

Stigma

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Objectives

- Understand the definition of stigma and its different forms
- Specific ramifications of stigma in the Orthodox Jewish community
- Understand the impact of stigma on treatment
- How to work with the community to reduce stigma

Mental Health in the Orthodox Jewish Family

- Jews as a minority
- Tailoring our treatment to culture
- What is culture?
- The myth of religious immunity

What is Stigma?

- Knifton 2012
- **Internalized** stigma
- **Social** stigma
- **Structural** stigma
- **Courtesy** stigma
- Impact
- Variation of stigma

Orthodox Jewish Stigma

- Mental illness and sin (Rosen et al., 2008).
- Divided rabbinic consensus
- “We are better than that” – (Loewenthal 2014)
- Multicultural counseling

Orthodox Jewish Stigma Contd.

- Religious vs. Secular
- Bloodline
- Bronstein (2004)
- Some rabbinic authorities are similar to Amish authorities in that they condemn psychotherapy
- Rav Moshe Feinstein

Orthodox Jews & the Amish

- The Amish may be compared to the Orthodox Jew in terms of religious commitment

Bringing Awareness to the Amish – Could It Work For Us?

- Miller-Fellows et al. (2018) described a successful attempt to bring mental health services to the Amish community
- Its approach involved cultural sensitivity, a willingness to meet the community where they are at, and engaging with the religious and spiritual leaders at every level

Ecological Theory

- Emile Durkheim posited that communities which work and act in the exact same manner will achieve what he termed a “mechanical solidarity.”
- Mechanical solidarity will hold a society together
- Organic solidarity
- No organ can survive in isolation from the other.

Bronfenbrenner

- Uri Bronfenbrenner 1979:
- His model involves 2 propositions:
 - 1) “proximal process”
 - 2) 3-pronged approach to the force of proximal process

Triadic Influence

- Flay and Petraitis, 1994: seven layers or tiers affecting human behavior
- Cultural/environmental, social situation context, intrapersonal influences work independently and together to influence an individual's health-related decisions
- In social work, macro-level social work works with large systems, mezzo with neighborhoods and communities, and micro with the individual
- Community and religious influences
- Transference and countertransference

Disclosure While Dating: When to Tell?

- Greenberg, Buchbinder and Witzum (2012)
- The lengths we go to
- Issues faced by therapists in the Orthodox community

What Can We Do?

- Support groups
 - Miller-Fellows et al. (2018)
- Education: for community leaders
- Education: not just for community leaders