



ASSAF:

Judaism, Health & Healing for Clinicians

JANUARY 2010 in PHOENIX, ARIZONA

We are excited to bring you this innovative educational program for healthcare professionals hungry for exposure to Jewish learning specifically related to Judaism and health.

PLEASE JOIN US

The Kalsman Institute on Judaism and Health and the Shalom Center of Temple Chai, Phoenix, are proud to launch interactive online learning: *ASSAF: Judaism, Health and Healing for Clinicians*. This program is designed to help Jewish healthcare professionals integrate clinical and spiritual life.

The course of study brings together the clinical experience and theory of leading practitioners with the rich resources of the Jewish tradition. The online education course is bookended by retreats, and provides a realistic program for professionals who often have cramped schedules and competing demands on time.

The program includes:

- Opening Shabbaton retreat, January 8-10, 2010
- Ten weeks of interactive online learning*, January 11-March 13, 2010
- Closing retreat, March 14-15, 2010

* No previous online learning experience is needed. Students study from one to three hours per week during the ten week period.

FACULTY

Mari Chernow, Senior Rabbi at Temple Chai. Rabbi Chernow's rabbinic passions include Tanakh, early childhood education, and the Jewish healing movement.

Michele Prince, LCSW, MAJCS, Director of the Kalsman Institute of Judaism and Health. Michele provides pastoral education to HUC students, is an oncology social worker, and is creator of L.A.'s Jewish Bereavement Project.

Howard Silverman, MD, MS, Associate Dean for Information Resources and Educational Technology at The University of Arizona College of Medicine – Phoenix. Dr. Silverman is a Clinical Professor of Family and Community Medicine at the University of Arizona and a Clinical Professor of Biomedical Informatics at Arizona State University. He is co-creator of the ASSAF program.

Sharona Silverman, MPH, Director of the Deutsch Family Shalom Center at Temple Chai. She has created programming drawing upon Jewish wisdom, tradition, and teachings to guide us toward healing, wholeness, and balance.

OPENING RETREAT (January 8-10, 2010)

The opening retreat will convene in Phoenix, Arizona where we will celebrate Shabbat, study together and provide you with all of the information you will need to access the interactive online course. The retreat will be a relaxed, intimate, and friendly gathering – a chance to make new friends, renew, and recharge, while increasing your knowledge of health and healing sources from the Jewish tradition.

FRIDAY, JANUARY 8, 2010

3:00 PM – 9:30 PM includes orientation, text study, Shabbat celebration and dinner, followed by an evening program.

SATURDAY, JANUARY 9, 2010

9:00 AM – 9:30 PM Yoga, walking, meditation, meals, prayer services, group and *chevruta* (partnered) Torah and text study, plus ample free time.

SUNDAY, JANUARY 10, 2010

9:00 AM – 2:00 PM Text study continues; the group will write and share *kavanot* (personal statements) and learn “Tools for Ten Weeks” in preparation for the distance learning. Brunch and a closing program will round out the day.

INTERACTIVE ONLINE LEARNING – TEN WEEKS (January 11 – March 13, 2010)

Immediately following the Opening Retreat, participants begin the distance, or e-learning, portion of the program to study in *chevruta*. The study partners will have the options to study in person or at a distance, using the internet, telephone and printed materials to facilitate learning.

Topics covered include:

- Suffering
- End of Life
- Ethics
- Hope

The website has easy to follow details, including Hebrew and English texts, partner study questions, a participant and faculty discussion board for online dialogue, and materials for further study. Participants should plan to spend between one to three hours per week on average. This can be done anywhere and any time it is convenient to access printed materials, the internet, or telephone. Technical and textual consultation will always be available.

CLOSING RETREAT

We will reconvene in Phoenix for a final two days of study, sharing, reflection and program closure

SUNDAY, MARCH 14, 2010

1:00 PM – 9:00 PM

MONDAY, MARCH 15, 2010

9:30 AM – 2:30 PM

CONTINUING EDUCATION UNITS (CEUs)

CEUs are available through the Kalsman Institute on Judaism and Health for registered nurses, licensed clinical social workers, and marriage and family therapists. A total of 34 units are available for the program in its entirety. No additional fees are required for CEUs.

ACCOMMODATIONS & TRAVEL

Location & Lodging

- The opening and closing retreats will be held at Temple Chai in Phoenix, Arizona and in a private Phoenix home. Temple Chai is located at 4645 E. Marilyn Road, Phoenix, AZ 85032, and reached at (602) 971-1234 and www.templechai.com.
- Lodging is available at the Embassy Suites at 4415 E. Paradise Valley Parkway South in Phoenix, (602)765-5800. The price for the hotel is \$109 in January and \$139 in March. Please contact a hotel representative named ILA at 602-765-5804 to make a reservation. Nearby home hospitality options are also available.
- We will take advantage of Phoenix's prime winter season and enjoy outdoor activities including swimming, walking, hiking and a nearby nature preserve.

Registration Fee

- Early registration: \$365, if submitted by **October 30**.
- Regular registration fee is \$395, through the **December 15** deadline.
- The fee covers your costs for the ten-week course as well as the opening and closing retreats, which includes all materials, consultation, and meals. Catering will be provided by Simply Scrumptious, and dietary laws will be observed. Some partial registration scholarships will be available.

Travel

- Phoenix International Airport (PHX) is the closest airport to Temple Chai. Travel arrangements must be handled privately.
- Participants must plan on arriving at Temple Chai no later than 3:00 PM on January 8, 2010, and depart no earlier than 3:00 PM on January 10. Please make carpool or flight plans accordingly.

More Information

- Please go to www.kalsman.org for more details from previous ASSAF programs, or contact Sharona Silverman to register or if you have any questions
 - Phone: (602) 971-1234, extension 280
 - Email: ssilverman@templechai.com



HEBREW UNION COLLEGE - JEWISH INSTITUTE OF RELIGION
KALSMAN INSTITUTE
on Judaism & Health

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