

E

**POLICE AND FIRE**

911

**HATZALAH - הצלה**

NYC / 5 Boros / Catskills	212 / 718-387-1750 / 212 / 718-230-1000
Baltimore, MD	410-358-0000
Elizabeth/Hillside, NJ	908-659-9550
Fleischmanns, NY	845-254-5555
Jersey Shore, NJ	732-531-9988
Lakewood	732-370-3600
Los Angeles	800-933-6460/323-931-6460
Monroe	845-783-1212
Monsey / New Square	845-425-1600
Chicago	847-504-15000
Montreal	514-341-1818
North Jersey/Passaic	973-472-1002
Toronto	416-256-1000
Waterbury, CT	203-754-4200

**SHOMRIM - שומרים**

Baltimore, MD	410-358-9999
Boro Park	718-871-6666
Crown Heights	718-774-3333
Flatbush	718-358-9797
Williamsburg	718-237-0202
Lakewood	732-367-1212

**CHAVEIRIM - חברים**

Baltimore, MD	410-486-9000
Brooklyn/Catskills	718-431-8181
Lakewood	732-370-2229
Monroe	845-782-3111
Monsey	845-371-6333
Five Towns/Far Rockaway	718-337-1800
Montreal	514-990-4263
New Square	845-354-0222
Queens	718-441-0505
Sea Gate	212-732-4283
Toronto	416-831-4583
Waterbury, CT	203-465-2125

**POISON CONTROL**

212-340-4494/764-7667

**זמני שבת ויו"ט**

עש"ק פ' מטות-מסעי כ"ה תמוז תש"פ

July 17, 2020.

Antwerp	9:31	Los Angeles	7:46
Atlanta	8:30	Melbourne	5:03
Baltimore	8:13	Miami	7:56
Boston	7:59	Milwaukee	8:09
Chicago	8:04	Minneapolis	8:37
Cincinnati	8:44	Monsey	8:08
Cleveland	8:39	Montreal	8:20
Dallas	8:17	New York	8:06
Denver	8:07	Passaic	8:07
Detroit	8:47	Philadelphia	8:09
Edison	8:07	Pittsburgh	8:29
Haifa	7:18	Seattle	8:43
Jerusalem	7:09	St. Louis	8:05
Lakewood	8:05	Tel Aviv	7:25
Liberty	8:12	Toronto	8:37
London	8:56	Waterbury	8:05

Sponsored by:



**LETTERS**

**The Day the Pandemic Was Over**

Issue #691

I was surprised at the tone of this article. Portraying the end of the pandemic as a result of everyone getting the vaccine and "all were now protected" left me surprised. Have we not learned yet that we are in Hashem's hands and only He can change this situation? Vaccines may be important but Hashem is the One in charge. Please, let's not forget that!

Anonymous

**Alienated**

Issue #689

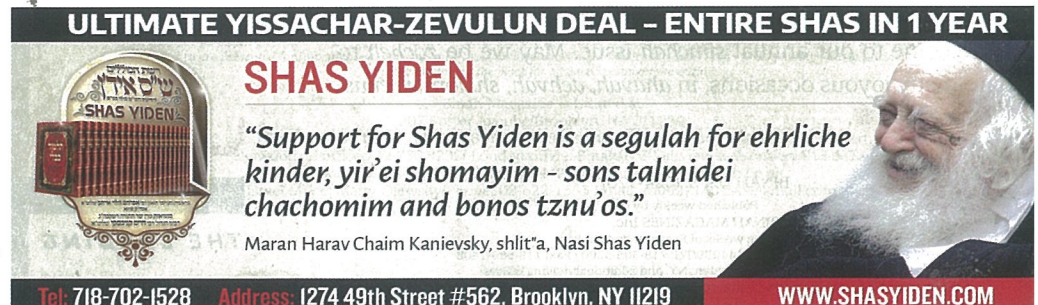
I would like to reply to the ongoing discussion about parental alienation (PA) from both a professional and personal perspective.

From a professional perspective, I feel a need to clarify that there is a major difference between estrangement and alienation. Estrangement is a disconnect built mainly by negative parenting, while alienation is built mainly on a conflict between the

favorite parent (FP) and the rejected parent (RP). In the case of estrangement, the RP usually knows and understands the cause of the disconnect. An alienated parent, however, is confused and puzzled by the fact that his child is estranged from him, asking himself, "What happened, where did I go wrong?" It is important to emphasize that there is a category of subconscious alienation. This is when the FP is not aware of or hides the alienation tactics.

