



Achieve Course Catalog **Fall 2020**

As you know, training is one of our serious commitments at Achieve. It reflects our deep values to staff experience, lifelong learning, and ongoing excellence for our staff.

With that in mind we are extremely pleased to introduce to you --our newest Fall 2020 course catalog for staff. Training and lifetime learning is a very high value for us and we want to make sure our staff are always engaged in growth- for your sake, your clients' sake, and the agency. This is another opportunity to help make Achieve a genuine center of excellence.

The course catalog is a new idea and way of clearly sharing and offering our trainings. Please take advantage of the opportunities and put it to good use!

One of Achieve's other deep value is our commitment to growth and innovation. With that in mind, we are also working toward developing specialty tracks. While we encourage clinicians to work with a broad array of clients and issues, we believe it can be beneficial to develop an area of specialization. Two of the specialty tracks we are developing and will be launching shortly are 1) Couples therapy and 2) Specialized Anxiety and OCD. If you are interested in joining one of these specialty tracks, we encourage you to sign up for one of the appropriate courses.

All Courses run for 8 weeks, from the week of December 7th , 2020 to the end of January, 2021.

Please sign up using the Microsoft Forms document below. We kindly request that you list which courses you would like to sign up for in order of preference. To encourage proper supervision and group coherence, most groups will be limited to 4-8 participants. You can also mark if you'd like to sign up for more than one course (space allowing).

Please note:

1. There are many courses for many levels of experience. Some courses can only be taken with permission. They are listed.
2. Some courses required a commitment of a related caseload and are marked with * in the title.
3. While the courses are currently clinical, we are developing a curriculum for administrative staff throughout Achieve. If you had any thoughts, please speak with Dr. Feiner.

For any questions, please reach out to Dr. Feiner, who is leading the charge on this critically important educational initiative.

Yitzchak Schechter, Chief Clinical Officer

Jonathan Feiner, Adult Clinical Director



Achieve Course Catalog Fall 2020

| Course | Instructor | Time | Special Requirement | Specialization Track | Child /Adult |
|--|---------------------------|------------------|---------------------|----------------------|--------------|
| Fundamentals of Marriage as a Foundation for Effective Couples Therapy | Moshe Zev Lamm, LCSW | Monday 1pm | ✓ | ✓ | Adult |
| Practical Treatment of Anxiety Disorders | Yael Mayefsky, Ph.D. | Monday 1pm | ✓ | ✓ | Child/Adult |
| Treating Substance Use Disorders | Joseph Nissenfeld, M.D. | Monday 1pm | ✓ | | Adult |
| Psychology, Religion, and Community | Isaac Schechter, PsyD | Monday 1pm | | | Child/Adult |
| Advanced Supervision Group for Trauma | Aliza Rosenwasser, PsyD | Monday 1pm | | | Adult |
| Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) | Michal Goldberg, Ph.D. | Tuesday 11am | | | Child/Adult |
| The Nurtured Heart Approach | Yehoshua Halle, PsyD | Wednesday 11am | | | Child |
| Advanced Clinical Supervision for Anxiety and OCD | Jonathan Feiner, Ph.D. | Thursday 12pm | ✓ | ✓ | Child/Adult |
| Anger Management and Emotion Regulation for Children | Gabriel Hoffnung, Ph.D. | Thursday 12pm | | | Child |
| Emotion Focused Therapy for Couples | Yissachar Krakowski, LCSW | Thursday 12pm | ✓ | ✓ | Adult |
| Dialectical Behavioral Therapy | Menucha Norowitz, LMHC | Thursday 12pm | | | |
| Grand Rounds | | Tuesdays 12:30pm | | | |
| Fundamentals Survey Course | | Wednesdays 1pm | | | |



Course Listing

Understanding the Fundamentals of Marriage as a Foundation for Effective Couples Therapy*

Instructor: Moshe Zev Lamm, LCSW

Time: Mondays at 1pm

This course will examine the fundamental concepts of marriage, in order to provide a conceptual and theoretical framework within which the couples therapy interventions can take place. The focus in this course will always be on the practical application of the knowledge and on how this knowledge can inform specific interventions. Clinicians who have at least a basic knowledge of the Gottman method or EFT (or any other accepted model of couples work) will gain the most from this course. The course will be both didactic and interactive with some of the sessions focused exclusively on questions and interactive processing.

