

MASTER SOUL THERAPY

Year-Long Training Syllabus

Attachment-Focused, Torah-Based Emotional Growth

Secure Attachment • Torah-Based Emotional Growth and Connection

Chiburim

Healing the Attachment Triangle

Year One

A Personal Letter from Chava

Beginning the Journey from the Mind to the Heart

Dear student,

I would like to open this year with a few personal words.

Over the years I have met so many good, deep and sincere women who have invested a great deal in themselves.

They have read books, taken courses, listened to shiurim, and learned about emunah, marriage, self-awareness and inner work.

And sometimes they come to me and say:

"I know so much. I understand so much. But inside, it still hurts the same."

The same fear.

The same hurt.

The same people-pleasing.

The same anger.

The same feeling that no one really sees me.

The same places in my marriage and family that trigger me again and again.

And that is one of the reasons this path is so precious to me.

Because it is not enough for the mind to understand.

You can know that everything is hashgachah — and still the heart is afraid.

You can know that your worth does not depend on other people — and still fall apart when someone is not pleased with you.

You can know that you need to set a boundary — and still, in the moment of truth, feel guilty and give in.

And you can know that Hashem loves you — and still not always feel loved and safe.

There is a distance between what we know and what our heart is able to experience.

And that is exactly the journey I want us to travel this year.

Not more knowledge that stays in a notebook, but learning that goes inward — into the emotions, into the body, into our relationships, and into the places where life truly meets us.

I am privileged to see women walk this path and, little by little, something in them changes.

They respond differently.

They understand themselves differently.

They stop being driven by every emotion.

They learn to set boundaries without losing their heart.

And they feel there is more room inside them — more freedom and more security.

And one of the sentences that moves me most to hear at the end of the process is:

“I don’t just understand differently. I feel that something inside me has truly healed.”

For moments like these I built this path.

And I want more and more women to be able to experience this healing.

That is why I don’t see this year as just a course.

To me it is an invitation to a journey.

A journey from the head to the heart.

From survival to connection.

From struggling with yourself to being able to be with yourself.

And from knowing that Hashem is with you — to the possibility that your heart, too, can lean on Him.

Looking forward to walking with you,

With great love,

Chava



What Is the Journey of Year One?

Year One is designed to build a deep foundation of connection — to yourself, to your emotional world, to your relationships, and to your bond with the Borei Olam.

Throughout the year you will learn to recognize what is happening inside you before the automatic reaction takes over, to understand the roots of the patterns that drive you, and to gradually open a new way of meeting pain, connection and challenge.

The goal is not to reach a life without difficult feelings.

The goal is to build a place within you that knows how to meet them.

A place with more:

- Connection to yourself.
- Emotional regulation.
- Inner security.
- Differentiation and boundaries.
- Freedom from automatic patterns.
- Ability to build more secure relationships.
- Emunah that moves from knowledge to lived experience.

Every Pain Has a Root

One of the founding principles of Soul Therapy is that it is not enough to deal with what appears on the surface.

Behind anger, anxiety, people-pleasing, dependency, withdrawal or hurt there is usually a deeper layer of emotion, need, memory, interpretation and protective mechanism.

Throughout the year we will learn to look beyond the reaction and ask what is happening underneath it.

The goal is not to look for someone to blame or to stay stuck in the past, but to understand the root in order to create more choice, calm and freedom in the present.



What Will You Learn This Year?

Getting to Know Your Inner World

- Recognizing emotions, needs and patterns.
- Understanding protective and survival mechanisms.
- Distinguishing between fact and interpretation.
- Recognizing when past experiences are awakened in the present.
- Understanding the roots of anger, fear, anxiety, guilt, loneliness and disappointment.
- Recognizing people-pleasing, the need for approval, freezing, withdrawal, suppression and outbursts.

Understanding Your Attachment Map

- Recognizing the central attachment patterns.
- Understanding how we learned to interpret closeness, distance, love and conflict.
- Recognizing when the attachment system is activated within a relationship.
- Understanding what happens to us when a significant person pulls away, gets angry or is unavailable.
- Recognizing the strategies we developed to preserve the relationship or protect ourselves from hurt.
- Beginning to move from survival-based attachment patterns toward more secure attachment.

Regulating and Processing Emotions

- Meeting pain without running from it and without falling apart.
- Learning to release and process emotions safely.
- Working with the body and the nervous system.
- Understanding what an emotion is trying to tell us.
- Turning an emotion from a source of overwhelm into a map for inner work.

Building a Secure Inner Home

- Developing compassion that does not cancel responsibility.
- Building a “corrected inner mother” within you.
- Being an anchor for yourself even when reality is turbulent.
- Developing inner worth that does not depend entirely on outside approval.
- Strengthening choice, self-leadership and resilience.
- Learning not to abandon yourself — especially in the moments that are hard for you.

