ID Number: **P/W – 101 Available from 01/03/2022 – 01/01/2023**

Topic:  **Family relationships** Format: **Virtual**

Max: **Virtual – 20**

Title: **A do it yourself workshop about forming healthy boundaries with loved ones.**

Available Times: **M – 5:00 PM – 8:00 PM**

Participants: **Parents/Clergy/Lay Staff/ young adults (18-25-yo)**

Description: **What can Jewish wisdom literature and contemporary psychology teach us about creating and maintaining healthy boundaries with our loved ones? Participants will learn from sources and do guided reflections to help them clarify their boundaries. They will also explore how to honor their relationships with loved ones while keeping their boundaries secure.**

Bio of Presenter: **Rabbi Ariel Goldberg, LMSW is a Jewish educator and psychotherapist. He enjoys presenting interactive seminars that support holistic awareness, integrating mental, spiritual and somatic experience.**

ID Number: **P/W – 102 Available from 02/07/2022 – 01/01/2023**

Topic:  **Mental Wellness and well Being** Format: **Virtual**

Max **Virtual – 20**

Title: **A do it yourself workshop about forming healthy boundaries with loved ones.**

Available Times: **M – 5:00 PM – 8:00 PM**

Participants: **Parents/Clergy/Lay Staff/ young adults (18-25-yo)**

Description: **What can Jewish wisdom literature and contemporary psychology teach us about creating and maintaining healthy boundaries with our loved ones? Participants will learn from sources and do guided reflections to help them clarify their boundaries. They will also explore how to honor their relationships with loved ones while keeping their boundaries secure.**

Bio of Presenter: **Rabbi Ariel Goldberg, LMSW is a Jewish educator and psychotherapist. He enjoys presenting interactive seminars that support holistic awareness, integrating mental, spiritual and somatic experience.**

ID Number: **P/W – 103 Available from 12/20/2021 – 06/30/2022**

Topic: **Preschool Parenting** Format: **Virtual, In-Person (MD/DC/VA)**

Title: **Parent child interaction Therapy** Max: **Virtual – Unlimited**

**In-person – 40**

Available Times: **M,T,W,Th,F – 9:00AM – 4:00 PM**

Participants: **Parents/ School Staff**

Description: **PCIT- Parent Child Interaction Therapy is a specialized, two-phase treatment program for children ages 2 through 7 developed by Sheila M. Eyberg, PhD. PCIT is unique in that it utilizes live coaching to support parents in learning strategies to establish a nurturing and secure relationship with their child, while helping their child increase pro-social behaviors and decrease negative behaviors. This Training will provide a background of PCIT as well as an overview of how PCIT is used to support parents in managing challenging behaviors. Objectives: Participants will - • Learn the research behind PCIT • Identify who would be a good fit for this treatment modality • Review skills used throughout treatment. • Explore adaptations to PCIT in working with other populations**

Bio of Presenter: **Andrea Carpenter, LPC, Program Director, PCIT, NoVA Team, has been with JSSA since October 2019. She is a certified PCIT therapist and trainer and has participated in extensive training in cognitive behavioral therapy, solution focused therapy, and play therapy. Andrea initially became licensed in Oregon in 2015 and provided individual, family and group therapy services to children, adolescents, and adults presenting with symptoms associated with ADHD, anxiety, depression, autism spectrum, trauma histories, crisis stabilization, developmental delays, and substance use disorders. She has experience working with the child welfare system, working with families surrounding adoption needs, and working closely with the school system both in providing school-based therapy as well as collaborating with school professionals to support clients.**