

Welcome



Let's talk about it!



Community Conversations

WITH THE CENTER FOR JEWISH CARE

Jewish Approaches to Parenting in Challenging Times

Thursday, February 29, 2024 | 6:00 – 7:15pm

Thank You To Our Partners



Community Conversations:

Uniquely Jewish Conversations
Hosted by the Center for Jewish Care at JFS

Jewish Approaches to Parenting In Challenging Times

By Andrea Guttman and Becca Lantry

Moderated by Carole Yellen, JFS



Hello,

we are so happy you're here!



Andrea Guttman,
Licensed Marriage
& Family Therapist
at Tulipa Therapy



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Senior Associate Marriage
& Family Therapist
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Psychology



Disclaimer

This content is designed to provide information and support and is intended for educational purposes only. It is important to note that psychoeducation is not a substitute for therapy. This does not replace individualized mental health care.

- Information shared is not tailored to individual circumstances and should not be considered as personal advice.
- Your participation in this program does not establish a therapist-client relationship.
- While we are therapists, we are not acting as your therapists, and any information shared should not be interpreted as therapeutic interventions.
- If you are experiencing emotional distress, mental health challenges, or have specific concerns, it is crucial to seek the assistance of a qualified mental health professional.
- This program is not an emergency service. In case of an emergency or crisis, please contact your local emergency services or a crisis hotline.
- Participation in psychoeducation does not guarantee specific outcomes or changes. Results may vary based on individual efforts and circumstances.

By continuing with this psychoeducational program, you acknowledge that you have read, understood, and agreed to the above disclaimer. If you do not agree or have reservations, it is recommended to discontinue participation.

Overview

- Resilience in the Face of Adversity
- Values & Parenting
- Leaning into Hard Conversations
- Practical Tips
- When/Who/How to Seek Support
- Questions & Comments



What is impacting our child(ren)?

- Increasing Antisemitism
- Safety Concerns
- Influx of Information
- Impacts of Social Media
- Shifting in Friendships
- What is impacting your child(ren) right now?



Jewish Values and Parenting Resilient Children

Community & Connection
(Kehilah)

Family Traditions
& Rituals

Emphasis on Learning
& Education

Teaching Perseverance
Through Stories

Commitment to Social
Justice
(Tikkun Olam)

Faith and Trust in God
(Emunah)

Acts of Kindness
& Compassion
(Chesed)

Cultivation of Gratitude
(Hoda'ah)

Encouraging Questions
& Critical Thinking



Why is it so important to lean into hard conversations?

- Emotional Regulation
- Empathy and Compassion
- Identity Development
- Communication Skills
- Building Trust and Openness
- Conflict Resolution Skills
- Critical Thinking Development
- Preventing Anxiety and Fear
- Resilience and Coping Strategies

Start at the Beginning

- **Priming and Self-Care**

-How can you prepare yourself before engaging?

- **Consent**

-Are they ready and willing to have this conversation?

Connection

Find out what they know and how they feel

1

Spread compassion, not stigma

2

3

Keep it calm and age-appropriate





Check-In

“ I just got some new (insert snack) I really want to try. Let’s have some snacks together and check-in. ”

“ Hey, I know things have been a little intense lately at school. Can we take some time to talk about it? ”

“ Who did you see today? What was one thing you really loved? Did anything feel hard today? What was it and how can I help? ”

“ Hey, I love you and I’d really like to spend some time with you. Let’s snuggle up and talk about your day. ”



Managing Complex Emotions

Movement

Connect with community

1

2

3

Tikkun Olam





Seeking Support

- Identify Safe Adults

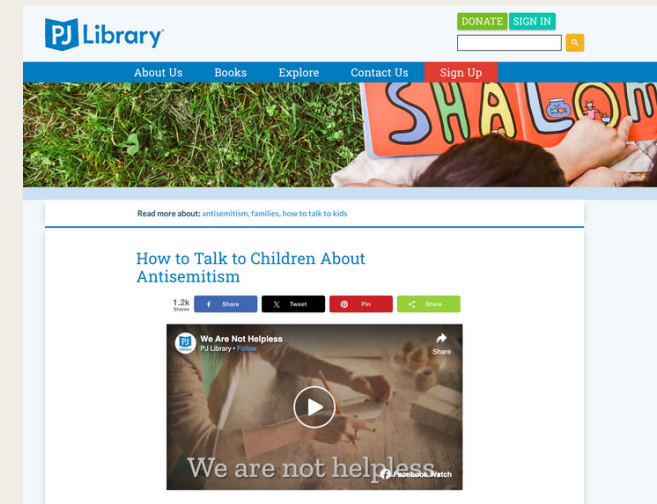
- School Supports

- Outside Supports



Resources:

- How to Talk to Children About Antisemitism



- Parents' & Caregivers' Guide to Countering Antisemitism

- Grounding Techniques PDF

Grounding Techniques Menu

Do you ever experience unwanted memories, 'space out', or feel detached or disconnected from what's going on? The term for anything that takes your attention away from the present moment is 'dissociation'. We all do it from time to time – daydreaming or concentrating hard are both types of dissociation. However, there may be times when dissociation feels unpleasant or takes you to places you don't want to go. Sometimes when we re-experience unpleasant memories it can feel like they're happening again *right now*.

