



Professor Joshua Ritchie, MD, Dean

CBT COACH AND COUNSELOR TRAINING

Coaching with the Wisdom of Torah and the Tools of Science,

COGNITIVE BEHAVIORAL THERAPY (CBT)

AND SOLUTION FOCUSED COUNSELING

DIPLOMA AND CERTIFICATION PROGRAM

Information Packet

INTRODUCTION

Thank you for your interest in becoming a Refuah CBT Coach and Counselor!

Refuah Institute is dedicated to providing Jews with the skills needed to become their “best self”. Every human being has great G-d given potential. At Refuah we facilitate the development of our student’s potential. Our graduates become role-models and acquire the skills and tools needed to coach and counsel others to become their best selves.

With the Wisdom of Torah and the tools of evidenced based scientific methods, Refuah students acquire the skills that enable remarkable growth and transformation. CBT Coaching, Solution Focused Counseling and Cognitive Behavioral Therapy are of proven value in helping people change for the better.

Refuah’s Mission

Refuah Institute’s mission is to train high potential individuals in the mastery of CBT-Cognitive Behavioral Therapy, Coaching, Solution Focused Counseling, NLP and Positive Psychology all in the light and boundaries of Torah hashkafah; thereby improving the quality of life of the Refuah Graduate, the individuals that Refuah Graduates touch and the communities that Refuah Graduates influence.

Our Students

We select students based on their innate skills, desire and potential to serve the community.

This program is appropriate for those with an interest in improving their expertise in Coaching and Counseling, Leadership, Education, Marriage and Family Dynamics, Marriage Preparation and Kiruv.

Upon graduation you will have the skills of a trained professional coach and will be able to build a private coaching practice or advance your career in a variety of organizational and educational settings.

Our Graduates

Refuah graduates are successfully using the skills acquired in their Refuah training in a variety of ways. Some have advanced in their careers, some have developed private practices. All report that the quality of life of their families, clients and communities have benefited.

Our Faculty

Rabbi Joshua Ritchie MD, Dean, CMCC
Stewart Hirsch, JD, Executive Coach, CMCC
Rabbi Zelig Pliskin, CMCC
Rebbetzin Liliane Ritchie, CMCC
Yishai Gorden, CMCC
David Ritchie, MBA
Rivkah Finkel, MA, CMCC

Our Rabbinic Advisors

Rabbi Shlomo Wolbe, רצ"ל
Rabbi Chaim Pinchas Scheinberg, רצ"ל
Rabbi Y.A.Y. Milikovski, שליט"א, The Amshinover Rebbe
Rabbi Asher Weiss, שליט"א
Rabbi Zev Leff, שליט"א

Our Administrative Staff

Dan Gruhn, Director of Admissions
Ziv Ritchie, BSEE, IT Manager
Yishai Gorden, RTC, CMCC, Technical Support

Application and Registration Process

Refuah requires all applicants that are interested in enrolling to complete a non-obligatory application. There is no fee to apply. Applications are reviewed by an advisor and if you are selected for admission an acceptance letter and registration form will be sent to you detailing the registration process and tuition.

You can complete the application on page 6 of this packet or complete the application online at <http://www.refuah.net/apply.php>

Program Description

The program ensures the acquisition of the skills, experience and proficiency necessary to be **certified as a Professional Coach by the AAPC (American Association of Professional Coaches)**.

The Refuah CBT Coach and Counselor Diploma and Certification Program is a full one year (12 month - 130 hour) program including 36 two-hour training workshops and 50+ hours of supervised practicum.

The workshops are comprised of lectures, demonstrations and role-playing. Training includes coaching skills suitable for coaching in any

situation and setting as well as specific training for coaching in the areas of Education & Guidance, Marriage & Family and Health & Wellness, Leadership & Success.

Students will learn and acquire the skills of coaching and counseling using the methods and techniques of CBT – Cognitive Behavioral Therapy, Solution Focused Counseling and NLP – NeuroLinguistic Programing.

The program also includes practicums that are offered live by phone 6 times a week, enabling the Refuah students to choose a practicum offered at a convenient time.

