

## New from Wings of Care.

Three new areas have been embarked on in the last 12 Months in Wings of Care. They are:

The launching of our Consumer Website, [www.vicnet.net.au/~msupport](http://www.vicnet.net.au/~msupport), and its Email address [MSupport18@bigpond.com](mailto:MSupport18@bigpond.com)

This is very exciting as contact has been made locally, interstate and overseas with Jewish people coping with mental illness and the Organizations that provide services for them. All the items on the site are from our local consumers and are very proud of this and of them. May it go from strength to strength.

Also recently, the Era - Educational and Recreational Activities - program began. We commenced our Jewish Studies segment some time back now and have a talk every time there is a special event or Yom Tov in the Jewish Calendar to Commemorate or Celebrate. Shulamit Greenbaum conducts the program.

After the Conference we will start our Art segment. Zsuzsi Hartmann will conduct this. It will be in six week blocks

There will be some Physical activities to follow.

Our Carer Support Group was the other activity to start this year. This was a much needed group and is facilitated by Adena Ucko. Those in it and myself believe that there are still plenty of Jewish Carers out there probably needing the support of others like themselves that need encouragement come along. If you know of someone who you believe is in this category or you are yourself we urge you to contact us on 03 95274866.

**Zipporah Oliver M.A.P.S.** is delighted to inform clients and colleagues of the completion of her new consulting suite. Zipporah's private practice has re-located from Burke Road Medical Suites, to 13 Kurrajong Avenue, E St Kilda. The harmonious environs are wheelchair friendly and include infant facilities. Zipporah provides individual and relationship counselling and training. It is a general psychological private practice which includes specialisations in couples therapy, disability related issues, women's matters, infant mental health, depression, panic, stress and life challenges.

Zipporah can be contacted at  
13 Kurrajong Avenue East St Kilda, vic, 3183  
**Tel 0438345770**  
**Fax (03) 9525 8963**  
for Individual & Relationship Counselling & Training.

## Pre Marriage Workshops

The pre marriage workshop program has been operational for over the past year and is assisting many couples as they prepare for marriage. The aim of the pre marriage workshops is to provide couples with effective skills to help them enjoy loving, committed and meaningful marriages.

This program was started by Kalman Rubin. He has been a successful practicing Psychologist and Family and Child Therapist since 1978. His experience includes 13 years in the USA as a Therapist and Director of Family Services and has been practicing in Australia since 1991. He spent 9 years as a Manager of Counselling in the Family Court of Australia and now is in full time private practice. He has presented conferences on marriages, relationships, intimacy and separation worldwide. He is now in full time private practice and has for the last year successfully combined his many years of experience and runs a 3 part pre marriage workshop program, which is endorsed by many of the Rabbis in the community.

The workshops are designed to be fun, interactive, informative and very useful. Marriages are the most important relationship we form and these workshops will provide life long tools for happy, committed and fulfilling marriages. The workshops combine a Jewish perspective and sound psychological principles.

**Philip Benjamin**, who is a registered psychiatric nurse, with 25 years experience, and a trained teacher, has commenced a private practice. He is offering a comprehensive assessment service for people experiencing emotional or psychological problems, assistance for individuals and families living with mental illness, as well as general counselling and short term psychotherapy.

Having worked as a community nurse for many years in CAT Teams and Mental Health clinics, as well as Hospital Emergency Departments, he is happy to visit people at home. He can be contacted on **0418 778 007**. I have been in full time private practice since 12/02.

### Kalman Rubin

Counselling Psychologist specializing in:  
- Family and Individual Therapy and Counselling  
- Marriage and Relationship Counselling  
- Children and Adolescence Counselling  
- Separation, Family Court Reports  
- Mediation  
- Corporate Culture Rebuilding

There are three workshops:

- Relationships, Love and Commitment
- Communication ... a bridge to happiness and longevity
- Passionate and Intimate Marriages

What to Expect:

- **Three interactive workshops**
- **Expert advise**
- **Preparation for marriage**
- **Confidence for the future**
- **Knowledge to help form lasting relationships**
- **Tools to assist in developing oneself within a marriage**
- **A perspective that encourages loving and committed relationships**
- **A Jewish perspective**

For further information contact Kalman Rubin on 0438 180 190 or by email, [krubin@hotmail.com](mailto:krubin@hotmail.com)

### Towards Better Mental Health Services in Melbourne's Jewish Community

The Conference aims to raise awareness of the need for better mental health services in our community and the importance of implementing such services.