If you struggle with dissociation, grounding techniques can help you come back to the present moment. The *Grounding Techniques Menu* provides lots of examples, so you can find out which ones work best for you.

How could this tool help me?

- Grounding techniques help you come back to the present moment when you feel like you might be detaching or disconnecting from reality.
- If you feel distressed by upsetting thoughts or memories, grounding techniques can help you cope with these intense emotions and feel safe.
- With practice, you can learn to recognize the signs of dissociation and use these techniques to stay in the present.

How should I use it?

The *Grounding Techniques Menu* describes ways you can ground yourself. Some use your senses (e.g., things you can smell or touch) and some use your mind (e.g., reassuring things you can say to yourself).

Read through the examples and choose some techniques you would be willing to try. Experiment with several grounding techniques, so you can find the ones that work best for you.

Helpful tips

- Grounding takes practice, so try these techniques regularly.
- Not everyone is the same: if a grounding technique doesn't work for you after you've tried it a few times, move onto another one.
- Find some grounding objects that you can keep with you and use whenever you need to (e.g., essential oils or a list of coping statements).

Grounding Techniques Menu

Unwanted thoughts, memories, and emotions can pull you away from the present moment. Psychologists sometimes call this 'dissociation' and it is very common, especially in people who have experienced trauma. Grounding techniques are a way of bringing your attention back to the present moment, where you are safe.

Come back to your senses

Using your senses of sight, sound, touch, smell, and taste is a quick and powerful way of bringing your attention back to the moment at hand.

- **5-4-3-2-1 technique:** name 5 things you can see, 4 things you can hear, 3 things you can touch, 2 things you can smell, and 1 thing you can taste.
- **Water:** splash your face with cold water, run water over your hands, or have a bath or shower.
- **Smells:** smell a strong smell (e.g., chewing gum, essential oils).
- **Grounding object:** carry an object with pleasing sensory properties (e.g., a smooth pebble, a beaded bracelet).

Use your body

If you feel distressed, you can use your body to help you to come back to the present moment.

- **Change position:** stand up if you were sitting down.
- **Exercise:** do some star jumps, go for a run, or swim.
- **Stretch your body:** reach up and try to touch the sky with your fingertips, then bend down and try to touch the ground.
- **Dance:** move your body to your favourite song.
- **Ground yourself:** press your feet into the floor and literally 'ground' yourself.
- **Hands or feet:** curl your fingers or toes, then release them.

Distract yourself

Dissociation and unwanted thoughts can be persistent. If your mind keeps going to unhelpful places, use distraction to gently bring it back to the present.

- **Nature:** go for a walk outside; watch the clouds; feel the wind on your face.
- **Other people:** call someone; go somewhere else; talk about something different; go 'people watching'.
- **Watch & read:** watch a funny video; read a book.
- **Listen:** use music or a podcast to change your mood.
- **Slow down:** walk somewhere slowly and mindfully, concentrate on each step.

Calm yourself physically

Your body and mind are connected. Use physical soothing techniques to help you to relax.

- **Breathing:** try a relaxed breathing exercise to calm yourself by slowing and deepening your breathing.
- **Muscles:** try a progressive muscle relaxation exercise to calm yourself and release tension, clench and release your fists, allowing tension to drain away as you release.
- **Yoga:** practice yoga or stretching.
- **Exercise:** use physical exercise to release pent-up energy.
- **Connection:** ask someone for a hug, give yourself a butterfly hug, or stroke a pet.

Remind yourself that you are safe

Unwanted memories from the past can make you feel unsafe. Remind yourself that you are safe now.

- **Proof:** carry something that proves you survived (e.g. a photo of something good that has happened since your trauma).
- **Letter:** write a letter reminding yourself of why you are safe now, and carry it with you.
- **Coping statements:** "I survived"; "This too shall pass"; "This is just a memory"; "I am safe now".
- **Then vs. now:** focus on what's different now compared to the time of your trauma.

Orient yourself

Dissociation can make you forget where and when you are. Use grounding to orient yourself in space and time.

- **In space:** remind yourself of where you are right now.
- **In time:** remind yourself of when it is right now.
- **Relative to your trauma:** remind yourself of where you are now, and how it is different to where and when your trauma happened; remind yourself of what has happened since your trauma happened.

Offer yourself compassion

You're already feeling bad, so there is no point in making things worse by criticizing yourself. Try offering yourself kindness instead.

- **Be understanding:** "It's no wonder you're feeling frightened because you have just had unwanted memories of the past. You are safe now".
- **Be kind:** what would you say and how you would act towards someone else who was suffering like this?

Use your imagination

Your mind can respond to imagined 'things' as powerfully as it does the 'real thing'. Regular practice of the exercises below can help when you need it.