Whether the helper involved in this story was a licensed therapist or a person with good intentions, the method used was expected and typical. In most cases, a therapist's role is to support his client to achieve the client's goal. An exception to supporting a client would be when the client's goal is alienation.

The most empirical-based treatment for PA looks at PA from a systemic lens, in which the family is viewed as a single unit, although the therapist is not necessarily treating the whole family. Failing to interview all sides, or hearing only the child's side, will give a one-sided picture. In every case of PA, a competent therapist should interview



every family member involved, and only then give proper advice and support.

From a personal perspective, my life experience as a parent who has been alienated from my children for eight years, I connected with a group of friends in the same situation in order to be *mechazek* each other and try to create a change in society. Eventually, this led me to pursue mental health counseling, specializing in PA. *Baruch Hashem*, I was able to learn, grow, and get support from friends in the same situation.

I would suggest the following: Alienated parents should connect with others, even to say one *kapitel Tehillim* together, and be *mechazek* each other; this does wonders. Group or personal therapy is an option as well, but it should be with a therapist who received training in this field. Getting our children back is a process, but it can be achieved, with Hashem's help, if we take the right steps.

May Hashem help us have blissful, happy and peaceful relationships with all of our family members, with loads of *Yiddishe nachas*.

Y.B.

### Sisters and Strangers

My compliments to Suri Epstein, author of this riveting serial! I read *Binah* cover to cover, but I start from the back and read toward the front. That's because as soon as I sit down to read my *Binah*, I flip first to "Sisters and Strangers." Suri's ability to develop the protagonist's character reveals her talent as a writer. To those who want Shaindel to become a more self-confident woman — wait! This

story isn't over yet.

I look at this story and think of my own character development. It takes years for us to mature and recognize what is happening around us. Expecting Shaindel to "change already" means that we're looking at her through mature, experienced eyes and pushing her to get to where we are now. That's not the way it works in life. Change is slow. Shaindel's choices are showing you her nature. She's not afraid to try things, even if they're beyond her comfort zone.

yeshivah *capsulot*, I nodded along, duly impressed. "*Kol hakavod*," I thought to myself. Until yesterday.

I was taking an evening stroll with my cranky toddler and passed the yeshivah that is down my block. What I saw made me stop in my tracks and stare. A set of parents was standing outside the firmly shut glass door. Behind the door was a young *bachur*, probably 16. He was mouthing something to his parents. First the mother bent to the glass to hear her son, then the father put his ear to the

*When I read the articles about yeshivah capsulot, I thought to myself, "Kol hakavod." Until yesterday. Kol hakavod? That's the understatement of the century!*

Her younger sisters are facing challenging times, which is exacerbated by not being able to reveal the truth to their father. Lots of young people don't have honest, heart-to-heart conversations with their parents. "Sisters and Strangers" gives us a glimpse of people who may not be like us. As individuals, we each face different types of challenges. We can all learn from Shaindel, her siblings, and her father.

I look forward to reading many more chapters of this serial. Keep it coming and thank you.

Debbie Ginsberg

### Capsulot

Issue #687-689

When I read the articles about

door. Again and again, the *bachur* kept repeating himself, while his parents strained to understand. His eyes were like shining lights, his face full of emotion. His parents had come to show their love. They left together, with slow and measured steps. "So this is the real thing," I thought. It's not an article. It's real.

*Kol hakavod?* That's the understatement of the century! These children are *locked into a building* for weeks, with nary a breath of fresh air, all for the sake of Torah! *Klal Yisrael* owes its future to these boys and their parents. We should parade them on our shoulders throughout the entire city with torches and drum rolls. Hashem will surely reward them with tremendous greatness for generations to come. *Mi k'amcha Yisrael!*

Name withheld

ITSA FAVOR  
PERSONALIZED PARTY FAVORS

UPSHERINS  
CELEBRATE  
WITH US!