Continuing Supervision after Graduation

When you graduate from the program you are entitled to continue participating in the supervised practicums and have access to our online educational tools. This enables our graduates to have supervision in their work as coaches and counselors.

The Live Interactive Learning Experience at Refuah

You can connect to Refuah's classes live by teleconference (phone) or video conference, using WebEx or Skype. If you are in Israel, you can join us in person at the Institute in Jerusalem. Recordings of missed sessions and of practicum training are available.

During the supervised Practicum sessions you will have a chance to observe and discuss coaching sessions, to role-play clients, to act as a coach and receive feedback from the faculty supervisor and your classmates.

You will also practice coaching with your classmates as learning partners, and are encouraged and guided to use your new coaching skills in home and work settings. The program also includes the submission of a Term Paper and a final Oral Exam.

Personal coaching and mentoring is also available per appointment with a faculty coach.

Program Materials Provided

- Refuah Institute Coach Training Manual (in 2 volumes)
- "The Coaching Manual" by Julie Starr (textbook)
- Headset for Telephone or Computer
- Access to our extensive Multimedia Library of Educational Material

Program Fees

Tuition for the 12 month program is \$7,400. A monthly payment plan is available.

Certification

Program fees include all the costs for your certification by the American Association of Professional Coaches – AAPC including the submission of your application by the Refuah Institute.

Testimonials from our Students and Graduates:

“I benefited greatly from the Refuah Institute, both personally and professionally. I have improved my personal relationships significantly by incorporating many of the coaching attitudes and perspectives into my daily interactions.”

---Rabbi Yaakov Nussbaum.

“Every week there was something that I could implement immediately, yet the full depth and value of the ideas and concepts matured throughout the duration of the program. The practice and role-playing sessions were especially powerful learning techniques.”

---Rabbi Tsvi Koehler, Life Coach and TAT Professional.

The classes are absolutely wonderful!!! I feel so blessed to have this information available for my personal and professional life.”

---Hadassah Neal

“I have used my coaching skills to motivate myself to take steps I would never dream of previously.”

---Channe Leah Klein.

THE REFUAH INSTITUTE CBT COACH AND COUNSELOR TRAINING PROGRAMS

Refuah Institute is a USA non-profit IRS recognized 501(c)(3) organization

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REFUAH INSTITUTE

CBT COACH AND COUNSELOR TRAINING PROGRAM
FOR MEN & WOMEN IN ACCORDANCE WITH TORAH HASHFAKA
PROFESSOR JOSHUA RITCHIE, M.D., DEAN

CBT COACH AND COUNSELOR DIPLOMA AND CERTIFICATION PROGRAM

APPLICANT INFORMATION

Name: _____
(Salutation) (First Name) (Last Name) (Degrees)

Home Address: _____
(Street and Number) (City) (State) (Zip Code)

Email: _____ How did you hear about Refuah? _____

Tel: (H) _____ (W) _____ Fax _____ Cell _____

Date of Birth: / / _{D M Y} Place of Birth: _____ Marital Status: _____

EDUCATION: (Institution, Dates, Field of Study, Degrees and Certificates)

EXPERIENCE: (Work & Volunteer; include dates, supervisor's name and contact information)

RELIGIOUS REFERENCE: (Rav / Rebbitzin / Congregation / Affiliation, and phone number or other contact information)

PLEASE TAKE A MINUTE TO TELL US WHAT MOTIVATES YOU TO LEARN COACHING.

WHAT WOULD YOU LIKE TO GAIN FROM THIS DIPLOMA TRAINING & CERTIFICATION PROGRAM?

SIGNATURE: _____ **DATE:** _____

Submitting this application does not register you. Those who are accepted will receive a registration form with their letter of acceptance. Upon registration, your place in the class will be secured.

PLEASE RETURN THIS COMPLETED INFORMATION FORM BY EMAIL: refuahoffice@gmail.com, or by Fax: 347-493-3554 For any questions please call us at 646-3959613 or 972-2-5715112.