces, benefiting everyone!

10. **Be Grateful & Gracious:** Express your gratitude. Show your appreciation. Be specific with your thanks and gratitude in a timely fashion. Be grateful and acknowledge what others mean to you. Showing gratitude and appreciation works wonders. Be gracious and find grace in the eyes of the Creator and Mankind.

11. **Be Kind & Caring:** Being kind and caring is our true calling, our soul’s divine nature. The benevolent giving of ourselves, with kind gestures, caring attitudes, and actions, are a blessing and healing for those we give to and a blessing and healing for ourselves.

12. **Be a Good Friend:** A good friend allows us to give, as well as to receive and feel appreciated. Even when friends are not equally capable, each has something to give the other. Creating opportunities for the other to give and gratefully receiving their gifts are the acts of a good friend.

13. **Be Loving:** To love is to give, unselfishly, “Yshmah”. It is noteworthy and not a coincidence that 13 is the Gematria of both Love and Oneness! God created us with love and He instructed us to love Him and His creation. Love is our soul’s calling. Our destiny is to be loving, emulating the qualities of God. Love is nurturing and healing, stimulating emotional, spiritual and physical growth and development.

From the book by Rabbi Joshua Ritchie, MD

“13 Steps to HARMONIOUS RELATIONSHIPS” A POCKET GUIDE, in an expanded 2<sup>nd</sup> edition, will be available in January 2007. Contact the Refuah Institute for your copy.

REFUAH INSTITUTE, TEL.: (972-2) 571-5112, EMAIL: info@refuah.net, website: www.refuah.net



# Project Refuah

## THE REFUAH INSTITUTE OUTREACH PROGRAM FOR VICTIMS OF TERROR

Israel is constantly bombarded with terror attacks and threats of war. Many thousands of families are traumatized. Post Traumatic Stress Disorder is often under-recognized and under-diagnosed. The number of victims suffering continues to increase.

*Project Refuah* is our response to this tragedy. Providing trained and experienced stress and trauma relief counselors for those affected by the ongoing terror, the Refuah Institute provides much needed support and relief to the many people who **no longer feel safe in their homes**. Using modern therapeutic techniques including NLP, EFT, EMDR and PRFT, *Project Refuah* relieves suffering and improves the coping skills of those affected by terrorism.

With your generous donation, you can help **improve the lives of victims of terrorism** and their families who suffer with them. **You can help now.**

## REFUAH STUDENTS URGENTLY NEED YOUR SUPPORT

**Most of our students** here in Israel cannot afford counselor training without scholarship assistance. Our courses help people develop a career and livelihood, and we have run out of scholarship money!

**E. D., A Refuah Graduate:** *"Without the help of the Refuah Scholarship Fund, I would still be stuck in an unfulfilling job. Thanks to the scholarship I received, I now have a successful and meaningful career as a counselor and therapist. My heartfelt thanks to the supporters of the Scholarship Fund! I couldn't have done it without your help."*

**SPONSOR A REFUAH STUDENT:** Your contribution to the Scholarship Fund enables students to be trained as professionals who will compassionately and competently meet the mental health care needs of people living in Israel. Scholarship recipients commit to providing 10 hours of service treating victims of terror in our *Project Refuah*. Your donation to the scholarship fund will **help the students and the terror victims in Israel.**

**EVERY DONATION MAKES A DIFFERENCE.** Contribute now for a brighter, healthier Israel.

Please help as much as you can.

- \$36 **PROVIDE AN HOUR OF THERAPY** for a terror victim.
- \$180 **HEAL A CHILD:** Provide 5 hours of treatment for a child suffering from the effects of terror.
- \$500 **HEAL A FAMILY:** Provide 15 hours of therapy and heal a family suffering the trauma of terror attacks.
- \$360 **SPONSOR A REFUAH STUDENT:** Enable a student to train and become a professional counselor.
- \$5,000 **SPONSOR A TRAINING PROGRAM:** Sponsor a class of 15 students training to treat the victims of terror attacks.
- \$ \_\_\_\_\_ With your donation you become **A Friend of Refuah**; thank you and bless you!

**Donations are tax deductible**, Refuah Institute is a USA IRS recognized 501(c)(3) organization.

**MAKE YOUR PAYMENT by CREDIT CARD** via PayPal from our website: [www.refuah.net](http://www.refuah.net)

**MAIL YOUR CHECK** to Refuah Institute in the USA or in Jerusalem, Israel:

REFUAH INSTITUTE USA: % M. Futterman, 156 Willow Tree Road, Monsey, NY, 10952, USA,

REFUAH INSTITUTE ISRAEL: 95 Hahores, Jerusalem 97278, Israel (Amuta #: 58-046-327-1)

## REFUAH INSTITUTE - CENTER FOR COUNSELING AND COUNSELOR TRAINING *"Healing with Love, Torah and Science"*

DEDICATED TO THE TEACHING AND FULFILLMENT OF *"Love Your Neighbor as Yourself"*



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