

Crisis Chinuch

OVERVIEW

What you need to know...



by
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Resources

Rabbi Shimon Russell – Keshet Nafshi

What's next when things aren't moving?

<https://www.torahanytime.com/#/lectures?v=153580&code=keshet>

Rabbi Shimon Russell – Manchester 2017

Safeguarding children

<https://www.youtube.com/watch?v=feqSvXf0JI>

Keshet Nafshi Lectures on Torah Anytime Available For **Free**

<https://torahanytime.com/organizations/26>

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Crisis Chinuch
What you need to know....

Normative childhood development.

a) לשבת יצרה

לא תהו בראה, לשבת יצרה

ישעיהו מוה, יח.

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Crisis Chinuch
What you need to know....

Normative childhood development.

b) 3 stages of childhood development.

- 1) Unconditional love,
- 2) Limit setting,
- 3) Guidance.

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What you need to know....

Normative childhood development.

c) 4 Ss. This is how healthy “attachment” is created.

- 1) Safe,
- 2) Secure,
- 3) Seen,
- 4) Soothed.

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Crisis Chinuch
What you need to know....

Normative childhood development.

d) In previous generations:

Discipline achieved thru....

Withdraw love, show you're upset/angry.

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Crisis Chinuch
What you need to know....

Normative childhood development.

d) In TODAY'S generation:

Discipline achieved thru....

Loving firmness...

NOT showing you're upset/angry !

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What you need to know....

Normative childhood development.

All good

Unless trauma strikes !

(this explains your relatives & friends)

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Trauma

Definition of terms:

DSM-5

Traumatic events are defined as....

“exposure to actual or threatened death,
serious injury or sexual violence”.

(The 5th edition of the Diagnostic and Statistical Manual of Mental disorders of the American Psychiatric Association 2013)

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Trauma definition

Similarly...

Trauma is an emotional response to a terrible event like an accident, rape or natural disaster. Immediately after the event, shock and denial are typical. Longer term reactions may include unpredictable emotions, flashbacks, strained relationships and even physical symptoms like headaches or nausea.

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5 “Types” of Panic response

Normal stress response

Acute stress disorder

Uncomplicated PTSD

Comorbid PTSD

Complex PTSD

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5 "Types" of Panic response

Complex PTSD

- Complex PTSD is the opposite of uncomplicated PTSD as it is caused by multiple traumatic events, not just one.
- Complex PTSD is common in abuse & domestic violence cases.
- While they share the same symptoms, treatment of complex PTSD is more intense than uncomplicated PTSD.
- Individuals with complex PTSD are frequently diagnosed with borderline or antisocial personality disorder or dissociative disorders.
- They can exhibit behavioral issues, such as impulsivity, aggression, substance abuse or sexual impulsivity.
- They can also exhibit extreme emotions, such as intense rage, depression or panic.

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What you need to know....

P.T.S.D.

*Will have a severe psychological reaction
at exposure to,
internal or external cues, that symbolize or resemble
an aspect of the original trauma....*

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What you need to know....

What is the trauma?

"על שני עמודים עומד חיי ילדנו"

- a) Relational/developmental – especially Sexual.
- b) Learning/spiritual.
- c) De-facto learning disabilities. (Ex: Bullying etc).

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Traumas/Abuse related to *frum* kids

1) Relational/developmental traumas.

- a) Physical.
- b) Emotional.
- c) Psychological.
- d) Sexual.
- e) Spiritual.

OBVIOUS OVERLAP BETWEEN THEM

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What you need to know...

Impulse disorder

- Most C.I.Cs will get a dx of:
 - A.D.D.
 - O.D.D.
- Possibly true.....
- More likely: Situational
- 4 or more of the following.....

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What you need to know...

Impulse disorder

- Often loses his/her temper
(more than the average child of that age/gender)
- Often argues with adults
- Often argues/refuses to comply with rules of adults
- Often deliberately does things that will annoy other people
- Often does things and blames others
- Often angry and resentful
- Often spiteful or vindictive (mean spirited)

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What you need to know ...

