

Department of Neshamah Daat

COURSE CATALOG

B.A./M.A. in Torah-Based Counseling

MAJOR COURSES

ND1 Introduction to Torah-Based Psychology/Neshamah Daat (3 credits)

Description: ND1 introduces students to the foundational concepts of Torah-based psychology, known as *Neshamah Daat*. This course explores the integration of Jewish spirituality, psychological principles, and counseling practices to address mental, emotional, and spiritual well-being from a Torah perspective. Students examine key concepts such as *neshamah* (the psyche) cognitive-behavioral approaches, soul-centered therapy, and the application of Torah teachings to mental health and personal growth. Additionally, the course includes an analysis of Torah-based and secular terminology related to psychology, highlighting the intersections and differences between traditional Jewish perspectives and contemporary psychological frameworks.

Pre-Requisites: None

When Offered: Spring or Fall Semester

ND2 Principles of Torah-Based Counseling (3 credits)

Description: This course explores the foundational principles of Torah-based counseling, focusing on the integration of Jewish wisdom, ethical guidelines, and counseling theories. Students delve into the application of Torah teachings, including ethical frameworks, interpersonal relationships, *halakhah*, and holistic well-being, in the counseling process. The course emphasizes the analysis of Torah-based and secular terminology relevant to counseling practices, fostering a deeper understanding of the cultural and spiritual dimensions of therapeutic interventions within a Torah framework.

Pre-Requisites: ND1 Introduction to Torah-Based Psychology/Neshamah Daat or equivalent coursework.

When Offered: Spring or Fall Semester

ND3 Jewish Ethics and Spiritual Development (3 credits)

Description: The course focuses on Jewish ethics and spiritual development within the context of counseling and personal growth. Students explore foundational principles of *halakhah* and values, such as compassion, integrity, humility, and social responsibility, and their relevance to counseling practice. The course examines spiritual development models from a Torah perspective, including the integration of faith, resilience, meaning-making, and mindfulness in therapeutic interventions. Additionally, the course involves a comparative analysis of modern Western pop culture values and Jewish ethical teachings, highlighting contrasts and similarities to deepen students' critical thinking and cultural awareness in counseling contexts. Through case studies, discussions, and experiential exercises, students deepen their understanding of ethical considerations and spiritual dimensions in counseling relationships.

Pre-Requisites: ND1 Introduction to Torah-Based Psychology/Neshamah Daat and ND2 Principles of Torah-Based Counseling or equivalent coursework.

When Offered: Spring or Fall Semester

ND4 Basic Kabbalistic Concepts (3 credits)

Description: This course introduces students to basic Kabbalistic concepts and their relevance to counseling and spiritual well-being. Students explore foundational principles of Kabbalah, such as the Sephirot, spiritual realms, mystical symbolism, and the interconnectedness of the universe. The course examines how Kabbalistic teachings can inform counseling approaches, personal transformation, and the understanding of human consciousness. Through textual analysis, contemplative practices, and discussions, students deepen their knowledge of Kabbalistic concepts and their application in counseling contexts.

Pre-Requisites: ND1 Introduction to Torah-Based Psychology/Neshamah Daat and ND2 Principles of Torah-Based Counseling or equivalent coursework.

When Offered: Spring or Fall Semester

ND5 Introduction to Counseling Techniques (3 credits)

Description: This course provides an introduction to fundamental counseling techniques and skills within a Torah-based framework, tailored for counseling adults, teenagers, and children. Students learn various counseling approaches adapted to different age groups, including cognitive-behavioral techniques, person-centered therapy, solution-focused therapy, and narrative therapy. The course emphasizes practical application through role-plays, case studies, and experiential exercises specific to counseling adults, teenagers, and children. Students develop competencies in active listening, empathy, rapport-building, goal-setting, and age-appropriate therapeutic interventions. Ethical considerations, cultural sensitivity, and the role of spirituality in counseling practice are also explored.

Pre-Requisites: ND1 Introduction to Torah-Based Psychology/Neshamah Daat and ND2 Principles of Torah-Based Counseling or equivalent coursework.

