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# HEBREW UNION COLLEGE - JEWISH INSTITUTE OF RELIGION

## KALSMAN INSTITUTE

*on Judaism & Health*

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## Kalsman Quarterly e-Newsletter

Fall 2011

Dear Kalsman Friends,

Greetings. We returned to work after an intense season of reflection and celebration. Last quarter I was struck by the need for the Kalsman Institute to focus our attention on the theme of RESILIENCE. We move now from observation to action, and commence a program of assessment and research to study resilience and self-care among our Jewish leaders. Phase one begins with research examining self-care practices among Reform rabbis to identify successful and less successful strategies to strengthen resilience and fight burnout. We will soon share further plans for interviews and surveys.

For a copy of our most recent program of assessment and research, click [here](#) for the Kalsman Institute's *Program Assessment: An Exploration of the Field of Judaism, Health, and Healing through Program Review and Key Stakeholder Interviews*. The report provides our examination of the development of programming in the field of Judaism and health.

Please read below for highlights about the Kalsman Institute and highlights about our close partners on each of the HUC campuses.

L'Shalom,

Michele F. Prince, LCSW, MAJCS  
Director, Kalsman Institute on Judaism & Health

## PASTORAL EDUCATION

In addition to our on-campus work with our Los Angeles students, the institute is fortunate to convene and work closely with our exceptional colleagues on all the HUC campuses to advance field-building in Jewish pastoral education.

### HUC-LA

At the annual CPE Lunch & Learn, HUC-LA rabbinical students met just last week to learn about pastoral internship options, and representatives from local CPE hospitals and sites shared highlights about their programs, alongside students who gave first-hand accounts of the

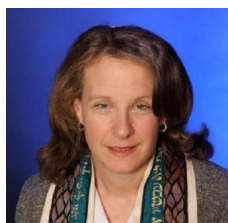


transformational impact of their experiences at the bedside. The Kalsman Institute continues to co-sponsor the annual Spiegel Seminars with the School of Jewish Nonprofit Management. This year's series is focused on "Financial Values and Anxieties in the Jewish Community." The six week series will allow the students to assess their relationship with money, better understand how economics will impact their work and relationships in the Jewish community, and learn how to provide resources for families in need. The seminars were developed by Kalsman partner Marcia Cohn-Spiegel. Marty is making sure to continue the work she began while she was a student at HUC three decades ago, to ensure that topics typically hidden within the Jewish community become less and

stigmatized as a part of HUC student education.

### ***HUC-JERUSALEM***

Dr. Ruchama Weiss, is director of the Jerusalem's campus' Blaustein Center, and teacher at Mezorim, Sugiyot Chaim, and in the Israel Rabbinical program. She recently founded the International Committee for Professional Development in the Field of Spiritual Support, with Kalsman's Michele Prince and William Cutter as members of her committee. A recent collaboration between campuses took place this spring. A meeting was held at the Jerusalem campus with stateside faculty on via videoconference, bringing together staff, faculty, healthcare professionals, and rabbis to process a client case presentation with both spiritual care and psychological input. The center is enriching conversation in the Israeli health and healing environment.



### ***HUC-CINCINNATI***

HUC-Cincinnati welcomes back Rabbi Julie Schwartz. Rabbi Schwartz now heads the campus' Pastoral Care and Counseling program, which she established while on the faculty of the academic, spiritual and professional leadership development center of Reform Judaism from 1989 to 1999. The Cincinnati HUC accredited Clinical Pastoral Education (CPE) center had a successful summer unit and is in the midst of an extended academic year unit. The center now has the ability to offer Cincinnati students the opportunity to earn four full units of CPE prior to ordination. This means that they can leave HUC with the requisite number of units to qualify for Board Certification as chaplains in the National Association of Jewish Chaplains and the Association of Professional Chaplains.

### ***HUC-NEW YORK***

Rabbi Nancy H. Wiener was featured in Kalsman news earlier this year when she was named the Steinberg Distinguished Professorship in Human Relations and Counseling. She continues to direct the Blaustein Center for Pastoral Counseling and one last year's highlights was the Round Table on Issues of Early Aging hosted at HUC in May, held in conjunction with NYU Silver School of Social Work and UJA/Federation NY. Leaders in the field of Aging discussed issues ranging from health care to spiritual needs and brainstormed ways that educational, religious, social service and healthcare institutions can offer complementary support as baby boomers age.