- **Safe place:** do a 'calm place' or 'safe place' exercise, where you imagine being in a soothing place.
- **Compassionate other:** try a 'compassionate other' exercise, where you imagine being in the presence of a perfectly compassionate being who accepts you without judgment.
- **Positive memories:** deliberately think about happier times, places where you felt safe, or people you felt safe with.

Resources

- Crisis Text Line: 741741
- Suicide Hotline: 1-800-273-8255
- Emergency Services: 911
- NAMI support groups
- Community Mental Health Clinics
- Open Path Collective for more affordable sliding scale options
- Center for Jewish Care at Jewish Family Service

TULIPA THERAPY

EMBRACE WELLNESS FROM WITHIN

Center for Jewish Care

- Compassionate, Confidential Support in English and Hebrew
- Resource Navigation:
 - Basic Needs, Housing and Food Security, Transportation, Community Connections, Limited Financial Assistance
 - Individualized plans to access JFS services, government benefits, Jewish and community resources
 - Mental health resource navigation and coping strategies
- Spiritual support with Rabbi Susan Freeman
- Care Coordination for Holocaust Survivors and their families

858-637-3018

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www.JFSSD.org/JewishCare

TULIPA THERAPY

EMBRACE WELLNESS FROM WITHIN



Join Us



Jewish Federation of San Diego

Jewish Family Service



Left to Their Own Devices

Helping children use social media responsibly



Devorah Heitner, PhD
Speaker and Author
Featured in The New York Times, The Washington Post, CNN Opinion, TIME Magazine, and PBS.



Monday, March 4, 2024
5:00–6:30 p.m. PST
Live on Zoom 🎧

► Register for this seminar at:
go.wellnessinstitute.org/socialmedia

Cost: **\$18 per person**
Use promo code: **JFSD18**

Produced by the Wellness Institute,
a division of the Rohr Jewish Learning Institute (JLI)

For all questions, email
info@wellnessinstitute.org



PARENT PODCAST CLUB

for moms of teens

A book club without the book!

Step 1: Listen to a suggested podcast each month about different teen parenting topics, including mental health, social media, managing stress and anxiety, and relationship repair.

Step 2: Chat about this with other moms of teens in person over food and drinks!

Step 3: Learn something new, meet a new friend, share laughter & stories!

Next date: Mon 3/11 at 7pm in Solana Beach

To RSVP for more info, email Amy Scher:

AmyS@JewishinSanDiego.org

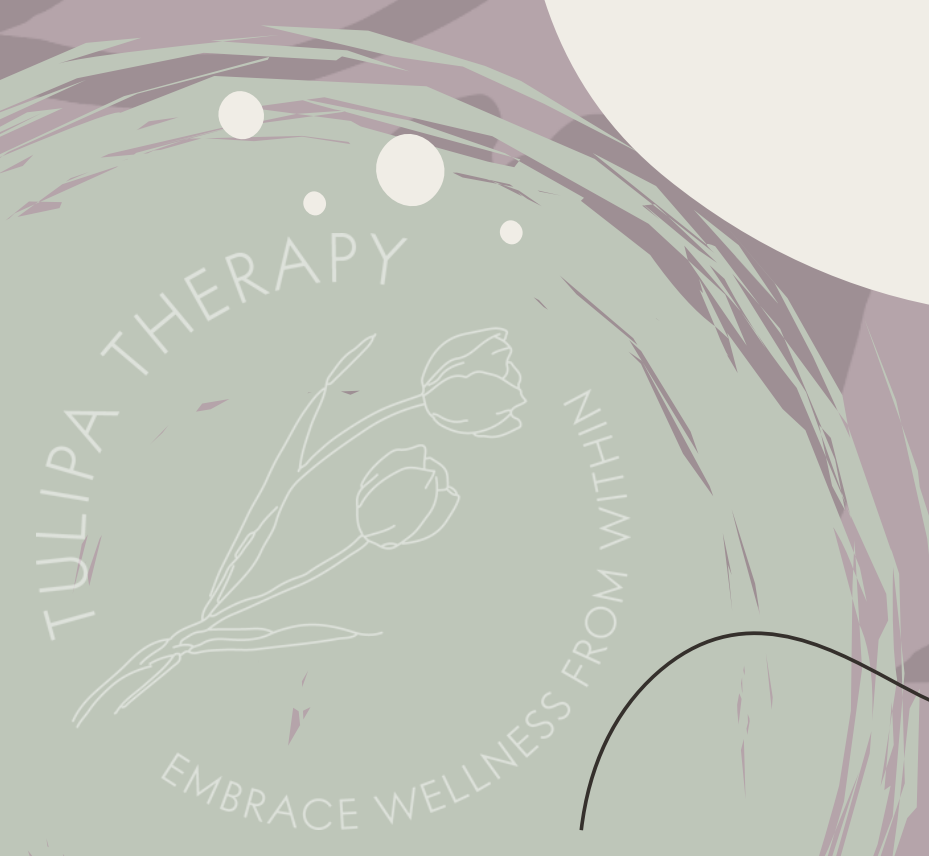
Use this form to sign up for the group, or email Amy

<https://form.jotform.com/232565510379055>



Jewish Federation of San Diego

Questions & Comments



Thank You So Much!

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