When Offered: Spring or Fall Semester

ND6 Research Methods and Statistics in Psychology (3 credits)

Description: This course introduces students to research methods and statistical analysis within the field of psychology, with a focus on Torah-based counseling research. Students learn fundamental research principles, including research design, data collection methods, qualitative and quantitative analysis, and interpretation of research findings. The course covers ethical considerations in research, critical evaluation of research literature, and application of research methods to counseling practice. Students develop skills in conducting research, analyzing data, and applying research findings to inform evidence-based counseling interventions within a Torah framework.

Pre-Requisites: ND1 Introduction to Torah-Based Psychology/Neshamah Daat and ND2 Principles of Torah-Based Counseling or equivalent coursework.

When Offered: Spring or Fall Semester

ND7 Developmental Psychology from a Torah Perspective (3 credits)

Description: Explore the depths of spiritual development and gain a holistic understanding of how a human soul descends into a physical body, drawing profound insights from Torah teachings and mystical perspectives. Examine developmental psychology theories and stages of human development from infancy to adulthood through the lens of Torah wisdom. Key concepts such as cognitive development, emotional growth, socialization, identity formation, moral development, and the consciousness of a child are presented and examined from both secular and Torah perspectives. Through engaging case studies, thoughtful discussions, and reflective exercises, students deepen their insight into human development within a Torah framework and its profound implications for counseling practice.

Pre-Requisites: ND1 Introduction to Torah-Based Psychology/Neshamah Daat and ND2 Principles of Torah-Based Counseling or equivalent coursework.

When Offered: Spring or Fall Semester

ND8 Advanced Torah Studies and Kabbalistic Wisdom (3 credits)

Description: The course delves into advanced Torah studies and Kabbalistic wisdom, exploring profound spiritual insights and mystical teachings relevant to counseling and personal transformation. Students deepen their understanding of Torah texts, including the Talmud, Midrash, and Kabbalistic writings, to uncover timeless wisdom applicable to psychological and spiritual growth. The course examines esoteric concepts such as the Tree of Life (Etz Chaim), divine attributes (Sefirot), spiritual realms, and the interconnectedness of existence. Through textual analysis, contemplative practices, and discussions, students integrate Kabbalistic insights with counseling principles to enhance their therapeutic approach from a Torah perspective.

Pre-Requisites: ND1 Introduction to Torah-Based Psychology/Neshamah Daat and ND2 Principles of Torah-Based Counseling or equivalent coursework.

When Offered: Spring or Fall Semester

ND9 Counseling Theories and Approaches (3 credits)

Description: provides an in-depth exploration of various counseling theories and approaches within a Torah-based framework. Students examine foundational theories such as psychodynamic, humanistic, cognitive-behavioral, and existential therapies, integrating Jewish values and teachings into each approach. The course emphasizes critical analysis and practical application of counseling techniques, considering cultural sensitivity, ethical considerations, and the role of spirituality in therapeutic interventions. Through case studies, role-plays, and discussions, students develop a comprehensive understanding of counseling theories and their application in diverse counseling settings from a Torah perspective.

Pre-Requisites: ND1 Introduction to Torah-Based Psychology/Neshamah Daat and ND2 Principles of Torah-Based Counseling or equivalent coursework.

When Offered: Spring or Fall Semester

ND 10 Psychology of the Family in Jewish Thought (3 credits)

Description: The course explores the psychology of the family from a Jewish perspective, drawing on traditional Jewish teachings and values to understand family dynamics, relationships, and challenges. Students examine concepts such as marriage, parenting, sibling dynamics, intergenerational patterns, and conflict resolution within the context of Jewish thought and wisdom. The course integrates psychological theories with Torah-based insights to explore the complexities of family life and develop culturally sensitive and effective counseling approaches for working with families from diverse backgrounds.

Pre-Requisites: ND1 Introduction to Torah-Based Psychology/Neshamah Daat and ND2 Principles of Torah-Based Counseling or equivalent coursework.

When Offered: Spring or Fall Semester

Taharat Mishpachah and Shalom Bayit (3 credits)

Description: This course focuses on *Taharat Mishpachah* (family purity) and Shalom Bayit (peace in the home) from a Torah perspective. Students explore the principles and practices of *Taharat Mishpachah*, including the laws of family purity, marital intimacy, and spiritual connections within marriage. Additionally, the course addresses strategies for promoting Shalom Bayit, emphasizing effective communication, conflict resolution, and building harmonious relationships within the family unit. Through discussions, case studies, and practical exercises, students gain insights into fostering healthy family dynamics and promoting marital and familial well-being based on Torah principles.

