

GRAND OPENING OF COMPREHENSIVE ENRICHMENT CONTINUING EDUCATION CENTER

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For Everything a Blessing

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Columbia Presbyterian Medical Center, NY

Excerpted from NY Times OP-ED article.
Also appeared in the Journal of The American Medical Association (JAMA), 1997. For full reprint e-mail us at lschlager@comprehensivenet.com

When I was an elementary school student in yeshiva – a Jewish parochial school with both religious and secular studies – my classmates and I used to find amusing a sign that was posted just outside the bathroom. It was an ancient Jewish blessing, commonly referred to as the asher yatzar benediction, that was supposed to be recited after one relieved oneself. For grade school children, there could be nothing more strange or ridiculous than to link to acts of micturition and defecation with holy words that mentioned G-d's name. Blessings were reserved for prayers, for holy days, or for thanking G-d for food or for some act of deliverance, but surely not for a bodily function that evoked smirks and giggles.

It took me several decades to realize the wisdom that lay behind this blessing that was composed by Abayei, a fourth-century Babylonian rabbi.

Cont'd on page 2





FROM THE CEO

At this important milestone, the grand opening of the Comprehensive Enrichment Center, I take pause to reflect on our growth and recall where it all started. As a young clinical psychologist in the early 1980s, I took an eclectic approach and focused on finding clients' sources of strength and resilience rather than on pathology and disease. Thus, when developing an approach to weight control I developed a Mind Over Body® concept. This concept was then expanded and trademarked to include a range of proactive & preventative approaches to health which continued with the founding of Comprehensive Network in 1985.

We designed a new logo for the Center. Fear not, our original logo, a circle centered over a triangle, after touching – or a sphere hovering after pyramid – which represents Mind Over Body® remains. The new logo symbolizes one's personal striving or reaching out for excellence and our natural desire to gain more knowledge and skills.

Comprehensive would not be at this juncture without your commitment and dedication to the well being of your clients and

your striving for personal and professional excellence. The founding of the Comprehensive Enrichment Center is a direct result of your overwhelming response to our offerings of stimulating, thoughtful and state-of-the-art continuing education.

Reprinted, abbreviated and updated from our previous newsletter is an important article on the childhood obesity epidemic. It illustrates how an individual can overcome genetic, environmental and emotional obstacles by utilizing a Mind/Body approach.

In this Special Inaugural Issue, I am pleased to include one of the many essays of Dr. Kenneth Prager, M.D. F.A. C.P. Clinical Professor of Medicine, Division of Pulmonary, Allergy and Critical Care Medicine and Director of Clinical Ethics at Columbia University, College of Physicians & Surgeons. Dr. Prager, is a role model for all health care practitioners. When my mother needed an expert consultation regarding a serious illness, he spent what felt like hours thoroughly reviewing her files and medical history. Dr. Prager gave her the utmost respect by treating her less as a "patient," but more as a human being and addressed all of her needs: mind, body and spirit.

We look forward to seeing you all at the Center.

Joseph Geliebter

COMPREHENSIVE Mind Over Body® at 21 A RETROSPECTIVE



Created to encourage and support a proactive and balanced approach to personal well-being, recognizing that the drive for health — physical, emotional and spiritual — is a powerful human motivator and that individuals have tremendous resources to empower and heal themselves. To receive the complete article of any of the following excerpts, write pep@comprehensivenet.com and specify the title and date.

1984: Dr. Geliebter creates the Mind Over Body® concept - take charge of your health – with a special focus on weight control.

1985: The Life Enhancement Institute is established and remains the core and primary mission of the organization – helping individuals meet their potential.

1991: Congressman Schumer dedicates new headquarters by presenting awards to an RN who saved a life.

1992: Joseph G. Cappellano, a speech pathologist is featured as the embodiment of the Mind Over Body® concept. Cappellano who had cerebral palsy from birth did not allow his disability to interfere with the upward mobility of his public and private life.