Impulse disorder

- Concept of "choices" to open up the space.
- The exact opposite of what they usually experience !!!

Is it any surprise that these kids
end up traumatized ?

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What you need to know....

The science behind trauma.

What does it do to their brains & nervous system?

P.T.S.D.

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The Amygdala and it's impact on the brain

- Prefrontal cortex
→ Executive functioning
- Amygdala**
(Limbic system) → Safety
- Hippocampus
(Limbic system) → Memory

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The Amigdala

a) It's purpose is to protect us.

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The Amygdala

a) It's purpose is to protect us.

b) *Bear in the woods* example.

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The Amygdala

a) It's purpose is to protect us.

b) *Bear in the woods* example.

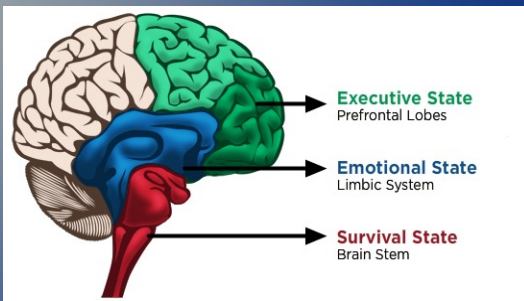
c) Converts the reaction to a....
"previous threat"
to a
"future threat".

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The Amygdala

- a) It's purpose is to protect us.
- b) *Bear in the woods* example.
- c) Converts the reaction to a "previous threat" to a "future threat".
- d) Has the ability to "shut down" (i.e. *Impair the functioning of*) the prefrontal cortex.

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They see danger & it disconnects them

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"Thinking about Thinking"
Higher Reasoning
Executive Function

Prefrontal Cortex

9 Functions of the Prefrontal Cortex

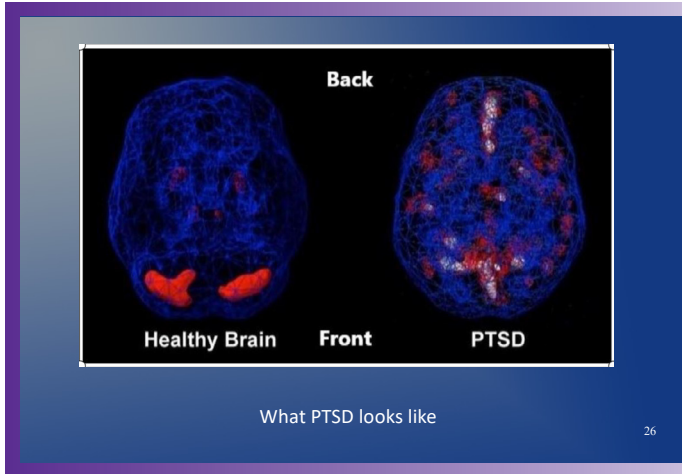
1. Empathy
2. Insight
3. Response Flexibility
4. Emotion Regulation
5. Body Regulation
6. Morality
7. Intuition
8. Attuned Communication
9. Fear Modulation

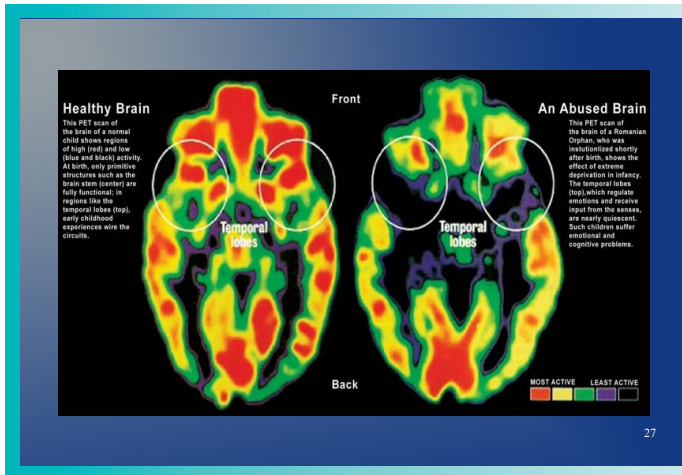
Limbic Brain

1. Fight, flight, freeze stress response
2. Thinks, "Am I safe? Do people want me?"
3. Emotions live here

Therefore, they CANNOT think straight.