Pre-Requisites: ND1 Introduction to Torah-Based Psychology/Neshamah Daat and ND2 Principles of Torah-Based Counseling or equivalent coursework.

When Offered: Spring or Fall Semester

ND11 Group Dynamics in Counseling (3 credits)

Description: The course explores the dynamics of group counseling within a Torah-based framework. Students learn principles of group therapy, leadership styles, group processes, and therapeutic interventions tailored for group settings. The course covers topics such as group formation, cohesion, communication patterns, conflict resolution, and ethical considerations in group counseling. Through experiential learning, role-plays, and case studies, students develop skills in facilitating group discussions, managing group dynamics, and promoting growth and healing in group settings from a Torah perspective.

Pre-Requisites: ND1 Introduction to Torah-Based Psychology/Neshamah Daat and ND2 Principles of Torah-Based Counseling or equivalent coursework.

When Offered: Spring or Fall Semester

ND12 Practicum: Observational Training (3 credits)

Description: This course is a hands-on practicum that provides students with observational training and supervised experience in counseling settings. Students observe counseling sessions conducted by experienced counselors or therapists, focusing on key aspects such as therapeutic techniques, client interactions, assessment methods, and ethical considerations. Through reflective practice, feedback sessions, and case discussions, students develop their observational skills, clinical judgment, and professional competencies in a supportive learning environment. This practicum enhances students' understanding of counseling practices and prepares them for future clinical work or further training in counseling.

Pre-Requisites: Completion of core coursework in the Torah-based counseling program or instructor approval.

When Offered: Spring or Fall Semester

ND13 Clinical Psychology and Torah Insights (3 credits)

Description: The course integrates clinical psychology principles with Torah insights to provide a comprehensive understanding of psychological issues and therapeutic interventions from a Torah-based perspective. Students explore common mental health disorders, assessment methods, evidence-based treatments, and ethical considerations in clinical practice. The course incorporates Torah teachings and values to enhance therapeutic approaches, promote holistic well-being, and address spiritual dimensions of psychological healing. Through case studies, discussions, and experiential learning, students deepen their clinical skills, cultural competence, and ethical decision-making in counseling practice informed by Torah wisdom.

Pre-Requisites: ND1 Introduction to Torah-Based Psychology/Neshamah Daat and ND2 Principles of Torah-Based Counseling or equivalent coursework.

When Offered: Spring or Fall Semester

ND14 Advanced Kabbalistic Wisdom and Counseling (3 credits)

Description: The course delves into advanced Kabbalistic teachings beyond the foundational concepts, exploring deeper spiritual insights and their application in counseling practice. Students engage with esoteric topics such as the dynamics of spiritual energy, cosmic consciousness, mystical symbolism, and the profound interplay of divine attributes. This course goes beyond the introductory understanding of Kabbalah, focusing on advanced principles that offer transformative insights for therapeutic interventions and personal growth. Through experiential learning, case studies, and reflective exercises, students develop a deeper understanding of advanced Kabbalistic wisdom and its integration into counseling approaches for addressing complex psychological and spiritual challenges.

Pre-Requisites: ND1 Introduction to Torah-Based Psychology/Neshamah Daat and ND2 Principles of Torah-Based Counseling or equivalent coursework.

When Offered: Spring or Fall Semester

ND15 Psychopathology in Religious Contexts (3 credits)

Description: The course examines psychopathology within religious and cultural contexts, focusing on the intersection of mental health disorders and religious beliefs/practices. Students explore how religious beliefs, rituals, and community dynamics can influence the manifestation, understanding, and treatment of psychopathological conditions. The course covers a range of mental health disorders, including mood disorders, anxiety disorders, personality disorders, and psychotic disorders, considering their presentation and treatment from a Torah perspective. Through case studies, discussions, and critical analysis, students develop a nuanced understanding of psychopathology in religious contexts and enhance their ability to provide culturally sensitive and effective counseling interventions.

Pre-Requisites: ND1 Introduction to Torah-Based Psychology/Neshamah Daat and ND2 Principles of Torah-Based Counseling or equivalent coursework.

