

Healthy Marriages: Strategies for all Stages
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Scenarios:

Sarah is 23 years old and married for ten months. She used the mikvah and began to stain a few days later. She called her Yoetzet to discuss how to handle this matter.

“Please tell me that it will be ok. I don’t want to go home and tell my husband that I’m off limits again. He’ll kill me!”

Susan, a married woman in her 40s, came to the Mikvah as usual, but the attendant noticed something this time that she had never seen before. Susan’s right thigh and upper arm were covered with black and blue marks. When Susan realized that she was being looked at carefully, she quickly shared a story about a fall she had taken down the stairs in her home.

Miriam looked bedraggled and overwhelmed when she came for an appointment to speak with her yoetzet. They had agreed to meet in order to review hilchot niddah for she recently gave birth to a baby boy and it had been a while since she had used the mikvah. The yoetzet noticed that Miriam kept asking her to repeat what she had just said, and at some point, began wringing her hands and wiping away tears.

The yoetzet asked if everything was ok, and Miriam insisted that she was just sleep deprived as a result of caring for her new baby.

Lois, 36 years old and married for ten years, called her yoetzet several times a month. She consistently worried that she was not counting her days correctly, and couldn't distinguish between a clean bedikah cloth and a stained one. This kept her awake at night and she required constant reassurance that she was carrying out her responsibilities in an appropriate manner.

What is our responsibility to intervene with our constituents?

How do we think about each particular scenario?

When do we ask?

What? How?

Tact, Tone and Timing!

What is normal vs. pathological concerns regarding niddah issues?

How does family of origin influence a woman's sexual intimacy and her handling hilchot taharat ha'mishpachah.

To whom does the Rebbetzin/Yoetzet turn?