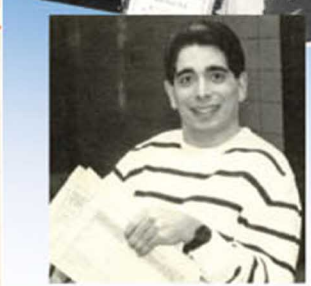
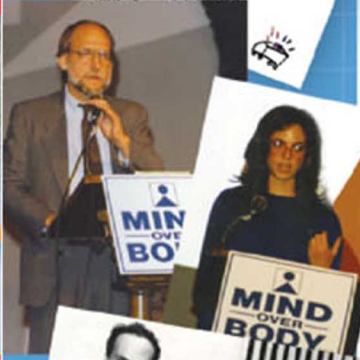
1993: WITHIN DAYS OF THE WORLD TRADE CENTER BOMBING
Within days of the first World Trade Center bombing, many of our affiliated consultants were mobilized into action by Mind Over Body® and begin a series of on-site seminars for the survivors...

MIND OVER BODY PROFILE IN COURAGE AWARD...was given to Maya Shneyer, 17... who suffered the loss of an arm in a tragic accident. Maya remained undaunted, determined to persevere and overcome new challenges... a Mind Over Body® attitude that carries her through each day and experience to realize her personal and professional goals.

1993: SPECIAL ISSUE ON TEACHING THE DEAF AND HARD OF HEARING included an interview with Dr. Martin Florsheim

Winter 1994: HOLISTIC APPROACHES TO MIND/BODY HEALTH by Lynette Bassman, Ph.D.
Holistic techniques can be used instead of or in addition to traditional psychotherapy and psychopharmacology... Physical symptoms are seen as the body's first line of defense against "disease."

1994: COMPREHENSIVE NETWORK IS APPROVED BY THE AMERICAN PSYCHOLOGICAL ASSOCIATION, AS A SPONSOR OF CONTINUING EDUCATION... TO OFFER CONTINUING EDUCATION TO PSYCHOLOGISTS.



Cont'd from page 1

For Everything a Blessing

It was not until my second year of medical school that I first began to understand the appropriateness of this short prayer. Pathophysiology brought home to me the terrible consequences of even minor aberrations in the structure and function of the human body. At the very least, I began to no longer take for granted the normalcy of my trips to the bathroom. Instead, I started to realize how many things had to operate just right for these minor interruptions of my daily routine to run smoothly. I thought of Abayei and his blessing. I recalled my days at yeshiva and remembered how silly that sign outside the bathroom had seemed. But after seeing patients whose lives revolved around their dialysis machines, and others with colostomies and urinary catheters, I realized how wise the rabbi had been...

not just for the proper functioning of my excretory organs, but for my overall good health. The text, after all, refers to catastrophic consequences of the rupture or obstruction of any bodily structure, not only those of the urinary or gastrointestinal tract. Could Abayei, for example, have foreseen that "blockage" of the "cavity," or lumen, of the coronary artery would lead to the commonest cause of death in industrialized countries some 16 centuries later? ... There was one unforgettable patient whose story reinforced the truth and beauty of the asher yatzar for me forever. Josh was a 20-year-old student who sustained an unstable fracture of his third and fourth cervical vertebrae in a motor vehicle crash. He nearly died from his injury and required emergency intubation and ventilatory support. He was initially totally quadriplegic but for weak flexion of his right biceps.

A long and difficult period of stabilization and rehabilitation followed. There were promising signs of neurological recovery over the first few months that came suddenly and unexpectedly: movement of a finger here, flexion of a toe there, return of sensation here, adduction of a muscle group there. With incredible courage, hard work, and an excellent physical therapist, Josh improved day by day. In time, and after what seemed like a miracle, he was able to walk slowly with a leg brace and a cane. But Josh continued to require intermittent catheterization...

Then the impossible happened. I was there the day Josh no longer required a urinary catheter. I thought of Abayei's asher yatzar prayer. Pointing out that I could not imagine a more meaningful scenario for its recitation, I suggested to Josh, who was also a yeshiva graduate, that he say the prayer. He agreed. As he recited the ancient bracha, tears welled in my eyes.

Josh is my son.

LAUNCH OF MIDWOOD COMPREHENSIVE ENRICHMENT™ CENTER

PROVIDING CONTINUING EDUCATION TO HEALTH PROFESSIONALS & COMMUNITY

Brooklyn, NY, January 28, 2007; Brooklyn government officials and experts in contemporary health care joined a sizable crowd of health care professionals this week to celebrate the grand opening of the Comprehensive Enrichment Center™ on Avenue M in Midwood. The new center, operated by Comprehensive Network under the direction of Dr. Joseph Geliebter, was opened as a direct result of the overwhelming response to Comprehensive's regular continuing education offerings.