When Offered: Spring or Fall Semester

ND16 Marriage and Family Counseling in Jewish Tradition (3 credits)

Description: The course explores the principles and practices of marriage and family counseling within the context of Jewish tradition. Students study theories and techniques specific to counseling couples and families, integrating Jewish values, teachings, and rituals into therapeutic interventions. The course covers topics such as communication skills, conflict resolution, intimacy issues, parenting challenges, and family dynamics from a Torah perspective. Through case studies, role-plays, and experiential exercises, students develop competencies in providing effective and culturally sensitive counseling to support healthy marriages and resilient family relationships in accordance with Jewish values and teachings.

Pre-Requisites: ND1 Introduction to Torah-Based Psychology/Neshamah Daat and ND2 Principles of Torah-Based Counseling or equivalent coursework.

When Offered: Spring or Fall Semester

ND17 Tehilim as a Tool in Counseling (3 credit)

Description: This course explores the therapeutic use of Tehilim (Psalms) as a powerful tool in counseling and healing. Students delve into the psychological and spiritual dimensions of Tehilim, studying its structure, themes, and therapeutic potential for individuals facing various challenges. The course examines how Tehilim can be integrated into counseling sessions to promote emotional regulation, resilience, spiritual connection, and personal growth. Through case studies, experiential learning, and discussions, students learn practical techniques for incorporating Tehilim into counseling interventions, enhancing their ability to provide holistic and spiritually-informed counseling support.

Pre-Requisites: ND1 Introduction to Torah-Based Psychology/Neshamah Daat and ND2 Principles of Torah-Based Counseling or equivalent coursework.

When Offered: Spring or Fall Semester

ND18 Cultural Competence in Counseling (3 credits)

Description: This course focuses on developing cultural competence in counseling, with an emphasis on understanding and working effectively with diverse cultural and religious backgrounds. Students explore concepts of cultural identity, cultural values, worldview perspectives, and intersectionality in counseling practice. The course addresses cultural humility, self-awareness, and the impact of culture on clients' experiences, beliefs, and help-seeking behaviors. Through case studies, experiential activities, and discussions, students enhance their ability to provide culturally sensitive and ethical counseling services, fostering inclusivity and respect for diverse cultural perspectives.

Pre-Requisites: ND1 Introduction to Torah-Based Psychology/Neshamah Daat and ND2 Principles of Torah-Based Counseling or equivalent coursework.

When Offered: Spring or Fall Semester

ND19 Practicum: Supervised Clinical Experience (3 credits)

Description: This course offers students supervised clinical experience in a counseling setting, providing hands-on training and application of counseling skills under the guidance of experienced supervisors. Students engage in direct client interactions, conduct assessments, develop treatment plans, and implement therapeutic interventions. The practicum emphasizes the integration of theoretical knowledge with practical counseling skills, ethical considerations, and cultural competence. Through supervision sessions, case presentations, and reflective practice, students enhance their clinical competencies, professional identity, and readiness for independent counseling practice.

Pre-Requisites: Completion of core coursework in the Torah-based counseling program and instructor approval.

When Offered: Spring or Fall Semester

ND20 Torah-Based Neurolinguistic Programming (NLP) (3 credits)

Description: The course explores the principles and techniques of Neurolinguistic Programming (NLP) from a Torah-based perspective uncovering its true origins. Students learn how NLP concepts such as language patterns, sensory perception, and neuro-linguistic processes can be applied to counseling and personal transformation within a Torah framework. The course integrates NLP strategies with Jewish teachings, values, and spiritual practices to enhance communication skills, facilitate behavioral change, and promote inner growth. Through experiential exercises, role-plays, and case studies, students develop practical

skills in utilizing NLP techniques to support individuals in overcoming challenges, achieving goals, and accessing their full potential.

Pre-Requisites: ND1 Introduction to Torah-Based Psychology/Neshamah Daat and ND2 Principles of Torah-Based Counseling or equivalent coursework.

When Offered: Spring or Fall Semester

NT9 Holistic Nutrition and Wellbeing in Counseling (3 credits)

Description: The course explores holistic approaches to nutrition and wellbeing within the context of counseling and therapeutic practice. Emphasizing the interconnectedness of physical, mental, emotional, and spiritual health, students delve into principles of holistic nutrition and their application in counseling settings. The course covers topics such as mindful eating practices, food as medicine, nutritional supplements, the gut-brain connection, stress management techniques, and lifestyle interventions for promoting optimal health and vitality. Students also examine the role of cultural, social, and environmental factors in shaping dietary choices and health outcomes within the counseling relationship. Through experiential learning, case studies, and practical applications, students develop a comprehensive understanding of holistic nutrition principles and their integration into counseling interventions to support clients' overall wellbeing.