WEDDINGS • NEW-BABY • BAR-MITZVA • BAYB • CORPORATE • BIRTHDAY • UPSHERIN

orders@itsafavor.com 718 234 3951  
www.itsafavor.com @itsafavor

**HATZALAH - הצלה**

NYC / 5 Boros / Catskills  
212 / 718-387-1750 / 212 / 718-230-1000

Baltimore, MD	410-358-0000
Elizabeth/Hillside, NJ	908-659-9550
Fleischmanns, NY	845-254-5555
Jersey Shore, NJ	732-531-9988
Lakewood	732-370-3600
Los Angeles	800-933-6460/323-931-6460
Monroe	845-783-1212
Monsey / New Square	845-425-1600
Chicago	847-504-15000
Montreal	514-341-1818
North Jersey/Passaic	973-472-1002
Toronto	416-256-1000
Waterbury, CT	203-754-4200

**SHOMRIM - שומרים**

Baltimore, MD	410-358-9999
Boro Park	718-871-6666
Crown Heights	718-774-3333
Flatbush	718-358-9797
Williamsburg	718-237-0202
Lakewood	732-367-1212

**CHAVEIRIM - חברים**

Baltimore, MD	410-486-9000
Brooklyn/Catskills	718-431-8181
Lakewood	732-370-2229
Monroe	845-782-3111
Monsey	845-371-6333
Five Towns/Far Rockaway	718-337-1800
Montreal	514-990-4263
New Square	845-354-0222
Queens	718-441-0505
Sea Gate	212-732-4283
Toronto	416-831-4583
Waterbury, CT	203-465-2125

**POISON CONTROL** 212-340-4494/764-7667

**זמני שבת ויו"ט**

עש"ק פ' ראה כ"ד אב תש"פ

August 14, 2020

Antwerp	8:47	Los Angeles	7:22
Atlanta	8:07	Melbourne	5:26
Baltimore	7:45	Miami	7:39
Boston	7:28	Milwaukee	7:37
Chicago	7:33	Minneapolis	8:02
Cincinnati	8:16	Monsey	7:38
Cleveland	8:09	Montreal	7:45
Dallas	7:55	New York	7:36
Denver	7:39	Passaic	7:37
Detroit	8:16	Philadelphia	7:40
Edison	7:38	Pittsburgh	8:00
Haifa	6:55	Seattle	8:04
Jerusalem	6:48	St. Louis	7:38
Lakewood	7:36	Tel Aviv	7:03
Liberty	7:42	Toronto	8:04
London	8:11	Waterbury	7:34

**LETTERS**

**YOUR SAY**

**Alienated**

Issue #689

Thank you for continuing your coverage on the subject of parental alienation. It is indeed a highly sensitive topic and warrants much clarification. Although I was upset to see the various letters suggesting we hear the story of the alienated children rather than believe the parents, I was also heartened as it gave me an opportunity to respond. Hopefully, your readers will read this and gain some concept of what true alienation entails.

We need to rephrase our question when we hear about alienated children. Rather than asking, "What did the parents do to warrant this behavior from their children?" we really should be asking, "What does the alienator have to gain by quashing a perfectly natural and warm relationship?"

There are various reasons alienators choose to distance children from parents. Gaining power is uppermost on their agenda. When they destroy the targeted parent's reputation, they become the children's "savior." This power trip is a tremendous motive in the destruction of parent-child

relationships.

It can also be helpful in covering up a secret that the targeted parent is privy to. Now that the parent is no longer accessible, the alienator no longer needs to fear revelation. Other times, there might be assets involved. Once the parents succumb to the degradation of alienation, they might surrender assets in an attempt toward reconciliation.

We need to bear in mind that alienation is not about the logical relationship that builds naturally between the parent and child. It is about the destruction of this relationship by someone who has personal interests. When it comes to power, people lose sight of what is right and wrong, and deception, exploitation, and humiliation all become fair game. Sadly, once the game starts and the alienator rises and his victim falls, it is extremely difficult for the victim to rise again. The domino effect feeds into the original falsehood, causing tears and trauma, further distancing parent and child.

May we be *zocheh* to see the joy of all *Yiddishe kinder* returning to their parents.

B.K.

Sponsored by:

**asisa**  
URGENT CARE  
ARE WHEN IT COUNTS

**Park:** 43rd St. 851.3000  
**Boro Park:** 5902 18th Ave. 718.621.1000  
**Williamsburg:** 667 Myrtle Ave. 718.871.1111

**ULTIMATE YISSACHAR-ZEVULUN DEAL - ENTIRE SHAS IN 1 YEAR**

**SHAS YIDEN**

"Support for Shas Yiden is a *segulah* for *ehrlliche kinder, yir'ei shomayim - sons talmidei chachomim and bonos tznu'os.*"

Maran Harav Chaim Kanievsky, shlit"u, Nasi Shas Yiden

Tel: 718-702-1528 Address: 1274 49th Street #562, Brooklyn, NY 11219 WWW.SHASYIDEN.COM

As an alienated parent, I was very encouraged to read the letter from Y.B., who seemed to be saying that the situation can improve with the help of a competent therapist trained in this particular specialty.

