

A spiral-bound notebook with a light brown, textured cover and a silver metal spiral binding on the left side. The text is centered on the page in a bold, brown, serif font.

**Noseh B'Ol Im Chaveiro; How do
we help family and friends during
tough times**

Combating Withdrawal

- ☞ Impossibility of handling traumatic events such as serious illness, accidents, terror attacks or loss without relying on sustained support from others
- ☞ Tendency for even family and good friends to withdraw because of
 - Fear about what to say
 - Fear that this can happen to them

Unity in Dealing with Sick Child

☞ Resilience study in Kauai -3 am

☞ Rabbi Rabinowitz on Neshama to Neshomo from patach to kumatz

☞ Bottom of hill

Being There

- ☞ “How are you” and “what do you need?” Figure out how you can be of tangible assistance- helping with lifts, homework, cooking
- ☞ Important to recognize that there is no “one” right way
- ☞ **POWER OF BEING THERE** Prepare yourself to be present-leave personal concerns at door
 - Age of “pizur hanefesh”
- ☞ Take cues from person you are reaching out to
 - Let them take control of conversation; follow their lead
 - Avoid the “Oy” – depressed look when reaching out
- ☞ Never tell someone that he or she should be “over it.”
- ☞ Note from woman who lost father behind painting

Empathy Requires “Being”

- 📄 Antonio Damasio, one of the leading researchers on emotions, writes:
- 📄 **"Empathy as well as deep thought depends on neural processes that are inherently slow. "**
- 📄 Finally French Philosopher Blaise Pascal has the following to say on the cost of distraction::
- 📄 **“Distraction is the only thing that consoles us for our miseries , and yet is it itself the greatest of our miseries”**
17th century French philosopher Blaise Pascal

“Being” Promotes Empathy and Creativity

- 📄 **Not giving yourself time to reflect impairs your ability to empathize with other. “The more in touch with my own feelings and experiences, the richer and more accurate are my guesses of what passes through another person’s mind” (G. Dimaggio, Center for Metacognitive Interpersonal Therapy, Rome)**
- 📄 **Daydreaming encourages creativity and problem solving**

LISTENING: CHINESE CHARACTERS

The Chinese Character for Listening



📄 **Ear** = What you use to listen (hear)

📄 **King** = Pay attention as if the other person were king (obey)

📄 **Ten and Eye** = Be observant as if you had ten eyes (heed)

📄 **One** = Listen with individual attention (attend to)

📄 **Heart** = Listen also with your heart (in addition to ear and eye) (hearken)

Pull Back Over Time

- ☞ **COMBATING PULL-BACK** Tendency over time to pull back- remember need to find balance between family overwhelmed by the communities outpouring of support in immediate aftermath of event and lessened support months after
- ☞ If a person declines a visit than a text, email, phone call or card can convey caring- depending on the closeness of the relationship
 - Study on text versus voice
 - Mesivta boy alone on Friday night
 - Maalei mishalos libeinu litova

ALLOW CRYING IN FRONT OF SICK CHILD

☞ NAMING THE MONSTER

☞ YOM KIPPUR WAR STUDY

☞ Story of crying infant and biofeedback- the more she cried the calmer she got

Why we Cry (Efran & Greene)

Psychotherapy Networker (5/18/12)

- ☞ Physiologically speaking, emotional tears are elicited when a person's system shifts rapidly from sympathetic to parasympathetic activity—from a state of high tension to a period of recalibration and recovery.
- ☞ The person's adrenaline level drops and the body relaxes.

Giving Space for Questioning

☞ Rav Hirsch on “lemah” azavtani-

☞ Kotzker: I could never believe in a God I could understand

☞ Rabbi Dr. Dovid Fox on how a “perhaps” response leads to comfort “nichamtani”

☞ Rabbi Schwab on deeper meaning of word “nechama” as shift in perspective

Needs of Families of the Chronically Ill

- ☞ **Meaning Making:** from stuck to positioned- Avoid empty cliches like it's all for the best, or I know how you feel-
- ☞ People prefer flax to the barrel- dangers of השם צדיק יבחן
– As opposed to PTG model from stuck to positioned
- ☞ Berayso on power of “shemo”
- ☞ Reordered priorities – re importance of family, friends and faith
- ☞ Fragility of life and it's lessons on what matters