Pre-Requisites: Basic knowledge of nutrition and wellness concepts recommended.

When Offered: Spring or Fall Semester

ND21 Integrative Seminar: Merging Torah Wisdom and Modern Psychology (3 credits)

Description: This course is an integrative seminar that explores the convergence and divergence of language use, terminology, mental constructs, and conflicting concepts between Torah wisdom and modern psychology. The course delves into how these disciplines parallel each other yet may use different names and labels for similar phenomena. Students examine social agendas and cultural contexts that shape the interpretation and application of psychological and Torah-based concepts. Through discussions, case studies, and critical analysis, students develop a nuanced understanding of how to bridge these linguistic, conceptual, and contextual gaps to foster interdisciplinary dialogue and holistic approaches to mental health, wellbeing, and personal growth.

Pre-Requisites: Foundation in Torah-based psychology or modern psychology recommended.

When Offered: Spring or Fall Semester

ND22 Advanced Clinical Skills and Case Management (3 credits)

Description: This course focuses on advancing students' clinical skills and competence in case management within a counseling context. The course emphasizes the application of advanced counseling techniques, assessment tools, treatment planning, and case conceptualization. Students learn to conduct comprehensive assessments, formulate evidence-based interventions, and implement effective strategies for addressing complex client needs. Special attention is given to ethical considerations, cultural competence, and the integration of diverse theoretical approaches into clinical practice. Through case studies, role-plays, and practical exercises, students develop proficiency in clinical decision-making, crisis intervention, and collaborative case management, preparing them for advanced roles in counseling and psychotherapy.

Pre-Requisites: Completion of foundational coursework in counseling and clinical practice.

When Offered: Spring or Fall Semester

ND23 Master's Thesis: Original Torah-Based Research or Clinical Case Study (3 credits)

Description: This course offers students the opportunity to undertake original Torah-based research or develop a clinical case study rooted in Torah principles as part of their master's thesis in the counseling program. For Torah-based research, students delve into areas of counseling, psychology, or related fields from a Torah perspective, exploring themes such as spiritual development, ethical dilemmas, family dynamics, or mental health issues through a Torah lens. They engage in literature review, research design, data collection, analysis, and interpretation, culminating in a written thesis and potentially a presentation of findings. For the clinical case study option, students apply Torah-based principles and insights to assess, diagnose, and develop intervention plans for a selected case, demonstrating their ability to integrate Torah wisdom into clinical practice. Through this capstone experience, students showcase their mastery of Torah-based counseling concepts, research methodologies, and clinical skills, preparing them for professional roles grounded in Torah values and ethics.

Pre-Requisites: Completion of advanced coursework in Torah-based counseling and approval of thesis proposal.

When Offered: Spring or Fall Semester

ND24 Ethical and Legal Issues in Torah-Based Counseling (3 credits)

Description: This course explores the ethical and legal considerations specific to counseling practice within a Torah-based framework. Students examine ethical principles, codes of conduct, and professional standards that guide Torah-based counseling, with a focus on confidentiality, informed consent, boundaries, dual relationships, and cultural sensitivity. The course also addresses legal requirements, regulations, and professional responsibilities related to counseling practice, including mandatory reporting, licensing, and liability issues. Through case studies, discussions, and ethical dilemmas, students develop critical thinking

skills, ethical decision-making frameworks, and strategies for navigating complex ethical and legal challenges in Torah-based counseling settings.

Pre-Requisites: Foundation in Torah-based counseling and familiarity with ethical principles in counseling.

When Offered: Spring or Fall Semester

ND25 Preparation for Certification (3 credits)

Description: This course is designed to prepare students for certification in counseling or related fields by providing comprehensive preparation for certification exams and professional practice. The course covers key topics and domains that are commonly tested in certification exams, including counseling theories, assessment and diagnosis, ethical and legal issues, treatment planning, cultural competence, and professional standards. Students engage in exam preparation strategies, practice exams, case studies, and review of core concepts to build confidence and proficiency in the areas required for certification. Additionally, the course addresses practical aspects of transitioning from student to certified professional, such as licensure processes, continuing education requirements, and career development opportunities in counseling practice.

