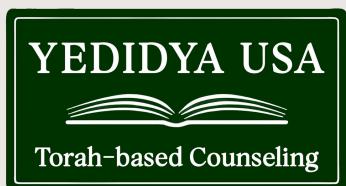


# Fundamentals of Torah-based Counseling Professional Training Course

With a focus on a practical  
approach with practical tools

Presented by



Under the Guidance of Rav Yechiel Yaakovson Shlit'a, Author of  
*Spare the Child* and more



# Rav Yechiel Yaakovson's

legendary, decades-old counseling course — a proven Torah alternative to therapy that has trained hundreds of counselors in Eretz Yisroel — is now available in English for the first time, with added focus on the practical skills.

Presented by

## R' Daniel Whitman

Counselor and lecturer on behalf of Machon Yedidya

- ➡ Participants will receive Rav Yaakovson's monumental counseling book — *יסודות הייעוץ התורני* — available exclusively to course registrants

24 sessions | Two 45-min. classes per session | 15-min. break with refreshments + Q&A | Dec. 28 - C"z תמוז | Sundays, 8:45-10:30 PM | In person or call-in (women: phone only) | Recordings (video + audio) sent by email and made available on the phone line | \$1800 PP \$2300 per couple (payable over 6 months)

## Some of the topics discussed:

- Torah-based counseling Fundamentals: Identity — Kavod as a transformative tool — Uniqueness — Routine vs. change
- Emotional Challenges: Anxiety — Compulsiveness — Confusion and mild depression — Personal challenges — Kedusha
- Unique training on how to identify and pinpoint the other's challenge
- Learning to navigate severe halachic concerns and potential pitfalls that may arise during counseling
- The material is taught on both the conceptual level and the practical-professional level

## The course is geared toward:

- Anyone looking to engage in counseling and assisting people facing emotional challenges
- Mechanchim who want to provide their students with more personal guidance
- Those seeking clear and practical guidance in all areas of self-growth (with the exception of particular cases in which the guidance may even be counterproductive)

# Topics to be discussed in the course

## A special emphasis

A central topic in the course is the place of Torah-based counseling in relation to non-Torah counseling systems. Basic examples will be presented to illustrate the uniqueness and importance of Torah-based counseling.

ח' סבת 28

**732-343-9091**

### COUNSELING

The essence of Counseling: <i>Bechira</i>	Living with a constant experience of growth
<i>Bechira</i>	<i>Bechira</i> is between acting good and 'not' acting
Awareness of <i>Bechira</i>	Instilling meaning into routine acts
Pleasure	Connection to life through pleasure
Routine vs. change	The way to cope with challenges
Identity	The foundation of progress in Avodas Hashem
<i>Kavod</i> as a transformative tool	The downfalls are a result of lack of self-respect
Uniqueness	האדם נברא ייחיד
Personal Development	Consistent progress in Avodas Hashem with satisfaction
Listening	Correct listening=healthy release
Fundamentals of Chinuch	Yiras Shamayim, Enjoying Yiddishkeit, Values, Growing
Effective communication	Communication guidelines for children of various ages

### EMOTIONAL CHALLENGES

Anxiety	What is fear?
Compulsiveness	Understanding the cause for one's repetitive behaviors
Confusion and mild depression	How to choose to exit depression
Personal challenges	Despair caused by difficulties
Kedusha	Overcoming כוונות in a way that builds and develops oneself
Getting to know the common emotional challenges	General overview of psychological issues

### THE COUNSELING PROCESS

The goal of the session	The benefit of an outsider when coping with difficulties
Speaking and releasing	The main part of the counseling process
Intuition	The way to believe that you can indeed help
Different types of people	Personality and behavioral disorders
Connecting	כושא בעול עם חביוו