A central focus of the Comprehensive Enrichment Center is the growing childhood obesity epidemic which will be addressed in addition to other mental and physical health issues through a series of workshops and seminars. Dr. Geliebter intends to expand this initial concept to the local Jewish community and create a Yeshiva oriented program to promote a lifestyle of healthier habits for our children. The Center will also offer a wide range of continuing education courses that will enable occupational therapists, speech pathologists, physical therapists, psychologists and related professionals to expand their knowledge of cutting-edge therapy and treatments, advance their careers and better serve their clients.

Introducing the afternoon ceremony, Dr. Geliebter spoke about the mission of Comprehensive Network, which began serving the health care community in 1985. The psychologist revealed that the organization grew out of his initial desire to utilize clients' inner strength and resilience as key factors in controlling excessive weight gain. "Our motto of Mind Over Body is what motivates us to enhance the capacity of therapists to bring out the potential abilities of the individuals they are treating," he explained. "The state-of-the-art courses offered at this location will significantly benefit those who provide early intervention services and ultimately improve the lives of

"The state-of-the-art courses offered at this location will significantly benefit those who provide early intervention services and ultimately improve the lives of their clients."

—Dr. Geliebter, CEO of Comprehensive Network

their clients." Dr. Geliebter also noted that Comprehensive Network offers placement services for its affiliated therapists.

Brooklyn Borough President Marty Markowitz and State Senator Carl Kruger joined Dr. Geliebter in presenting special awards to two health professionals for outstanding community service in health education. Molly Tropper was recognized for the many years she has spent teaching CPR to registered nurses and lifeguards and for certifying thousands of life-saving professionals over the course of her career. Deborah Eisenberg, a Physical Therapist specializing in Pediatrics and Early Intervention, was honored for her distinguished work as a Quality Assurance Consultant. Ms. Eisenberg has been with Comprehensive since 1993.

Officially declaring the day as "Comprehensive Enrichment Center Grand Opening Day," the Borough President asserted that nothing is more crucial than good health care. Referring to Dr. Geliebter's original focus on weight problems, Markowitz lamented the high rates of obesity among the youth of Brooklyn and stated that "parents must understand the importance of nutrition to ensure the future health of their children." He lauded the center's devotion to the community's health and wished it much success in its new location. Noting that the word "comprehensive" in this context includes every type of illness affecting people, Senator Kruger emphasized his solidarity with the Enrichment Center's goals. "I consider us partners and emissaries to provide

the public with health services that are necessary for their total well-being."

The second half of the program featured addresses by two leading health care practitioners who have achieved great success through the integration of modern medical knowledge. Louis Kiwala, a Doctor of Oriental Medicine and Licensed Acupuncturist, held the audience spellbound as he displayed a variety of herbs and needles used to provide pain relief, and recounted many instances where his treatments brought success to those who had not been helped by conventional medical care. Dr. Aviva Palgi, a Clinical Nutritionist, fascinated the crowd with her insights and recommendations regarding the proper implementation of nutrition and healthy dietary habits.

Throughout the program, many of the attendees were eager to ask pointed questions of the speakers and express their favorable opinions of the event. "I'm so happy I came today," commented Dr. Joyce Love, a psychologist who is moving to Brooklyn from Florida. "This program is helping me to better explore the areas wherein I can utilize my skills in psychology for the good of the local community."

The opening ceremony kicked off a two-week series of special seminars covering a diverse array of topics of interest to early intervention therapists. For further information on the Comprehensive Enrichment Center, which is located at 1222 Ave. M, please call (718) 339-9700 or visit www.comprehensivenet.com.



OUR GROWING CHILDREN

The Obesity Epidemic

Like weight, the problem has crept up slowly—unnoticed or disregarded—until it reached crisis proportions.

According to the federal government's National Health and Nutrition Examination Survey, 16% of children are overweight—roughly triple the figure from 1980. Preventative medicine has already conquered many childhood infectious diseases. Car seats and bicycle helmets have helped save untold numbers of young lives. Education and legal suits have illuminated the dangers of smoking. But experts fear that without a lifestyle makeover, today's overweight kids will live shorter, more diseased lives than their parents.

Despite a national obsession with exercise & losing weight, today one-third of Americans are not just overweight, but obese.

TERRI is 16 years old and weighs 560 pounds.

JOANNA is 2 and still crawls because she has trouble balancing her weight.

The increase in caloric intake has been developing below the radar for several decades. A comparison between teens in 1970 and 1990 found that boys consumed 243 more calories per day—and girls 123 more. The most probable culprits are sugary breakfast foods, prepackaged lunch snacks, and "super-sized" dinners that are quick and cheap.

