



# REFUAH INSTITUTE

## PROFESSIONAL TRAINING PROGRAMS

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

PROFESSOR JOSHUA RITCHIE, MD, DEAN



## PROSPECTUS

Preparing Religious Men and Women for Meaningful Careers.

Training Talented Individuals to be Compassionate & Effective Professional Counselors, Coaches, Therapists, Youth Counselors, Marriage & Family Therapists, Certified Reality Therapists.

### WELCOME FROM THE DEAN

We have developed these programs in response to the call of prominent Rabbis for more professionally trained religious psychologists, counselors, therapists, and consultants.

We are a Torah-based learning community, dedicated to developing the skills of our students in a way true to Torah principles. With Torah as the foundation, our students develop mastery of the knowledge, skills, techniques, and methods required to be compassionate and effective counselors, therapists, consultants and faculty members. With the resulting professionalism acquired in our training programs, you will find a rewarding career awaiting you.

The REFUAH INSTITUTE'S faculty is comprised of exemplary Rabbis, Counselors, Therapists and Coaches appreciated for their teaching ability. The outstanding caliber of our students also contributes greatly to the quality of our programs. The character and dedication of our faculty, students and staff result in the warm, nurturing and enjoyable atmosphere of our programs.

**THE REFUAH INSTITUTE** is a religious (Orthodox Jewish) philanthropic organization, established in 1994. The founder and president is Rabbi Joshua Ritchie, M.D. The REFUAH INSTITUTE is dedicated to providing education and services that promote health and healing of body and soul in accordance with Torah Hashkafa principles.

**THE DEAN**, Professor Joshua Ritchie, MD, board-certified in pediatrics and family practice, is an educator, a professor of medicine and counseling, an author, a counselor, coach, mentor, hypnotherapist, NLP Trainer and Certified Reality Therapist and Supervisor. He is also an ordained rabbi. Professor Ritchie's counseling methods and skills are a blend of not only his secular training, but more importantly, his close association with and thousands of hours of training by observation of great masters of counseling such as the Amshinover Rebbe, zt"l and Rabbi Shlomo Carlebach, zt"l. Professor Ritchie was the founding Medical Director of the Laniado Hospital - Sanz Medical Center in Netanya, has taught throughout his professional career in medical schools and training programs in California, New York, and Israel, and has lectured worldwide. His works have been published in the prestigious Journal of the American Medical Association and the New England Journal of Medicine, among others. He is the author of "13 Steps to Harmonious Relationships".

### RABBINIC ADVISORS

#### RABBI SHLOMO WOLBE, זצ"ל

*"The wise know how to speak and when to speak.  
 A child grows only when he is loved."*

The REFUAH INSTITUTE was founded and exists to serve the community in accordance with Torah Hashkafa. Students are expected to consult with their own sources of Daas Torah for their personal halachic questions.



RABBI SHLOMO WOLBE AND PROFESSOR JOSHUA RITCHIE

The Dean of the REFUAH INSTITUTE is privileged to consult with outstanding Rabbanim including:

RABBI Y. A. Y. MILIKOWSKI, שליט"א, THE AMSHINOVER REBBE

RABBI CHAIM PINCHAS SCHEINBERG, שליט"א

RABBI ASHER WEISS, שליט"א, RABBI ZEV LEFF, שליט"א, RABBI EMANUEL FELDMAN, PHD, שליט"א

## SENIOR FACULTY

DR. MIRIAM ADAHAN, PHD, Author and Marriage Counselor

RABBI AVRAHAM BEN YOCHANAN, MS, Clinical Psychologist

RABBI DR. AVIGDOR BONCHEK, PHD, Clinical Psychologist and Hebrew University Faculty

PROFESSOR GERALD CAPLAN, MD, Chairman of the Professional Advisory Board, Psychiatrist,

Author, Professor Emeritus, Harvard University & Hebrew University School of Medicine

RABBI SIMCHA COHEN, Author and Lecturer

RABBI DR. EMANUEL FELDMAN, PHD, Rabbi Emeritus and noted Author

RABBI ELIEZER GLATT, MA, RTC, Assistant Dean, Educational Testing & Counseling

BEN GOLDFARB, MASTER NLP PRACTITIONER, Personal & Corporate Coaching

DR. JOSEPH D. HALBFINGER, LICSW, PHD, Adolescent and Family Counseling

STEWART HIRSCH, JD, Founding Principal of Strategic Relationships, Professional Coaching & Training

RABBI LEIB KELEMEN, MA, Aish HaTorah

RABBI ZEV LEFF, Mara D'Asra, Moshav Mattisyahu

PROFESSOR LAWRENCE LITWACK, EDD, Professor Emeritus of Applied Educational Psychology Northeastern University; Editor, "The International Journal of Reality Therapy"

DR. RONA MICHELSON, MA COUNSELING, MSW, DSW, Marriage & Family Therapy Practitioner,

DR. EDDY H. PAKES, MD, DPsy, FRCP(C), FAPA, Director, Mt. Sinai Hospital Bereavement