Over an 8 week period the course will cover the following topics:

- Defining the transactional dynamics of a good marriage and a bad marriage
- Defining the terms: Commitment, Trust, Respect, Appreciation
- Beyond Attachment: The role of community and religion in a frum marriage
- ACTing with Love: The role of Acceptance and commitment to values in the marital bond
- Marriage in the shadow of childhood trauma
- Couples therapy with personality disorders and mental illness
- Working with couples in an abusive relationship (and defining "abusive")
- Working with betrayal in a relationship

*To sign up for this course, you should be willing to see 4-5 couple cases.

Practical Treatment of Anxiety Disorders*

Instructor: Yael Mayefsky Ph.D.

Monday 1pm

The practical treatment of anxiety disorders course is an 8-week course designed to present the range of the most up to date and effective treatments for anxiety disorders drawn from the best that CBT, DBT, Mindfulness, and ACT have to offer. This course is geared toward the treatment of adolescents and adults and is taught alongside a manual that includes techniques and handouts for clients to reference and utilize for homework and practice between sessions. Didactics, case examples and experiential techniques will be provided as part of the course material as well.

*To sign up for this course, you should be willing to see 4-5 clients with anxiety related issues.



Treating Substance Use Disorders*

Instructor: Joseph Nissenfeld, M.D.

Time: Mondays 1

Substance use disorders can be a particularly challenging problem to treat and often present alongside other psychiatric issues. This 8-week course will provide an overview of the diagnosis and treatment of substance use disorders, as well as the interaction between substance use and other psychiatric disorders. Treatment modalities addressed will include both therapeutic and pharmacologic interventions. The course will be structured around several case examples to highlight important themes and patterns in treating substance use disorders. At the end of the course, clinicians should feel comfortable addressing basic issues of substance use as part of treatment.

*To sign up for this course, you should be willing to see 3-4 clients with substance use disorders.

Psychology, Religion, and Community

Instructor: Isaac Schechter, PsyD

Time: Mondays 1pm

Psychology, Religion & Community are the fundamental structure within which we as individuals, couples and families exist. In this course we will study the interactions between these major systems, both practically and clinically and deepen our understanding of the lived experience and clinical practice. The course will include didactic, clinical Case Presentation, research data presentation, and discussion.

Specific topics will include:

- What is the relationship between psychology, religion and community? Frames of reference, interaction effects and ways of knowing
- Psychotherapy, G-D, transference and countertransference
- Being a religious therapist and serving religious/non-religious/similarly religious/differently religious clients and families
- Areas of potential conflict (and perhaps resolution) between psychology, religion and community (in every which way),
- The interaction of religious development, psychological development
- Values- mine, theirs, the family and community

Advanced Supervision Group for Trauma

Instructor: Aliza Rosenwasser, PsyD

Time: Mondays at 1pm

The Advanced Trauma Supervision Group is formulated to facilitate learning and integration through didactics and individual case presentations/conceptualizations. The group will aim to expand our understanding of trauma and how it impacts the traumatized individual. We will explore various modalities of trauma treatment and specific skills that can be employed to allow for trauma resolution.

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

Instructor: Michal Goldberg, Ph.D.

Time: Tuesdays 11am

Trauma-Focused Cognitive Behavioral Therapy is an 8-week course centered on trauma treatment utilizing a cognitive behavioral approach. The course will focus on providing clinicians with an understanding of trauma and post-traumatic stress disorder. It will give an overview of theory and research that lead to the development of TF-CBT. The course will then focus on assessment and treatment, utilizing the TF-CBT stages for gradual exposure and trauma processing with both children and adults. Case examples and experiential techniques will be utilized to demonstrate applications of course material.

The Nurtured Heart Approach

Instructor: Yehoshua Halle, PsyD

Time: Wednesday 11am

The Nurtured Heart Approach (NHA) is a relationship-focused methodology founded strategically in The 3 Stands for helping children (and adults) build their Inner Wealth and use their intensity in successful ways. It has become a powerful way of awakening the inherent greatness in all children while facilitating parenting and classroom success. The essence of the Approach is a set of core methodologies originally developed for working with the most difficult children. It has a proven impact on every child, including those who are challenged behaviorally, socially and academically.