Pre-Requisites: Completion of foundational coursework in counseling or related fields.

When Offered: Spring or Fall Semester

ND26 The Business of Counseling: Starting and Developing Your Own Practice (3 credits)

Description: This course equips students with the knowledge and skills needed to start and develop their own counseling practice. The course covers essential aspects of business management, marketing, and entrepreneurship specific to the counseling profession. Topics include developing a business plan, legal and

ethical considerations for private practice, financial management, insurance billing and reimbursement, marketing strategies, client retention, and building professional networks. Students learn how to navigate the practical challenges of establishing and maintaining a successful counseling practice, including client acquisition, managing caseloads, and balancing clinical responsibilities with business operations. Through case studies, guest lectures, and hands-on projects, students gain practical insights and strategies for launching and growing a thriving counseling practice.

Pre-Requisites: Completion of foundational coursework in counseling or related fields.

When Offered: Spring or Fall Semester

CORE COURSES (42 credits)

ENG1. English Writing and Composition (3 credits)

Description: This course provides a comprehensive exploration of English writing and composition, integrating Torah-based narratives and kosher literature into its curriculum. Through a variety of readings, discussions, and writing assignments, students will develop critical thinking skills, analytical abilities, and effective communication strategies. The course covers various forms of writing, including essays, creative fiction, and analytical responses. Students will engage in close reading and textual analysis of selected works, examining themes, characters, and literary techniques within the context of Torah-based narratives and kosher literature. They will also receive feedback on their writing from peers and instructors to enhance their skills and refine their voice. By the end of the course, students will have cultivated a deeper understanding of language and storytelling, as well as the ability to express themselves proficiently through written communication.

Pre-Requisites: None

When Offered: Fall and Spring Semester

ADM3. Foundation of Law (3 credits)

Description: Students will delve into the fundamental principles and concepts of law, providing a solid groundwork for further studies in legal studies or related fields. The course covers key topics such as the structure of legal systems, sources of law, legal reasoning, and the role of precedent. Through a combination of lectures, case studies, and discussions, students will explore the theoretical underpinnings of law and its practical applications in society. Special emphasis will be placed on understanding the legal system within the context of ethical and moral frameworks. By the end of the course, students will have gained a

foundational understanding of law and its significance in shaping individual rights, responsibilities, and societal norms.

Pre-Requisites: None

When Offered: Fall and Spring Semester

GEN1. Principles of Logic (3 credits)

Description: Principles of Logic introduces students to the fundamental principles and techniques of logical reasoning. Through a combination of theoretical study and practical exercises, students will develop skills in critical thinking, argument analysis, and deductive reasoning. The course covers topics such as propositional logic, predicate logic, informal fallacies, and the construction of valid arguments. Emphasis is placed on recognizing and evaluating the structure of arguments, identifying logical fallacies, and constructing well-reasoned arguments of their own. By the end of the course, students will have acquired a solid foundation in logic that can be applied to various academic disciplines and real-world situations.

Pre-Requisites: None

When Offered: Fall and Spring Semester

COM1. Oral Presentation Skills (3 credits)

Description: This class is designed to equip students with the necessary skills and confidence to deliver effective oral presentations in a variety of contexts. Through interactive workshops, practice sessions, and constructive feedback, students will learn techniques for structuring presentations, engaging with audiences, and delivering clear and persuasive messages. Topics covered include speech organization, visual aids, vocal delivery, body language, and overcoming public speaking anxiety. Emphasis will be placed on practical application, with students delivering multiple presentations throughout the course. By the end of the semester, students will have honed their oral communication skills and be prepared to communicate effectively in academic, professional, and personal settings.

Pre-Requisites: None

When Offered: Fall and Spring Semester

COM2. Oral Communications (3 credits)

Description: This course provides students with a comprehensive exploration of oral communication principles and practices. Through a combination of theory and practical application, students will develop essential skills for effective verbal expression in various contexts. Topics covered include public speaking, interpersonal communication, group dynamics, and nonverbal communication. Emphasis is placed on developing clarity, coherence, and persuasiveness in spoken communication, as well as cultivating active listening skills. Students will engage in a variety of speaking assignments, including speeches, presentations, and group discussions, to enhance their communication abilities. By the end of the course, students will have gained confidence in their oral communication skills and be better equipped to communicate effectively in both personal and professional settings.