RABBI YEHOASHUA PALTIEL, MA, Master Practitioner of Neuro-Linguistic Programming

RABBI ZELIG PLISKIN, MA, Counselor, Author and Lecturer

YONA POLLAK, CASAP, Addiction Counselor

RABBI DR. MORDECAI REICH, PHD, Clinical Psychologist and Consultant

RABBI PROFESSOR JOSHUA RITCHIE, MD, Dean, Certified Reality Therapist & Trainer, NLP Trainer

REBBITZEN LILIANE RITCHIE, RTC Counselor

CHARLOTTE SAUNDERS, RCSW, BCD, Psychotherapist

RABBI SIMCHA SCHEINBERG, ROSH YESHIVA, Yeshivas Torah Ohr

PROFESSOR ROBERT SMITH, MASTER NLP TRAINER - INLPTA, Registered Psychotherapist, UK

DR. CHANA STROE, PHD, Psychotherapist, Certified Reality Therapist, Director of "Tikvah"

RABBI MEIR WEINER, MED, EDSP, Kidum Noar, Youth at Risk Counselor

## COMMENTS FROM STUDENTS AND GRADUATES

**RABBI BINYAMIN Y. FELDMAN**, "I definitely recommend the courses as extremely useful, immensely helpful, improving my relationship, communication and counseling skills."

**RIFKA FINKEL**, *The supervision groups and Professor Ritchie's advice have helped me deal with many of the challenges I face in dealing with teenagers on a daily basis.*"

**RABBI YOSEF MALKIN** "The program at Refuah emphasized very practical material, it was very important for me to upgrade my skills. Because of what I learned at Refuah, I became a very popular counselor at Mayanot, and as a result it worked itself into a full time job."

**RABBI ZVI OELBAUM**, "What is taught at the Institute has very much come to use, almost all my cases have been dramatically helped. The different skills and types of therapy taught are helpful in the counseling of clients and in dealing with one's own daily family and social life."

**RABBI MEYER PARKER, BA, MTL**, "my training with the Refuah Institute is making a tremendous difference in my ability to help those whom I teach and counsel."

**RABBI URI RASKIN**, *A day hasn't gone by since I took the course that I haven't applied what I learned, dealing with my clients, my family and friends and strangers I meet in the street. Warm empathy and regard for another person are so emphasized at REFUAH that it almost becomes second nature.*"

**RABBI MOSHE SHAPOFF**, visiting **Rabbi Shalom Yosef Elyashiv**, שליט"א, י"ה טבת תשס"ה, asked if it's permissible to study psychology from from professionals whose teachings include secular psychology. **HaRav Shalom Yosef Elyashiv** answered; "If you are מסוגל (competent), מצוה לעשות כן, then it is a Mitzvah to do so." Picking up his finger he emphatically repeated; "מצוה לעשות כן – it is a Mitzvah to do so".

**SYNOPSIS OF PROGRAMS:** The Refuah Institute offers over eighteen professional courses. Each of these courses earns a certificate. These courses provide the student with practical knowledge and useful skills that are readily applied to the student's personal and professional practice. Students earn a professional Diploma by accumulating enough certificate courses.

**CERTIFICATE COURSES & SUPERVISION/PRACTICUM OPPORTUNITIES:**

(Check website [www.refuah.net](http://www.refuah.net), or contact our office for course description & schedule)

LEADERSHIP SKILLS DEVELOPMENT - 2 units, COUNSELING SKILLS DEVELOPMENT – 4 units,  
COUNSELING SKILLS DEVELOPMENT (Hebrew) – 4 units, POSITIVE PSYCHOLOGY – 4 units,  
PRE-MARRIAGE COUNSELING – 2 units, NEURO-LINGUISTIC PROGRAMMING (NLP) - 4 units  
TREATMENT OF TRAUMA & PTSD - 4 units, GUIDED IMAGERY AND STRESS MANAGEMENT - 2 units  
REALITY THERAPY – 4 units, ADVANCED REALITY THERAPY – 4 units, REALITY THERAPY  
CERTIFICATION WORKSHOP – 4 units, COGNITIVE - BEHAVIORAL, MULTIMODAL THERAPY - 4 units,  
YOUTH COUNSELING & CHILD THERAPY – 4 units, MARRIAGE AND FAMILY THERAPY - 4 units,  
CRISIS COUNSELING - 4 units, CAREER & LIFE COACHING - 4 units, INTENSE FEELING PROCESS - 4 units,  
GROUP FACILITATION & THERAPY - 4 units, SUPERVISION OR PRACTICUM – 4 units,  
DOCTORAL DISSERTATION RESEARCH & DEVELOPMENT - 12 to 16 units

**REFUAH INSTITUTE PROFESSIONAL DIPLOMAS:**

PROFESSIONAL COUNSELOR DIPLOMA, ONE-YEAR PROFESSIONAL COUNSELOR DIPLOMA PROGRAM

REALITY THERAPY CERTIFICATION, ONE AND A HALF YEAR OFFICIAL INTERNATIONAL PROGRAM

PROFESSIONAL COUNSELOR & THERAPIST DIPLOMA, SECOND-YEAR DIPLOMA PROGRAM

**UNIVERSITY DEGREES:** The Refuah Institute assists students who wish to earn university degrees, from BA to PhD. Refuah Institute credits have been accepted by several universities.