### ***IJSO'S LGBT PASTORAL CARE SERIES***

The Institute for Judaism and Sexual Orientation (IJSO), headed by long-time Kalsman friend and partner Dr. Joel Kushner, is currently involved in creating an LGBT pastoral care series program for HUC-JIR/LA, AJR, and AJU students. The program is being modeled after the



Congregation Beit Simchat Torah (CBST) LGBT Pastoral Care Series held in New York from October 2010 to April 2011, which included topics such as preparing LGBT couples for marriage, mourning and loss, coming out, gender transitions, and creating families. Contact IJSO's Program Associate, Kenna Cottrill at [kcottrill@huc.edu](mailto:kcottrill@huc.edu) for more information.



### ***PRE-MARITAL COUNSELING***

This month, the Kalsman Institute is providing rabbinical students on the HUC-LA campus a premarital training program called Prepare and Enrich. The program is a well-researched tool to prepare clergy to help couples with their relationships. The event will be led by Kalsman partner and previous HUC pastoral educator, Rabbi Ruth Alpers. Rabbi Alpers is staff chaplain and ACPE supervisor at Cincinnati Children's Hospital Medical Center in the Department of Pastoral Care.

## PASTORAL EDUCATOR CONFERENCE

The Kalsman Institute on Judaism and Health and the UJA-Federation of New York are co-sponsoring an invitation-only rabbinic seminary pastoral educator conference, with faculty from each HUC campus and each of the major Jewish seminaries across the streams of Jewish life. The conference is the first of its kind and will be held January 2012 in New York. Faculty will discuss the history of Jewish pastoral education and how the unique role of the rabbi has evolved. Sessions will also explore the current state of the field, how well we are serving our communities, and a vision for the future. Findings will be disseminated to the Kalsman network.

## MILITARY CHAPLAINCY

### *DEDICATION AT ARLINGTON NATIONAL CEMETERY FOR JEWISH CHAPLAINS*



On October 24, a congressionally mandated memorial to the 14 Jewish Chaplains who died in service to our country between World War II and the Vietnam War was dedicated at Arlington National Cemetery. Please read the HUC [press release](#).

### *NEW SCHOLARSHIP FUND*

This year, at Hebrew Union College New York Rabbi Richard S. Sternberger Endowed Scholarship Fund was established at HUC-JIR to support the studies of a rabbinical or cantorial student preparing for military chaplaincy.

### *URJ RESOLUTION*

Temple Emanuel in Beaumont Texas recently submitted a proposed resolution to support Jewish Military Chaplains, personnel, and their families to the 68th Reform Judaism General Assembly, at the upcoming December Biennial in D.C. There are currently only 29 active-duty Jewish chaplains in the armed services and Jewish military personnel do not always have ready access to Jewish pastoral services. Read the full report [here](#).

## KALSMAN CONFERENCE, SPRING 2013: JEWISH WISDOM AND WELLNESS: ANCIENT TRADITION AND MODERN MEDICINE

After a brief delay, the Cedars-Sinai Medical Center and the Kalsman Institute are planning an interdisciplinary conference to be held in Los Angeles in the Spring of 2013. We will contact those of you who expressed interest in helping plan and build the conference and will launch the planning in January 2012. The conference will mine our Jewish tradition to improve health and well-being in the Jewish community.

## KALSMAN WRITINGS

Kalsman is delighted to announce that Jewish Lights Publishing will be publishing *Judaism and Health: A Handbook of Practical, Professional, and Scholarly Resources*, co-edited by Michele Prince and Roundtable scientific chair, Dr. Jeff Levin.

Levin also has a forthcoming article in the *Israel Journal of Psychiatry*. The article is "[Religion and Psychological Well-Being and Distress in Israeli Jews: Findings from the World Values Survey \(In press\)](#)."



Michele and Rabbi Nancy Wiener are actively reading articles as part of their work co-guest-editing a health and healing symposium issue of the *CCAR Journal: The Reform Jewish Quarterly*, which will be out in summer 2012. Nearly two dozen articles are beginning to come in. The themes of papers draw from a

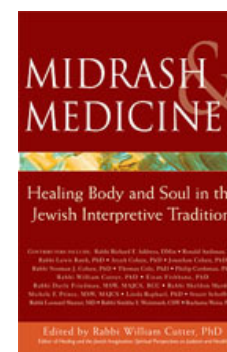
range of topics on illness and wellness, including programmatic models designed to support our community in times of need; rich explorations of prayer, ritual, and theology; and discussions of specific actions and needs related to the experience of or lack of health of body, mind, and spirit.

