

## BIOGRAPHICAL SKETCHES OF PRESENTERS

### KEYNOTE: Rabbi Dr. Tzvi Hersh Weinreb

A noted Rav, psychologist, and orator, Dr. Weinreb received his rabbinic ordination from the Rabbi Jacob Joseph School, a Masters degree in psychology from the New School for Social Research, and a Ph.D. from the University of Maryland. Dr. Weinreb served as assistant supervisor of psychological services for the Prince George's County Public Schools, chief psychologist of the Potomac Foundation for Mental Health, and maintained a private practice in psychotherapy. Rabbi Dr. Weinreb is the newly appointed Executive Vice President of the Orthodox Union and was formerly the spiritual leader of Congregation Shomrei Emenah of Baltimore, Maryland.

### Dr. Aviva Biberfeld, Ph.D.

Dr. Aviva Biberfeld received a doctorate in clinical psychology from Yeshiva University, Ferkauf Graduate School of Psychology. She was a senior staff member at Maimonides Development Center and currently maintains a full time private practice in Brooklyn, New York. Dr. Biberfeld treats children, adolescents, and adults with a sub-specialty in parental counseling.

### Norman Blumenthal, Ph.D.

Dr. Norman Blumenthal is a clinical psychologist in private practice in Hewlett, NY, specializing in adolescent and group therapy. Dr. Blumenthal is the coordinator of group psychotherapy training for psychiatric residents and psychology interns at Long Island Jewish Medical Center. He received his MA and Ph.D from Adelphi University.

### Susan Buchweitz, C.S.W.

Susan Buchweitz is the Clinical Director of the Birchwood School, a special education school in the Clarkstown School District. Mrs. Buchweitz received her Masters in Social Work from Columbia University, and Post Masters from Hunter College and SUNY at New Paltz in Psychoanalytic Psychotherapy and School Administration. She maintains a private practice in New City, NY, specializing in children, teenagers, and family issues. Mrs. Buchweitz has published many articles, and has presented at conferences throughout the country.

### Norman Fried, Ph.D.

Dr. Fried received his doctorate in psychology from Emory University and was a Fellow in Pediatric Psychology at Harvard Medical School. Dr. Fried is in private practice in Manhasset, New York specializing in adolescent and child psychotherapy, interpersonal communication, and parent and child conflicts.

### Peter Goldenthal, Ph.D., ABPP

Dr. Peter Goldenthal is Clinical Assistant Professor of Psychiatry and Human Behavior, Jefferson Medical College, Philadelphia. He has spent two decades as a practicing family psychologist. The acclaimed author of *Beyond Sibling Rivalry*, Dr. Goldenthal has been featured on *The Today Show* and frequently presents workshops on family relationship issues.

### Rona Novick, Ph.D.

Dr. Novick is Senior Psychologist in the division of Adolescent Psychiatry at the North Shore-Long Island Jewish Health System, and is a member of the faculty of the Albert Einstein College of Medicine. She is also in private practice on Long Island.

### David Pelcovitz, Ph.D.

Dr. Pelcovitz is the Chief Child and Adolescent Psychologist at North Shore University Hospital/ NYU School of Medicine and clinical professor of psychology at NYU School of Medicine. He also teaches pastoral psychology courses for the Semicha program at Yeshiva University.

### Gila Zelinger, C.S.W.

Gila Zelinger is a clinical social worker on the child and adolescent unit at the Robert Yeager Mental Health Clinic in Pomona, New York. She has conducted extensive parenting workshops in the Monsey community focusing on strengthening the Jewish family. Mrs. Zelinger is the chapter president of NEFESH, the International Association of Orthodox Mental Health Professionals, for Rockland and Northern New Jersey. She also maintains a private practice in Wesley Hills, New York.



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www.ou.org

PARKSIDE  
MEMORIAL CHAPELS, INC.

The Positive Jewish Parenting Program of the Orthodox Union is sponsored in part through a grant from F-E-G-S, the Goldstein Family and Parkside Memorial Chapels, exclusive providers of the OU Levaya Program.

This conference is being held in conjunction with the **Rabbinical Council of America (RCA)**, with the support and encouragement of the **Rabbinical Council of Bergen County (RCBC)**, the **International Association of Orthodox Mental Health Professionals (NEFESH)**, and **Jewish Family Service**, a beneficiary agency of UJA Federation of Bergen County and North Hudson. An Orthodox Union Community Project, coordinated by the Department of Community and Synagogue Services. For information on a program in your community, call Frank Buchweitz, *Director of Special Projects* at 212.613.8188.

The Orthodox Union cordially invites the entire Jewish Community to a program on

# POSITIVE JEWISH PARENTING



This program follows up on last year's highly successful parenting conference with topics that have been requested.

## Sunday December 8, 2002

MA'AYANOT  
מעיינות

8:45am –1:30pm  
Sessions begin promptly  
at 9:30am

Ma'ayanot Yeshiva High School  
1650 Palisade Avenue  
Teaneck New Jersey

F·E·G·S

A program of the Department of Community and Synagogue Services  
of the Orthodox Union • WWW.OU.ORG • 212.613.8226





# POSITIVE JEWISH PARENTING

# CONFERENCE ON TEENAGERS

ENJOY YOUR PARENTING ROLE TO THE FULLEST

## PROGRAM SCHEDULE

8:45-9:25 am Registration / Refreshments  
 9:30-10:30 am Concurrent Workshops—Session One  
 10:45-11:45 am Concurrent Workshops—Session Two  
 12:00-1:30 pm **KEYNOTE ADDRESS:** Rabbi Dr. Tzvi Hersh Weinreb, Executive Vice President, Orthodox Union  
**PARENT TALK:** Question and Answer Session with Rabbi Weinreb and a Panel of Workshop Presenters



## KEYNOTE ADDRESS

Rabbi Dr. Tzvi Hersh Weinreb,  
 Executive Vice President,  
 Orthodox Union

## WORKSHOPS

Please select one workshop for each time slot. Workshops listed below will be presented at 9:30a.m. and repeated at 10:45a.m.