In the past thirty years, adolescent soft drink consumption has increased tremendously, 65% for girls and 75% for boys. Soft drinks no longer come in cups. They

Doctors are finding too many cases of Type II diabetes (adult onset diabetes) in children, teens and even preschoolers!

60 percent of obese children between the ages of 5 and 10 have at least one risk factor for heart disease, such as high cholesterol or high blood pressure.

One in four new cases of asthma among girls and women aged 9-26 years is due to excess weight.

Overweight children also suffer from psychological problems: bullying, low self-esteem, depression, etc.

come in a bucket, loaded with sugar. (A serving of soda has almost tripled from 192 mL to 591mL.)

Also children aren't moving. Riding a bicycle, walking to school, climbing trees and playing ball has given way to sedentary entertainment, such as watching TV and playing video games.

Morbidly obese individuals are at an increased risk for numerous conditions that shorten life, including diabetes, heart disease, hypertension and cancer — diseases collectively known as the metabolic syndrome — leading many to conclude that obesity is "the disease" of the 21st century and add it to the list of "at-risk" concerns regarding children and teens.

Although there are studies that indicate the propensity to obesity is, to a significant extent, like height, genetically determined, the good news is that even modest weight loss (5–10 pounds) results in significant health benefits and is achievable with small lifestyle changes.

Responding to the Crisis

- General Mills has switched from highly processed white flour to whole grain flours in the manufacture of 29 of its cereal brands.
- The City passed the Health Department proposal that would partially phase-out trans-fat in all New York City restaurants.
- Two dozen states are taking steps toward phasing out soda and junk food in schools and replacing them with fruit, low-fat milk, natural fruit juices, low-fat dairy products and snack food items that have no more than 200 calories per portion.
- Schools are bringing back physical education classes, some insisting on a mandatory 30 minutes of exercise per day.
- Schools receiving state aid may be required to incorporate strategies to decrease obesity and improve health and wellness of students. Some already include students' Body Mass Index (BMI) scores on their report cards (A BMI score above 85% indicates the child is "at risk for overweight").

Like weight, the problem has crept up slowly—unnoticed or disregarded—until it reached crisis proportions.

UPDATE: Reversing the Process

The problem is global and the causes and solutions are complex and involve school and families, culture, environment and genetics. To succeed, teens and adults need to come to grips with their weight problem and decide that they are committing to a lifestyle choice, not a quick fix diet.

Studies recently surveyed by Jane E. Brody (*The New York Times*, Health & Fitness, January 15, 2007) confirm that teens who come to terms with their "self destructive eating habits and sedentary ways," including those who come from overweight parents and those who have been overweight since age 10 or before, can successfully lose weight and keep it off.

- The effort to lose weight must become self – directed. Nagging parents frequently become part of the problem, instead of part of the solution. Parents can help buying and cooking healthy foods and eliminating empty calories from daily meals and available snacks.
- Teens must understand the reasons for gaining weight i.e. snacking, large portions, lack of exercise, boredom, family genetic, etc. and make the decision to reverse the process by restructuring their habits and behaviors.
- Education regarding nutrition and calories helps teens make wiser decision about what and how much to eat and more aware of when they are exceeding "healthy" amounts and making poor nutrient or caloric choices.

Reversing the process must begin with awareness, education and action—more exercise and less empty calories.

INAUGURAL CE PROGRAM & UPCOMING EVENTS

• **Prevention is the Cure: Preventing Illness for a Lifetime**
Susan Schulman, MD FAAP
Sunday, February 4
5:30 pm

• **Language to Literacy: Developing Student's Phonemic Awareness Skills**
Lisa Rhine, SLP
Sunday, February 11
10:00 am – 12:00 pm

• **What's My Role? Sign Interpreting in the Educational Environment**
Janice H. Humphrey, Ed.D., CSC, NIC
Sunday, February 18
4:00 – 7:00 pm &
Monday, February 19
9:00 am – 3:00 pm

• **Introduction to PROMPT: A Workshop for SLPs**
Sunday – Tuesday, April 22-24
9:00 am – 4:30 pm

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- 3 Registration Deadline Feb. 7! All complete registrations will be entered in a raffle for a BIG SCREEN TV! Winner will be posted on our website Feb. 15.

Call our Rapid Registration Team now
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See previous winner on our website.

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