



Professor Joshua Ritchie, MD, Dean

CBT COACH TRAINING

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

**COGNITIVE BEHAVIORAL THERAPY (CBT)
AND SOLUTION FOCUSED COACHING**

DIPLOMA AND CERTIFICATION PROGRAMS

Information Packet

INTRODUCTION

Thank you for your interest in becoming a Refuah CBT Coach. 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 - Lecturers and Practicum Supervisors

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
Chanie Berger, AAPC, CMCC
Hindy Ilowitz, AAPC, CMCC
Rabbi Hirsch Reichman, AAPC, CMCC
Rabbi Yona Ziskind, AAPC, 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

Refuah provides classes in Jerusalem or by distance learning. 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 - Cognitive Behavioral Coach Diploma and Certification Program is a full one year (12 month - 130 hour) program including 35 two-hour training workshops and 50+ hours of supervised practicum.

The Live Interactive Distance Learning Experience at Refuah

Lectures: (see below the schedule of the 35 lectures)

You can connect to Refuah's classes live by teleconference (phone) or video conference, using WebEx or Skype. Practicum sessions are conducted via the telephone in a group setting.

Those who want to complete the lecture requirement at their own more convenient times can do so by using the recordings of the lectures.

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 Programming.

Practicums: Supervised Practice and Discussion Sessions

The program also includes practicums that are offered six times a week, enabling the Refuah students to choose a practicum offered at a convenient time. 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. . The program also includes the submission of a Term Paper and a final Oral Exam.

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.

Program Materials Provided

- Refuah Institute Coach Training Manual (Volume I and Volume II)
- Headset for Telephone or Computer
- Access to extensive Multimedia Library of Educational Material
- Julie Starr “The Coaching Manual”

Program Fees

Tuition for the 12 month program is \$8,000. 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.

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 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: / / Place of Birth: _____ Marital Status: _____
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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

REFUAH INSTITUTE CERTIFIED PROFESSIONAL COACH

DIPLOMA PROGRAM

Sunday, November 2016 10:00 AM – 12:00 PM EST, 5:00 pm-7:00 pm Israel

#	Date	Topic (subject to adjustment)	Speakers (subject to change)
	Nov 13	Online Open House with Graduating Student's Review of Course	
1	Nov 20	Introduction of Students & Faculty Core Fundamentals of Coaching	Professor Ritchie
2	Dec. 4	Coaching Principles and Solution Focused Coaching	Professor Ritchie
3	Dec. 11	Creating the Coaching Relationship, Active Listening and Rapport Building	Professor Ritchie
4	Dec. 18	Coaching Skills for a Helping, Collaborative Relationship	Professor Ritchie
		Chanukah/Fast of Tevet	
5	Jan. 15	Vocabulary & Glossary of Coaching Terms and Use of the Coaching Tool Kit	Professor Ritchie
6	Jan. 22	Coaching Clients in Crisis - Crisis Counseling	Professor Ritchie
7	Jan. 29	Coaching Questions, Appreciative Inquiry; <i>Tamim</i> Inquiry	Professor Ritchie
8	Feb. 5	Solution Focused Questions and Use of Scaling / Scoring	Professor Ritchie
9	Feb. 12	Coaching by Telephone: How to see with your ears & be seen through your voice	Stewart Hirsch, JD
10	Feb. 19	Goals, Goals Clarification & Developing a S.M.A.R.T Action Plan	Professor Ritchie
11	Feb. 26	Finding and Developing Specialty, Niche, Utilizing Your Interests & Expertise	Stewart Hirsch, JD
12	Mar. 5	Health and Wellness Coaching	Professor Ritchie
		Purim	
13	Mar. 19	Cognitive Behavioral - Solution Focused Coaching for Habit Transformation Success	Professor Ritchie
14	Mar. 26	Coaching Mandated Clients (with Demonstration)	Professor Ritchie
		Pesach	
15	Apr. 23	Positive Psychology in Coaching	Professor Ritchie
16	Apr. 30	Review of textbook "The Coaching Manual" by J. Starr	Professor Ritchie
17	May 7	Stress Management	Professor Ritchie
18	May 14	CBT Coaching: NLP (Neuro-Linguistic Programming) and Solution Focused Skills in Coaching	Professor Ritchie
19	May 21	Reality Therapy Choice Theory as Applied to Coaching	Professor Ritchie
20	May 28	Reality Therapy as Applied to Coaching and Education (broadcast of recording)	Rabbi Eliezer Glatt, רב"ל
21	June 4	Youth Coaching	Rebbetzin Rivka Finkel
22	June 11	Parents & Tutors as Coach, Coaching Parents How To Coach Their Children	Professor Ritchie
23	June 18	Quality Schools: Coaching Students for Success & Coaching Skills for Educators and Guidance Counselors (recordings)	Professor Ritchie
24	June 25	Relationship Building, How to 'Love Your Neighbor'	Professor Ritchie
25	July 2	Coaching for Success in Shidduchim and Marriage	R' & Rebbitzen Ritchie
26	July 9	Marriage Coaching and Counseling	R' & Rebbitzen Ritchie
27	July 16	Difficult Conversations and How to Provide Constructive Feedback	Professor Ritchie
28	Jul 23	Coaching for Joy, Building Self Image, Motivation and Enthusiasm	Rabbi Zelig Pliskin
29	July 30	Professionalism, Trusted Advisor, Executive Coaching	Stewart Hirsch, JD
		Summer Break	
30	Sept. 3	Spiritual Coaching for Creativity and Intuition	Rebbetzin Liliane Ritchie
31	Sept. 10	Rabbinic Chaplaincy, Coaching the Elderly, Ill and Imprisoned	Rabbi Natan Schafer
32	Sept. 17	Strategic Planning and Marketing	David Ritchie, MBA
33	Sept. 24	Networking and Marketing Skills	Stewart Hirsch, JD
34	Oct. 15	Developing Professionalism, Building a Career & Practice	Professor Ritchie
35	Oct. 22	Concluding Session and Summary	Professor Ritchie et. al.