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Crisis Chinuch
What you need to know ...

Impact on brain functioning

Crucial considerations:

a) PTSD: Concept of the brain being hijacked by the Amygdala.

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Impact on brain functioning

Crucial considerations:

a) PTSD: Concept of the brain hijacked by the Amygdala.

b) Viewed as **adaptive...**
(contrast with Mal-adaptive)

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*Crisis Chinuch
What you need to know...*

Impact on brain functioning

Crucial considerations:

a) PTSD: Concept of the brain hijacked by the Amygdala.

b) Viewed as **adaptive...** (contrast with Mal-aladaptive)

c) When triggered,
is it **reasonable to reason** with them?

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*Crisis Chinuch
What you need to know...*

So now.....

Try to imagine for a minute how CRUEL it is

to expect them, or to tell them to,

“Just get over it !”

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Crisis Chinuch
What you need to know...

This is for kids brought up in a religious home who: (4/6 ?)

- a) Are frequently at war with their parents. *i.e parents no longer have "external control" over them.*
- b) Struggling to stay in School or are out of School.
- c) Stopped eating Kosher,
- d) Stopped keeping Shabbos,
- e) Do drugs
- f) Are sexually active.

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What you need to know...

This is "my" mehalech.

(people say why not do this for all kids...?)

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Crisis Chinuch
What you need to know...

Daas Torah.

- a) Knowledgeable in Crisis Chinuch. *i.e. They understand when you ask something like this: "My child is in a sofek Pakuach Nefesh, therefore I'm giving them unfiltered internet. Is there any reason Al Pi Torah NOT TO GIVE IT TO THEM?"*
- b) Experienced.
- c) Sensitive to you. *(you don't feel blamed).*

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What you need to know...

How do the kids *typically react* after trauma strikes.

Happiness/Pleasure Paradigm

Their negative behaviors are all to cope with deep pain

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Crisis Chinuch
What you need to know...

How do the kids *typically react* after trauma strikes.

a) Psychological reactions.

- Look like disorders, but usually are not !
- Eating disorders.
- Rage reaction.

b) Drug use. Address “addiction”.

c) Isolation.

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What you need to know...

e) 4 levels of alienation.

- i) School,
- ii) Friends,
- iii) Community/street,
- iv) Family

- They frequently act psychotic,
- They frequently feel suicidal.

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What you need to know....

f) Sexual behavior. Expect sexual experimentation.

- i) Pornography,
- ii) Promiscuity,
- iii) Same sex attraction.

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What you need to know....

ספק פקוח נפש

Death statistics*

	Drug overdose			Suicide			Combined
	Male	Female	Totals	Male	Female	Totals	Grand total
2018	95	43	129	14	44	58	187
2019	110	41	151	34	66	100	251
2020	97	37	134	44	85	129	263
2021	96	52	148	42	77	117	265
2022	99	56	155	44	79	123	278
2023	101	59	160	45	75	120	280

* Source: Amudim. Figures for NY/NJ/CA/FL. Vast majority between ages of 16-30

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What you need to know....

What is crisis Chinuch ?

a) We put the primary focus on our development, not on “fixing” our kids.

b) מה דשנא לך לחבריך לא תעביד (שבת ל"א.)

Will your actions connect you to your child or not ?

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Crisis Chinuch
What you need to know...

What do we do now?

a) YOU AS THE PARENT ARE THE *IKKAR* FOR THEIR HATZOLA !

- i) You do not repair the trauma, but...
- ii) YOU create the potential for their recovery
- iii) Stop being a target for their arrows !

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Crisis Chinuch
What you need to know...

What do we do now?

b) Five stages you will probably go through on YOUR journey.

- i) Denial,
- ii) Anger,
- iii) Bargaining,
- iv) Mourning,
- v) Acceptance.

