



Sense & Sensitivity

**PROFESSIONAL DEVELOPMENT
FOR MIKVAH ADMINISTRATORS & ATTENDANTS**

VIRTUAL SEMINAR

*Welcome to a national community of women dedicated
to providing quality care and attention at the mikvah.*

A PROJECT OF THE OU WOMEN'S INITIATIVE





Sense & Sensitivity

SCHEDULE

*Welcome to the Sense and Sensitivity Virtual Seminar.
We look forward to learning together.*

Zoom meeting information

(Note: Zoom meeting information is the same for both days.)

JOIN ZOOM MEETING

<https://us06web.zoom.us/j/83878955548>

MEETING ID: 838 7895 5548

*Please join the Zoom at **9:20 AM West Coast/ 12:20 PM East Coast time**
so that we can begin the program promptly.*

SUNDAY, OCTOBER 24, 2021

9:30 – 9:40 AM West Coast/ 12:30 – 12:40 PM East Coast: *Welcome and Chizuk*
Rebbetzin Adina Shmidman, PhD, Director, OU Women's Initiative

9:40 – 10:55 AM West Coast/ 12:40 – 1:55 PM East Coast:
Understanding the Challenges of Infertility, Miscarriage and Infant Loss

Fireside conversations with:

Aimee Baron, MD, FAAP, Founder and Executive Director, I Was Supposed to Have a Baby

Chayie Chinn, Mikvah Educator, Robin Niman Mikvah Education Fund & Wallerstein Mikvah Manager (Silver Spring, MD)

Reva Judas, Founder and Director, NechamaComfort & Chaplain

Estee Silver, RN, Fertility Coordinator, Shady Grove Fertility (New York, NY), & Rebbetzin, Young Israel of Long Beach (Long Beach, NY)

10:55 – 11:05 AM West Coast/ 1:55 – 2:05 PM East Coast: *Break*

11:05 AM – 12:30 PM West Coast/ 2:05 – 3:30 PM East Coast:
Navigating Mental Health Issues Manifested at the Mikvah
(Presentation and small group discussion)

Ditza Berger, PhD, Psychologist; Director, Psychological Evaluation and Remediation Services, PLLC (Cedarhurst, NY) & Faculty, Landers College for Women



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(Note: Zoom meeting information is the same for both days.)

SUNDAY, OCTOBER 31, 2021

9:30 – 10:30 AM West Coast/ 12:30 – 1:30 PM East Coast:

Developing Domestic Abuse Sensitivities and Protocols

Shoshannah Frydman, PhD, LCSW, Executive Director, Shalom Task Force

10:30 – 11:10 AM West Coast/ 1:30 – 2:10 PM East Coast:

Supporting Cancer Patients and Survivors at the Mikvah

Melissa K. Rosen, MA, Director of Training and Education, Sharsheret

11:10 – 11:20 AM West Coast/ 2:10 PM – 2:20 PM East Coast: *Break*

11:20 AM – 12:30 PM West Coast/ 2:20 PM – 3:30 PM East Coast:

Communicating Effectively and Sensitive

Carly Chodosh, LSW, Social Worker & Director, Lower Merion Community Mikvah
(Lower Merion, PA)



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MEET OUR PRESENTERS

Aimee Baron, MD, FAAP

Dr. Aimee Baron is the founder and executive director of I Was Supposed to Have a Baby, a non-profit organization that utilizes social media to support Jewish individuals and families as they are struggling to have a child. It provides a warm and nurturing space for those going through infertility, pregnancy loss, infant loss, surrogacy or adoption, in addition to connecting those families to resources in the Jewish community at large. Dr. Baron was formerly the Director of Innovation and Growth at NechamaComfort, and has also worked as an attending pediatrician in the Newborn Nursery and Neonatal Intensive Care Unit at St. Luke's-Roosevelt Hospital before taking a leave of absence after her third miscarriage. She lives in New York with her husband and five children.

Ditza Berger, PhD

Dr. Ditza Berger received her Ph.D. from the City University of New York and is a New York State Licensed Psychologist. She is a member of the guidance and wellness team at Lander College for Women where she also serves as a faculty advisor for the Department of Psychology. She is founder and director of Psychological Evaluation and Remediation Services in Cedarhurst, NY, and serves as the psychologist at Camp Sternberg where she provides ongoing staff training and supervision.