As a licensed social worker, I have never heard about this as an evidence-based condition. I'm curious how many mental health professionals are well-versed in this. I'm wondering if there are professionals around the country with this expertise. Perhaps Y.B. and others would be willing to write more about this. It can perhaps provide some enlightenment for parents who fall into this category.

I'm especially interested in their thoughts about how to get adult children who aren't involved in therapy to come to the table. Or is this something that can be improved upon by working with just the parent? Is this something that can only be resolved with therapy? Is there any reading material that could be helpful? What makes alienation a mental health issue?

If these and other questions could be addressed, it would be so helpful to those of us who are in this predicament.

Thank you for your consideration.

Sincerely,

R.S.

## Fly... Fly Away

Issue #694

Thank you for a splendid magazine.

We've taught "The Little Bird" and sung it at many of our own *kiruv Shabbatonim* in Staten Island. The words, as printed in Yussie Lieber's "Songster," are slightly different from what was printed in the article:

*The little bird (not A), Oh to be free (not with thee), So tender and so rare (not delicate), how long will it be there (not and outshines all that's there), it's voice is getting softer, it's body is getting weak (not how long, how long, how long, how long will it be), the nest is Yerushalayim, to where we all hope to go (not where we yearn to be once more).*

The credits on the album cover for the song state, "Sung to the melody of 'B'arvot

*Hanegev.*' Music by: M.

*Baharav*, Eng. Lyrics: Esther Lieberman. This song was made popular by the famous Chassidic Balladeer, Sherwood Goffin.

Thank you,  
Anonymous

Editor's response:

While various incarnations of the lyrics may have appeared in songbooks and on the internet, the version that was printed in the article is indeed the correct one — as verified by the composer of the song. The lyrics were composed by Charna and Millie Steinberg, as stated in the article.

## Diary of a Diagnosis

Issue #690-693

I very much appreciated that you included this story, as we need to bring the topic of mental illness out into the open and break the stigma. We need to stop being ashamed and we need to stop judging those who, through no fault of their own, were chosen to have this *nisayon*.

There was one point, though, that bothered me. The story describes Chaim as being a changed person since his diagnosis; he was no longer the same top *bachur* and wasn't as functional as most people are.

Many people who struggle with bipolar and other mental illnesses actually do very well once they take medication (and stay on it consistently) and work through their challenges. There are many individuals who struggle with mental illness and we would never guess. Many of them are quite successful. Often, those who struggle become better and more compassionate people.

I hope the readers didn't walk away with the wrong message.

All the best,  
A Binah Fan

Thank you for featuring this series. Even though many details of Chaim's journey could not be included in this brief account I'm sure, each story like this goes a long way in helping others feel less alone.

Watching a family member, especially a child, struggle with a complex and

painful condition can bring up feelings of helplessness and overwhelm. As a therapist working in the *frum* community, I often work with clients on remembering the "big Cs": I didn't cause this, and I don't control it (the illness or the family member). What I can do is work on connection, calm, and coping. In a sea of unknowns, these simple reminders can be anchoring.

Additionally, Chaim's mother expressed frustration regarding the lack of resources in the *frum* community for those struggling with mental health issues. While we still have a way to go, I'd like to point readers to several excellent resources:

Among others, the Chazkeinu hotline and groups are invaluable sources of connection and strength for people around the world. Chazkeinu is a grassroots community organization that provides phone and in-person support internationally. In Israel, both Ezer Mizion and Milam have resources for both patients and their families, providing counseling, education, assistance in getting government services, group and individual therapy at little to no cost, among other services. Ezer Mizion also runs annual *Shabbatons* for patients and families, as well as separate events for siblings and children.

Lastly, while the decision about what to share and with whom is a highly personal one, I urge any family dealing with a diagnosis of any kind to get Rabbinic and professional guidance while making this decision. It's hard to think long-term while dealing with an emergency, and often, a few clear, frank conversations — even if they feel scary at the time — can go far in preventing unnecessary pain and confusion down the road. The weight of secrets and the pain and loneliness of isolation often far outweigh the relief and security that support and communication can provide, especially for our children.

Thank you, *Binah*, for continuing to be a forum for valuable conversations! May we be *zocheh* to a time where we know no more pain or sorrow, speedily in our days.

Atara Weinstein, MSW