Pre-Requisites: None

When Offered: Fall and Spring Semesters

ADM1. Principles of Business Administration (3 credits)

Description: This course not only provides students with foundational knowledge of business principles, but also integrates the study of halakha (Jewish law) related to business practices. Through examination of relevant halakhic texts and case studies, students will explore how Jewish legal principles intersect with contemporary business practices. Topics covered may include ethics in business dealings, contractual obligations, financial transactions, and workplace ethics from a halakhic perspective. Emphasis will be placed on understanding the ethical considerations and moral responsibilities inherent in conducting business according to Jewish law. By the end of the course, students will have gained

insights into the intersection of business administration and halakha, enabling them to make informed and ethical decisions in their future business endeavors.

Pre-Requisites: None

When Offered: Fall and Spring Semester

ADM3. Fundraising for Business (3 credits)

Description: In this course students will examine that examines the principles and strategies of fundraising within the context of both for-profit businesses and non-profit organizations. Through lectures, case studies, and practical exercises, students will explore various fundraising methods, including donor cultivation, grant writing, special events, and online fundraising campaigns. The course will also cover the legal and ethical considerations involved in fundraising, as well as effective communication strategies for engaging donors and stakeholders. Emphasis will be placed on developing practical fundraising plans tailored to the unique needs and objectives of different types of organizations. By the end of the course, students will have acquired the knowledge and skills necessary to plan, implement, and evaluate successful fundraising initiatives.

Pre-Requisites: None

When Offered: Fall and Spring Semester

EDU4. Teaching Modesty to Children (3 credits)

Description: This course focuses on strategies for promoting modesty and values related to dress and behavior in children. Through a combination of theoretical study, practical activities, and case studies, students will explore various approaches to teaching modesty within educational settings, including schools, religious institutions, and community organizations. The course will cover topics such as the cultural and religious significance of modesty, age-appropriate methods for discussing modesty with children, and strategies for fostering self-respect and healthy body image. Emphasis will be placed on understanding the

developmental stages of children and tailoring educational interventions to meet their needs effectively. By the end of the course, students will have gained the knowledge and skills necessary to facilitate meaningful conversations about modesty and promote positive values in children.

Pre-Requisites: None

When Offered: Fall and Spring Semester

JWH1. Jewish History (3 credits)

Description: Jewish History provides students with an in-depth exploration of the rich tapestry of Jewish history from ancient times to the present day. Through lectures, readings, and discussions, students will trace the historical development of the Jewish people, examining key events, figures, and movements that have shaped Jewish identity and experience. Topics covered may include the biblical period, the exile and diaspora, medieval Jewish communities, modern Jewish movements, and the establishment of the State of Israel. Emphasis will be placed on understanding the diverse cultural, religious, and political contexts in which Jewish history unfolded, as well as the impact of external forces and internal dynamics on Jewish life. By the end of the course, students will have gained a deeper appreciation for the complexity and resilience of the Jewish experience throughout history.

Pre-Requisites: None

When Offered: Fall and Spring Semester

NSH1. Principles of Family Dynamics (3 credits)

Description: This course offers students an exploration of the foundational principles and dynamics within family structures. Through a combination of theoretical study, case analyses, and interactive discussions, students will examine various aspects of family life, including communication patterns, roles and responsibilities, conflict resolution strategies, and cultural influences. The course will also cover topics such as family systems theory, attachment theory, and the

impact of societal changes on family dynamics. Emphasis will be placed on understanding the complexities of family relationships and applying theoretical concepts to real-life situations. By the end of the course, students will have gained insights into the dynamics of healthy family functioning and be better equipped to navigate interpersonal relationships within family settings.

Pre-Requisites: None

When Offered: Fall and Spring Semester

NED1. Principles of Nutrition and Wellness (3 credits)

Description: A comprehensive course that explores the foundations of nutrition, wellness, and holistic health, integrating principles from diverse perspectives. Throughout the course, students will delve into various modalities including nutrition, homeopathy, and herbal remedies to understand their roles in promoting overall well-being.

Additionally, students will explore the spiritual dimensions of wellness, drawing from Torah-based texts, the power of individual and collective prayer, and Chasidic teachings. Emphasis will be placed on understanding the holistic approach to health and wellness, incorporating both scientific evidence and spiritual insights into the curriculum.

Pre-Requisites: None

When Offered: Fall and Spring Semester