Chayie Chinn

Mrs. Chayie Chinn is the Mikvah Manager and an attendant at the Wallerstein Mikvah in Silver Spring, MD, and has served in various roles at the mikvah for the past 16 years. In her role as a Mikvah Educator of the Robin Niman Mikvah Education Fund, Chayie provides comprehensive training to mikvah attendants and taharas hamishpacha classes and lectures to the community. In addition, she is a popular kallah teacher and certified dating coach. In her spare time, Chayie teaches gairus candidates and baalei teshuva (both formal and informal education) and loves to form long term relationships with her students. Chayie is passionate about teaching women how to navigate the intricacies of taharas hamishpacha with a calm, inspirational, joyful, and stress-free approach.

Carly Chodosh, LSW

Mrs. Carly Chodosh is a social worker and therapist in the Lower Merion suburb of Philadelphia, as well as the Director of the Lower Merion Community Mikvah. In addition to providing therapy to individuals and families in a Jewish social services agency, Mrs. Chodosh has a professional background in education through her work with girls in high school/seminary and community outreach, as well as women's/maternal mental health. This includes teaching kallahs, with a specialized curriculum that provides classes tailored to women who have experienced sexual trauma.

Reva Judas

Mrs. Reva Judas is the founder and Executive Director of NechamaComfort, an organization that supports families dealing with infant and pregnancy loss. She has counseled people around the world and has trained medical staff, clergy, lay leaders, and communities in best practices for supporting grieving families. Reva received her Chaplaincy Certification from Hackensack Medical center and is a Resolve Through Sharing (RTS) certified Infant Pregnancy Loss Facilitator. She holds a BS in Human and Child Development.



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Dr. Shoshannah Frydman, PhD, LCSW

Dr. Shoshannah Frydman is the Executive Director of Shalom Task Force. She graduated with her MSW from the University of Maryland School of Social Work with honors and earned her PhD at the Graduate Center of the City University of New York/Hunter College Silberman School of Social Work. Dr. Frydman is a trauma informed therapist and advocate where she has worked in the field of domestic abuse and family violence within the Jewish community for close to 20 years. Dr. Frydman co-chairs the UJA Taskforce on Family Violence, a collaboration of community agencies and leaders working to provide support and recourses to vulnerable populations affected by family violence. She serves in several community leadership roles and was recently appointed to the New York City Mayor's Office to End Domestic and Gender-Based Violence Advisory Board. Dr. Frydman lectures regularly about intimate partner abuse, sexual abuse, trauma and culturally informed practice where she has published on this and related subjects. She has been honored by the Jewish Communal Service Association and the New York Board of Rabbis for her work in the field of domestic violence and commitment to the Jewish community.

Melissa K. Rosen, MA

Mrs. Melissa K. Rosen, Sharsheret's Director of Training and Education, holds a master's degree in Jewish Communal Service from Brandeis University (1991) and has been working in the non-profit sector for over 30 years. Her professional experience includes informal education and programming, advocacy, and community outreach. Melissa's work has allowed her to facilitate unique and lasting connections among organizations in the diverse American Jewish community. Melissa oversees community education throughout the country, training health care professionals, Jewish professionals, and Sharsheret's volunteers. She also manages the Sharsheret Supports Partnership program. Herself a two-time cancer survivor, she is passionate about the Jewish community and cancer support and advocacy.

Estee Silver, RN

Mrs. Estee Silver, a registered nurse specializing in reproductive endocrinology and infertility, serves as a fertility coordinator at Shady Grove Fertility, New York City, New York, the largest fertility practice in the country. She is a graduate of The Johns Hopkins School of Nursing and holds a bachelor's degree in education from Moreshet Institute and Thomas Edison University. Estee began her career at New York University Medical Center and dedicated her summers as medical staff for Chai Lifeline's Camp Simcha. She launched her career in women's health at Genesis Fertility, Brooklyn NY, prior to moving to the Greater Washington area. In addition to her nursing position, she served as an assistant Rebbetzin at the Young Israel Shomrei Emunah of Greater Washington for 8 years. During that time, she worked as a mikvah attendant for MES and assisted the local vaad harabanim with fertility related issues. Estee is involved in education for the community on fertility related procedures and lends her expertise in supporting couples through the tumultuous process of fertility treatments. She authored an article on the topic of egg freezing for the RJJ Journal of Halachah and Contemporary Society. Estee and her husband currently serve as the Rav and Rebbetzin of the Young Israel of Long Beach in Long Beach, NY, where they reside with their three children.

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