### Self Expression Within A Jewish Context

*Dr. Aviva Biberfeld*

Why do teenagers rebel and follow the latest fads and fashions? What role does peer pressure play? How parents can approach self-expression of teens, especially when they may not appear “N’Sync” with parents’ religious practices or outlook.

### Year(s) of Study in Israel: When Our Kids Become More Observant

*Dr. Norman Blumenthal*

It often happens that our teens come back from a youth program or from studying in a yeshiva in Israel adhering to a more observant lifestyle. What conflicts are created? How do parents react? How can parents restore an equilibrium that maintains individuality while continuing to build a lasting, loving, and trusting relationship?

### “Help! I Need Somebody!”... Or... Is My Teen Just Being A Teen?

*Susan Buchweitz, C.S.W.*

When is adolescent behavior healthy and when does it cross the line and become problematic? Sometimes, there is a lot of unnecessary concern and gray hairs that develop from normal teenage behavior. This workshop will allow parents to differentiate, recognize and address the various situations. Specific and general questions and scenarios are highly encouraged through give and take discussion.

### From Chaos to Calm: Enhancing Parent-Teen Communication Skills

*Dr. Norman Fried*

Good communication is essential to healthy relationships. Sensitive issues such as phone calls, homework, chores, friends, dating, and curfew can erupt into full-blown battles. Communication techniques that facilitate understanding and enhance dialogue between parents and teens will be outlined. Parents and teens can learn how to talk and listen to each other to virtually eliminate all cataclysmic interchanges.

### Beyond Sibling Rivalry: How to Help Your Teen Become Cooperative, Caring and Compassionate with the Rest of the Family

*Dr. Peter Goldenthal*

Everyone has unique qualities to be maximized to the fullest. Dr. Goldenthal will suggest strategies for parents and siblings to successfully interact with each other while establishing their own unique abilities.

### When Push Comes to Shove: When To Be Involved And When To Back Off in Your Teenager’s Academic and Personal Life

*Dr. Rona Novick*

High school is a time of transition towards greater independence. This workshop will address creating a balance between the overly protective/overly involved or under-involved parent. When and how far does a parent push or motivate and when do they step back?

### TV, Internet, Movies And Other Media

*Dr. David Pelcovitz*

An old adage tells us “Character is what you do when no one is watching.” Unfortunately, there are a lot of negative influences in addition to the positive ones that affect choices of our teens. How to instill self-monitoring values will be presented to reinforce ethically conscientious behavior in our young adults.

### Feeling Good From Inside to Out: Helping Teenagers to Like Themselves

*Gila Zelinger, C.S.W.*

Self-esteem is the cornerstone for leading a fulfilling and meaningful life. Too often, though, our children are plagued by feelings of doubt and insecurity, which negatively color their perceptions of themselves and others. This workshop will help parents develop specific strategies for helping teens have greater self-confidence and a healthier self-image.

## ADMISSION

\$18 per person in advance  
 \$25 per person at the door

## For information and advance registration, please contact:

Leah Shteingart  
 201.837.0164

Rani Lustiger  
 201.836.5357

[www.ou.org](http://www.ou.org)  
 CLICK ON PARENTING

## Conference Participation is Encouraged by the Vaad Harabanim of Bergen County and:

- Congregation Ahavath Torah
- Congregation Beth Abraham
- Congregation Beth Aaron
- Congregation B’nai Yeshurun
- Congregation Keter Torah
- Congregation Netivot Shalom
- Congregation Rinat Yisrael
- Congregation Shomrei Emunah
- Congregation Shomrei Torah
- Congregation Tzemach David
- Young Israel of Teaneck



- Frisch High School
- Ma’ayanot Yeshiva High School
- Mesivta of North Jersey
- Moriah Hebrew Day School
- Torah Academy of Bergen County
- Yavneh Academy
- Yeshiva of North Jersey

# ORTHODOX UNION POSITIVE JEWISH PARENTING



## PRE-REGISTRATION FORM

**Community – Wide Conference**  
**Ma'ayanot Yeshiva High School, Teaneck, NJ**  
**Sunday, December 8, 2002**

Name(s): \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City, State, Zip Code: \_\_\_\_\_

Work Phone:(    ) \_\_\_\_\_ Home Phone (    ) \_\_\_\_\_

E-mail: \_\_\_\_\_ Fax (    ) \_\_\_\_\_

Family Synagogue: \_\_\_\_\_

Schools Children attend and ages of children:

\_\_\_\_\_

\_\_\_\_\_

Registration Fee    \$18.00 Per Individual in advance;  
                          \$25.00 at the door:

Number of Registrants: \_\_\_\_\_

Method of Payment: (circle one) Checks should be made payable to the Orthodox Union

Cash

Check

Credit Card

Card Number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Amount Received: \_\_\_\_\_

Please complete one form per family and return with full payment to either:

Rani Lustiger  
714 Carroll Place  
Teaneck, NJ 07666  
201.836.5357

Leah Shteingart  
810 Eastlawn Drive  
Teaneck, NJ 07666  
201.837.0164

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