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What you need to know...

c) Let go of “external control” in order to achieve internal control.

- i) Don't let your fear make you control them.
- ii) Get your ego out of the way.
- iii) Stop worrying about the neighbors, friends, relatives.

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What you need to know....

- d) Concept of "נפשו קשורה בנפשו כדי לחנכו".
- e) Concept of repairing attachment to help them have a healthy life.
RELIGION comes later (if at all).
- f) Show them that your love for them does not depend on their behavior. Concept of "defy me more than I can love you".

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Parents role....

Ahavas Chinam

- i.e. Unconditional love

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*So what is the parents role
in helping them heal ?*

- It's all about "relationship" !
- Not a guarantee, *but the opposite is !*
- Prior to therapy: It's the facilitator.

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Crisis Chinuch - What you need to know....

Parents role

- g) Gift them. Care for them. Splurge on them. (all to reconnect)
 - i) Even when undeserved.
 - ii) Even when against your values.
 - Movies, drugs, clothing etc.
 - iii) As necessary, give them smart phones, internet, TV screens.

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Crisis Chinuch - What you need to know....

Parents role

- h) Accept their choices of boy friends/girl friends.
 - This has many variables.**
 - i) Out of the house.....
 - ii) In the house.....
 - iii) Sleeping with them in their room.....
 - iv) Address **Marriage**.

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Crisis Chinuch - What you need to know....

Parents role

Being in touch with your emotional reactions.

- a) Learn to stop fighting with your spouse & support them.
- b) Distance your self from non-supportive, uneducated therapists, Rabbonim, friends, relatives, *mechanchim* etc.
- c) Get psychological &/or spiritual help to battle your ego.

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Crisis Chinuch - What you need to know....

Parents role

Hashem

- Letting go of guilt.

Finding meaning in their journey, for your journey.

- The ways of Torah are sweet and livable.

If it feels stressful, you are probably doing it wrong !

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Crisis Chinuch - What you need to know

Parents role

- **Remember we are partners with Hashem!**
- Be strong and positive in your *mehalach*.
- People are less likely to disagree or argue with you if you really believe what you are doing is right.
- Don't complain (*vent*) about your *CIC* to people who aren't on board.
- Keep away from toxic people who pull you down.
- It's our responsibility to portray our journey in a positive way.

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Crisis Chinuch – What you need to know

Parents role

Love

- Demonstrate that love thru facial expression, body language & tone of voice.

Positivity

- "yes, sure, of course...".
- Leave no doubt in your child's mind that you are happy to be with them and do for them.
- Work on seeing their strengths and growth & reflecting it back to them.

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Crisis Chinuch – What you need to know

Siblings

אין דוחין נפש מפני נפש

משנה אהלות פ' ז - האשה שהיא מקשה לילד...
תוספתא תרומות פ' ז - שאמרו להם גוים תנו לנו אחד מכם ונהרגו...

"דמשמיא קא רדפי לה" - סנהדרין ע"ב :

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Crisis Chinuch – What you need to know

Siblings

WITH a pre-existing challenge:

Exposure to:

a) the behavior of their struggling sibling or,
b) you fact that you introduced *Crisis Chinuch* into your home,

will accelerate the emergence of their underlying struggle.

BUT

It DID NOT cause it !

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Crisis Chinuch – What you need to know

Siblings

- If they have a pre-existing problem of their own, then they now have two risk factors....
- Nevertheless, don't presume the worst & overprotect.
- Treat them respectfully. Don't convey to them that you are fearful about them.

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Crisis Chinuch – What you need to know

Siblings

If they don't have
other risk factors & are seemingly doing OK....

- They also have needs, both physical and emotional.
Don't assume they're doing OK !
- They are not mini-parents. Avoid parentification.
- Treat them respectfully. Even if they are doing well, the course of their life has changed too.

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Crisis Chinuch - What you need to know....

Parents role

Being in touch with your emotional reactions.

d) If you have your own childhood trauma...

do something about it as it WILL get in the way.

e) Get your own *Torah hashkofas* in line with....

Crisis Chinuch !

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