### CALL FOR POEMS

You are invited to submit poems to the *CCAR Journal* for this symposium issue. The poems, related to the themes of illness and well-being, will go through a blind review and are due by Nov. 28. These poems should not have been published elsewhere, and may be written by you or someone you know. Poems should be on a separate Word attachment, without the author's name or identification included. They will be reviewed by the Journal's poetry editor. Please send submissions to:

Rabbi Susan Laemmle, Ph.D.  
Editor, CCAR Journal  
[laemmle@usc.edu](mailto:laemmle@usc.edu)  
323-939-4084

*Midrash and Medicine: Healing Body and Soul in the Jewish Interpretive Tradition* (2010), and *Healing and the Jewish Imagination Spiritual And Practical Perspectives* (2007), by Rabbi William Cutter, published by Jewish Lights, are now both available as e-books on [Amazon](#), [Barnes and Nobles](#), and the [bookstore](#).



Purchase *Midrash and Medicine: Healing Body and Soul in the Jewish Interpretive Tradition*, Published by Jewish Lights at [www.JewishLights.com](http://www.JewishLights.com) or as e-books using the links above.

### JDAM BOOK CLUB

February is Jewish Disability Awareness Month (JDAM). Kalsman Partner Shelly Christensen created the JDAM Book Club. The club features *The Story of Beautiful Girl*, by Rachel Simon, about a Jewish woman who lived in an institution for the "feeble-minded" and the accompanying story of the progress and relationships that are intertwined through a 40 year period. A discussion guide on Jewish values is in process. For more information, click [here](#).

### COMMUNITY RESEARCH AND CALLS FOR PAPERS

#### NEW FACULTY SCHOLARS PROGRAM ON MEDICINE AND RELIGION: UNIVERSITY OF CHICAGO

The Program on Medicine and Religion at the University of Chicago is currently inviting applications from junior faculty members with an interest in the subject of physician spirituality and who have an aptitude for studying medicine and religion. The project aims for the spiritual renewal of the practice of medicine by renewing physicians themselves. The deadline for submission with a preliminary letter of interest is December 1, 2011. Please click [here](#) for more details.

#### CALL FOR PAPERS: RELIGION, SPIRITUALITY, AND DEPRESSION

*Depression Research and Treatment*, an online peer-reviewed academic psychiatry journal, is publishing a Special Issue on Religion, Spirituality and Depression in August 2012. The Journal is now accepting papers for possible publication in this Special Issue (deadline for receipt is February 3, 2012). Research articles reporting original data will receive priority. To learn more about the topics and to submit an paper, click on the following link: [Call-for-Papers](#).

The journal is also looking for Reviewers for these articles. To qualify as a reviewer, a person must have at least one peer-reviewed publication in an academic journal. Reviewers may also submit an article for the Special Issue if they wish. If you are interested in being

a reviewer, e-mail your CV to Dr. Harold Koenig at [koenig@geri.duke.edu](mailto:koenig@geri.duke.edu).

### **CALL FOR CHAPTERS: CHRONIC ILLNESS AND SPIRITUALITY: DIVERSE DISCIPLINARY, RELIGIOUS, AND CULTURAL PERSPECTIVES**

The editors of *Chronic Illness and Spirituality: Diverse Disciplinary, Religious, and Cultural Perspectives* invite contributions for an interreligious, multicultural, and interdisciplinary collection of chapters that critically examines how the spiritual traditions of the world represent and respond to chronic illness.

Abstracts not to exceed 600 words are due by 1/30/2012 and should be sent to Darla Schumm at [dschumm@hollins.edu](mailto:dschumm@hollins.edu) and Michael Stoltzfus at [mjstoltz@valdosta.edu](mailto:mjstoltz@valdosta.edu). Please submit your work in APA format. First drafts of chapters will be due on or before 6/30/2012.

### **UPCOMING COMMUNITY PROGRAMS AND EVENTS**



#### **YOM IYUN: UNDERSTANDING THE NATURE OF DISASTER AND HOW TO HELP YOUR COMMUNITY HEAL: NOVEMBER 8, 2011 10:30AM-2:30PM**

Please join us on November 8, 2011 from 10:30am-2:30pm at the UJA Federation in Los Angeles for a day of learning with Rabbi Zahara Davidowitz-Farkas on "Understanding the Nature of Disaster and How to Help Your Community Heal." We will learn with Zahara and other outstanding colleagues

with special expertise and experience in the field, including Rabbis Jason Weiner, Sara Berman, Morley Feinstein, and Chaplain Gila Katz.