**DESCRIPTION OF COURSES AND WORKSHOPS:**

**AIMS:** All courses are designed for mature students to quickly and efficiently acquire the necessary knowledge, attitude and skills to be good counselors and therapists.

**STRUCTURE:** The courses follow a workshop format and include lectures, demonstrations, questions & answers, discussion, demonstrations and modeling as well as role-playing by the student in expertly facilitated small groups. Sessions are usually 3.5 hours in length. The first half of each session is usually comprised of lectures and demonstrations given by senior faculty; in the second half the class is usually divided into small groups for facilitated role-playing exercises and discussion. In this fashion, the student practices and incorporates the various valuable techniques being presented.

**DISTANCE LEARNING:** Some courses can be attended on-line via the internet. DVD recordings are also available for some of the courses.

**UNITS:** 4-session courses earn 2 units of credits and require a short term paper; 8-session courses earn 4 units of credits and require a term paper.

**ADMISSION REQUIREMENTS:** Courses are designed for mature members of the religious community who possess an aptitude for counseling. We encourage anyone interested in taking these courses to apply - all applications will be given careful consideration.

**CERTIFICATES OF COMPLETION:** A Certificate is issued to the student for each course completed with satisfactory attendance, faculty evaluation and term paper.

**DESCRIPTION OF SUPERVISION AND PRACTICUM GROUPS**

**DESCRIPTION / AIM:** The aim of these small group meetings with a senior faculty clinician is for students to both receive case management consultation and discuss professional development. The students' development as professional counselors and therapists is an important focus of the Refuah program. Students are encouraged, and where feasible are assisted in gaining clinical experience in a suitable setting, so that they can bring their experiences to supervision for discussion. Credit: 4 Units per 8 session semester.

**STRUCTURE:** Groups of 5 to 11 students generally meet for 1.5 – 2.5 hours per week for 6 - 8 weeks.

## PROFESSIONAL DIPLOMA PROGRAMS REQUIREMENTS:

**PROFESSIONAL COUNSELOR DIPLOMA:** The student needs to complete 32 academic units including 4 units of COUNSELING SKILLS DEVELOPMENT, 16 units of other Certificate Courses and 12 units (3 terms) of Group Supervision or Practicum. Also required are 75 hours of experience as a counselor, 6 hours of experience as a counselee, and evaluation by the Dean and Faculty during the mentoring process.

**PROFESSIONAL COUNSELOR AND THERAPIST DIPLOMA:** Students who have completed the PROFESSIONAL COUNSELOR DIPLOMA can earn this therapists diploma by completing an additional 28 units including 16 units of courses, 12 units (3 terms) of Group Supervision or Practicum. 75 hours of experience as a counselor and evaluation by the Dean and Faculty during the learning and mentoring process. Students can become **CERTIFIED REALITY THERAPISTS** by taking Refuah Institute's officially authorized Reality Therapy courses, which also fulfill 20 of the units needed for the Refuah Professional Counselor Diploma.

**TUITION:** 2 unit course: \$ 400, 4 unit course: \$ 780, 4 unit supervision: \$ 400

**SCHOLARSHIPS:** Various scholarship programs exist. Scholarships are granted upon application to those in need of financial assistance based upon availability. Those requiring scholarship assistance are advised to apply early. You or some one you know can help sponsor a worthy student with a tax deductible contribution to the Refuah Institute Scholarship Fund.

**DONATIONS:** Donations to the REFUAH INSTITUTE and to the Refuah Institute Scholarship Fund are USA tax-deductible charitable contributions. The REFUAH INSTITUTE is recognized by the United States IRS as a religious educational non-profit organization qualifying under Section 501(c)(3) as tax-exempt. In Israel "Machon Refuah" is a registered non-profit Amuta.

**LOCATION:** The Refuah Institute is located in the Jerusalem suburb of Ramot on the edge of the Ramot Forest. The comfortable facilities are in a homelike setting surrounded by a garden and pastoral view. It is easily accessible by freeway and frequent bus service (routes 32, 34 & 36).

**LIBRARY & MULTI-MEDIA RESOURCE CENTER:** The library includes hundreds of books, audio and video recordings, including audio and video recordings of lectures and workshops given at the Institute. The Refuah Library loans books and recordings to our students and to members of *Friends of Refuah*.



Part of a class of graduating students at the Institute with Professor Ritchie seated on the left.

*We invite you to join our community of Students, Faculty and Friends of Refuah.  
Please contact us to learn of the opportunities & benefits that await you.*

**Contact us by telephone:** (972-2) 571-5112, **Email:** [info@refuah.net](mailto:info@refuah.net), and  
**visit our website:** [www.refuah.net](http://www.refuah.net) for additional information, schedules  
and for our free E-book, "13 Steps to Harmonious Relationships".

**Israel address:** 95 Derech Hahores, Jerusalem, 97278, Israel

**USA Donations:** Refuah Institute % Futterman, 156 Willow Tree Road, Monsey, NY 10952, USA