This is an 8-week course that includes:

- Learning the basics of NHA
- The 3 stands and their application with children and their families
- How to present the material to parents or other stakeholders
- Case Presentations



Advanced Clinical Supervision for Anxiety and OCD*

Instructor: Jonathan Feiner, Ph.D.

Thursdays 12pm

The first two meetings will provide a brief review of evidence-based techniques for treating different anxiety disorders and OCD. There will be an emphasis on applying third wave behavioral therapies (ACT, mindfulness) to increase motivation and increase the effectiveness of treatment. We will also address how clients' religiosity may affect treatment. The majority of this course will be composed of supervising specific cases as we apply the theory into practice. We will address what to do when the basics don't work and how to manage treatment resistant cases.

*To sign up for this course, you should already have a basic background in treating anxiety and OCD and be willing to see 4-5 clients with anxiety or OCD related issues.

Anger Management and Emotion Regulation for Children

Instructor: Gabriel Hoffnung, Ph.D.

Thursday 12pm

The anger management and emotion regulation for children course is an 8-week course designed to immerse participants in a collaborative learning experience focused on practical treatment of anger and emotion dysregulation in children. Emotion dysregulation can be seen as a single problem constellation with a variety of possible causes and solutions. Drawing from the primarily behavioral psychotherapies: CBT, DBT, ACT etc., as well as a variety of psycho-educational disciplines and techniques, course participants will be presented with real clients and real skills in the treatment of everyday problems of dysregulation. As a collaborative course, participants will be given the opportunity to present on their own clinical material.

Emotion Focused Therapy for Couples*

Instructor: Yissachar Krakowski, LCSW

Thursday 12pm

In this course, we will be learning the steps and stages of Emotionally Focused Therapy and its distinctive interventions. EFT is an evidence-based, experiential, and systemic model. We will look at how attachment is used as a lens through which the couples difficulties are conceptualized and how the interventions are aimed at creating a secure base in the relationship. We will be using a mix of didactic teaching, videos, experiential exercises and case discussions.

*To sign up for this course, you should be willing to see 4-5 couple cases.

Dialectical Behavioral Therapy

Instructor: Menucha Norowitz, LMHC

Time: Thursdays 12pm

This course will cover the fundamentals of Dialectical Behavioral Therapy as well as an overview of skills from the four DBT Modules: Core Mindfulness, Interpersonal Effectiveness, Emotion Regulation and Distress Tolerance. We will discuss concepts such as dialectics, judgment, and acceptance as well as practical application with clients. Didactics, experiential practice of skills and clinical examples will be used.

Grand Rounds and Other Training

Upcoming Grand Rounds (Tuesdays, 12:30):

- Motivational Interviewing
- The Future of Behavioral Health is Now, Part II
- Training in Psychopharmacology
- Somatic Interventions
- Treating Borderline Personality Disorder
- Panel Discussion on Ethics and Boundaries.

Achieve Fundamental Survey Course, Wednesdays 1pm

| Date | Topic | Instructor |
|-------------|--|--------------------------|
| November 4 | BASICS OF PSYCHOTHERAPY (THE FIRST SESSION AND THE THERAPEUTIC RELATIONSHIP) | Michal Goldberg, Ph.D. |
| November 11 | DIAGNOSIS | Yehuda Singer, LCSW |
| Nov. 18 | INTRODUCTION TO CBT | Jonathan Feiner, Ph.D. |
| Nov. 25 | TREATING CHILDREN | Jonathan Frohlich, Ph.D. |
| Dec. 2 | FEEDBACK IN PSYCHOTHERAPY | Gabriel Hoffnung, Ph.D. |
| Dec. 9 | THE IMPORTANCE OF CLINICAL DOCUMENTATION | Noam Joel, Psy.D. |
| Dec. 16 | WHAT EVERYTHING CLINICIAN SHOULD KNOW ABOUT CPS | Yael Mayefsky, Ph.D. |
| Dec. 23 | DEALING WITH CRISIS | Stephanie Hartman PsyD |
| Dec. 30 | INTRODUCTION TO PSYCHOPHARMACOLOGY | Joseph Nissenfeld, MD |
| Jan. 6 | RELIGIOUS ISSUES IN PSYCHOTHERAPY | Isaac Schechter, PsyD |