Following lunch, participants will select one of two breakout sessions focusing on either the Congregational/Jewish context of healing or the Communal/Interfaith response to crises and disasters. We at the Kalsman Institute on Judaism and Health are proud to co-sponsor this Yom Iyun alongside the Board of Rabbis, Cedars Sinai Medical Center, and the National Association of Jewish Chaplains. Please email [boardofrabbis@jewishla.org](mailto:boardofrabbis@jewishla.org) to register. More details can be found [here](#).

#### **FIRST YAHRTZEIT FOR OUR BELOVED DEBBIE FRIEDMAN**

In Los Angeles, Join Temple Isaiah and the Kalsman Institute on Sunday, January 22, 7:00pm, to remember our beloved Debbie Friedman, with learning, reflection, and song, on

the occasion of the first anniversary of her death. Stay tuned for more details.



#### **BIKUR CHOLIM TRAINING CONFERENCE**

The 24th Annual Bikur Cholim training conference is November 13, 2011 at the UJA-Federation of New York. Click [here](#) for details.

#### **GERIATRIC PALLIATIVE CARE CONFERENCE: ENHANCING CARE THROUGH COMMUNICATION**

Save the date for the 2011 Geriatric Palliative Care Conference: Tuesday November 15, 8:30am-4:45pm at the UJA Federation of New York. Please click [here](#) for conference details and registration.

#### **JEWISH BIOETHICS 2012 ANNUAL MEETING**

The 2012 Meeting for the Society for Jewish Ethics (SJE) will be held January 4-8, 2012 in Washington, D.C. January 4 will focus on Jewish Bioethics. The Kalsman Institute will co-sponsor a symposium called Biomedical Ethics: Traditional Jewish Values across the Continuum of Life on January 8, 2012 from 1:00-5:15pm. Please register [here](#).

### **IN CLOSING**

Please click on this [link](#) to view a new video and learn more about HUC-JIR, featuring President Ellenson, Dean Holo, and many of our students.

### **KALSMAN RESOURCES**

Jewish tradition provides guidance and rituals for healing the self and the community, and the language of condolence. If you would like resources or further information, please contact Adi Bodenstein at [abodenstein@huc.edu](mailto:abodenstein@huc.edu).



### **PLEASE PARTICIPATE**

Will you be our friend? Follow the Kalsman Institute on Facebook: <http://tinyurl.com/KalsmanInstitute> and Twitter: KalsmanInst

### **CALENDAR**

- 11/08/11 - Yom Iyun - Nature of Disaster, LA
- 11/13/11 - Bikur Cholim Conference 2011, NY
- 11/13/11 - The Heart and Soul of Caregiving, LA
- 11/18/11 - Premarital Counseling Workshop, HUC-LA
- 12/14/11-12/18/11 - URJ Biennial Convention, Washington, DC
- 01/06/12-01/08/12 - SJE, Washington, DC
- 01/10/12-01/11/12 - Pastoral Educator Conference, NY
- 01/22/12 - Debbie Friedman Yahrzeit Event, LA
- 06/04/12 - 06/07/12 - International Nursing Conference, Jerusalem
- 06/12 - Kvod V Nichum Conference, CA
- 04/13 - Jewish Wisdom and Wellness Conference, LA

### **KALSMAN INSTITUTE BOOKS**

*Midrash and Medicine: Healing Body and Soul in the Jewish Interpretive Tradition*, Published by Jewish Lights, [www.JewishLights.com](http://www.JewishLights.com)

*Healing and the Jewish Imagination: Spiritual and Practical Perspectives on Judaism and Health*, [www.JewishLights.com](http://www.JewishLights.com)

*Quality of Life in Jewish Bioethics*, [www.LexingtonBooks.com](http://www.LexingtonBooks.com)

### **MAKING A DONATION TO HUC-JIR AND THE KALSMAN INSTITUTE**

Through a financial gift to the Kalsman Institute on Judaism and Health, you can make a difference in the lives of our students and Jews in need of health and healing services. Supporting the Kalsman Institute will help build the field of Judaism, health, and healing. Click [here](#) to make a gift to sponsor a pastoral intern or contact Adi Bodenstein for further conversation about Kalsman Institute funding opportunities - [abodenstein@huc.edu](mailto:abodenstein@huc.edu) or 213-765-2131.

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