**Sunday, November 9th, 2003**  
**10.30am — 2.30pm**

**Venue**  
**Caulfield Synagogue Hall, 572 Inkerman Road, Caulfield.**

**Conference to be opened by**  
**Dr. Ruth Vine, Deputy Chief Psychiatrist, Victoria.**

**Speakers**

**Rabbi Ralph Genende**  
**Rabbi for Mount Scopus College and Beit Aharon Synagogue.**  
**"What's Mental Health got to do with being Jewish?"**

**Dr. Julie Ruth**  
**Executive Officer Bnai Brith's Anti-Defamation Commission.**  
**"Anti-Semitism and its effect on Jewish people with a mental illness."**

**Rabbi Dr. Shimon Cowen**  
**Director of the Institute for Judaism and Civilization Inc.**  
**"Education in Jewish Mental Health"**

**Lorraine Levy**  
**Founder and Director of Wings of Care (Kanfei Chesed) Inc.**  
**Honorary Secretary, Jewish Mental Health Network.**  
**"Jewish Communities: World's best practices."**

**Admission \$15**  
**Refreshments and lunch will be provided.**  
**For further information contact:**  
**Lorraine Levy 9527 4866**

## The Institute for Judaism and Civilization

### A review of the past year's activities

The Institute for Judaism and Civilization over 2002-3 (the Jewish year 5763) was involved on a scholarly front in developing an understanding of the relationship between psychotherapy and human spirituality at large. Viktor Frankl is known as a figure whose work stands near the centre of this concern. The work which the Institute had done on Frankl, through symposia and translations of his work was recognized by the Royal Australian and New Zealand College of Psychiatrists, which invited me to join in leading a workshop at their 38th Congress in Hobart last May. This was followed by a presentation which I made to participants in the Congress on "Universal values and human personality". This sought to show how, based on a most important essay of the Maharal of Prague (translated in Volume 4 of the Journal of Judaism and Civilization), the "Noahide laws" - representing universal human values -

are actually related to the normative structure of human personality.

There was also an invitation to address the 14th World Congress on Logotherapy, the school of meaning-centred therapy established by Frankl, in Dallas in June this year. There I gave a paper on "Viktor Frankl's Logotherapy and universal values", in which I sought to document the consistency of the Noahide laws with the values expressed in Frankl's writings. From here it will also be evident that in seeking out the spiritual in humanity, one needs to have some notion of in what it consists. Only then can the therapist tap into a common spirituality, which he or she shares with the patient. This theme was developed again in a presentation made to a symposium on "Meaning at the end of life", hosted by the Peter Macallum Cancer Research Institute.

One of the pleasurable experiences of the trip which took me to Texas and the

World Congress on Logotherapy was a stop over in Vienna, during which I visited the family of Frankl, Mrs Frankl, his daughter and son in law Professor Franz Vesely. Apart from anecdotes, one was able to inspect the tremendous dissemination of Frankl's work: in the apartment can be found all translations of all of Frankl's work into an extraordinary number of languages.

In the most recent volume of the Journal of Judaism and Civilization, mentioned above, the Institute also published the proceedings of its International seminar in Psychotherapy and Spirituality of 2002, and it is hoped that this and other writings and collegial contacts made by the Institute over the last year, will eventually equip it to make a systematic contribution to the training of mental health workers in the spiritual dimensions of psychotherapy.

## CHEVRA HATZOLAH MELBOURNE INC

### ARTICLE ON PUBLIC SEMINAR CONDUCTED BY THE AUSTRALIAN JEWISH PSYCHOLOGISTS



Given the events of the past couple of years and the security situation worldwide, the Australian Jewish Psychologists organised a Public Seminar on 2 March 2003 to discuss and inform the Jewish Community on what has been done and is being done by the relevant Jewish Organisations in planning for and responding to a major incident.

The seminar topic was:

"The Jewish Community's Response in the Event of a Crisis"

The seminar was open to members of the public as well as members of the AJP. I was fortunate enough to represent my organisation, Hatzolah on the selected panel\*\*.

The Panel represented the following organisations;

- **Australian Jewish Psychologists**
- **Jewish Care**
- **Jewish Community Security Group**
- **Jewish Emergency Management Plan**
- **Victoria Police**
- **Medical Displan**
- **Chevra Hatzolah Melbourne Inc**

The Seminar involved a panel of experts presenting on their organisation's procedures for responding to a major incident and how they interacted with other Jewish organisations and the Emergency Service Organisations. However, the Panel not only discussed the community response to a major incident but also detailed the other three major components with respect to Emergency

Management:

- **Planning**
- **Preparedness**
- **Recovery**

More importantly, there was a presentation on an organisation called Jewish Emergency Management Plan (JEMP) whose role it is to coordinate all Jewish agencies involved in responding to a major crisis.

The Public Seminar was extremely well attended by a cross section of the community including professionals from a number of disciplines (including members of AJP).

The overwhelming response from the audience was that the Jewish Community had done a lot of planning with respect to a

major crises and it seemed that there was a well structured, coordinated response available. Members of the audience suggested that there needed to be an advertising campaign to educate the rest of the Jewish Community about the relevant structure, organisations and procedures in the Community to respond to major incidents.

**DANNY ELBAUM**  
**OPERATIONS MANAGER**  
**Chevra Hatzolah Melbourne Inc**

\*\* Please note that the views expressed in this article are those of the writer.