Healing Relationships

- Recognizing people-pleasing, self-erasure and emotional dependency.
- Developing healthy differentiation.
- Setting boundaries without disconnecting the heart.
- Facing conflict without falling apart and without pleasing.
- Holding distance without immediately interpreting it as abandonment.
- Building healthier communication in marriage and family.
- Developing emotional attunement to yourself, your children and the people close to you.

Deepening the Bond with the Borei Olam

- Recognizing blocks and wounds that affect emunah and bitachon.
- Understanding how human attachment patterns can also affect the spiritual experience.
- Turning tefillah into a space of real connection and true speaking.
- Connecting intellectual knowledge with the experience of the heart.
- Developing a sense of leaning, security and love that does not depend on circumstances.
- Learning to live emunah even when reality is not understood.

How Will We Learn?

This is an experiential course.

We are not satisfied with learning ideas — we seek to make them part of life.

The training combines:

- Learning grounded in Torah, Chassidus and Jewish thought.
- Knowledge from the world of emotional healing and attachment.
- Experiential emotional processes.
- Work with the body and the nervous system.
- Relaxations and Jewish meditation.
- Personal and group practice.
- Demonstrations and analysis of processes.
- Practical tools for daily life and for your work with others.
- Exercises to continue internalizing between sessions.



A Gym for the Soul

Deep change does not happen just because we understood a new idea.

Like any other ability, emotional abilities are built through practice.

That is why throughout the year we will work again and again on developing inner “muscles” such as:

- Gentleness.
- Differentiation.
- Emunah and bitachon.
- Letting go of judgment.
- Sincerity.
- Boundaries.
- Flexibility.
- Resilience.
- Listening.
- Compassion.
- Regulation.
- Presence.

The goal is that the tools will not stay in the classroom, but will gradually become the way you meet yourself and life.

What Makes Soul Therapy Unique

Soul Therapy combines the wisdom and inner depth of the Torah with contemporary knowledge and tools from the world of emotional healing.

We work in two complementary movements:

From the mind to the heart — through learning, emunah, and bringing a new perspective into the places that hold pain.

From the heart to the mind — through listening to the emotion, the body, memory and lived experience.

This creates a connection between:

- Nefesh, ruach and neshamah.
- Body and emotion.
- Past and present.
- Emunah and lived experience.
- Connection to yourself and connection to another.
- Emotional work and a bond with the Borei Olam.

We do not see a woman as a collection of problems that need fixing.

We seek to understand how the soul learned to protect itself — and to help her build new possibilities with more security, connection and freedom.



The Three Gates of Learning

Gate One – Free from Suffering

Understanding the Roots of Suffering and Secure Attachment to Yourself

The first gate focuses on your relationship with yourself.

We will learn to understand what lies beneath the reactions that hurt and exhaust us, to recognize survival mechanisms and recurring patterns, and to gradually build a more secure inner foundation.

The goal is to move from a state in which pain runs our life — to a state in which we can meet it with more understanding, choice and freedom.

Among the topics:

- The roots of suffering and emotional pain.
- Protective and survival mechanisms.
- Recurring patterns and cycles.
- Moving from helplessness to responsibility and choice.
- Emotional regulation and building inner resilience.
- Developing a secure and compassionate relationship with yourself.

Gate Two – Healing Relationships

From Survival-Based Attachment to Secure Attachment

The second gate focuses on our relationships.

We will get to know the attachment map and understand how early experiences shape the way we experience closeness, distance, dependency, conflict and love.

We will learn to recognize different attachment patterns and gradually move toward a more secure bond — one that allows closeness without losing yourself, separateness without abandonment, and conflict that does not have to break the relationship.

The goal is not to become independent of people, but to learn to be in a relationship without losing ourselves.

Among the topics:

- The attachment map and attachment patterns.
- People-pleasing and emotional dependency.
- Healthy differentiation and separateness.
- Boundaries.
- Trust and reality-testing.
- Coping with conflict.
- Communication in marriage and family.
- Building a secure and respectful bond.

**Gate Three – Emotional Processing
and Secure Attachment to the Borei**

In the third gate we will connect emotional work with the spiritual world and the world of emunah.

We will go deeper with tools for emotional processing, connecting to the body, working with the inner child, and building a compassionate and stable inner figure.

We will also examine how our human attachment experiences can affect the way we experience our bond with Hashem — and seek to build a deeper experience of trust, leaning and connection.

The goal is not only to know that Hashem is with me.

The goal is to help the heart gradually learn that it is not alone.

Among the topics:

- Models for emotional processing.
- Working with the body and the nervous system.
- Healing the inner child.
- Building corrected inner parenting.
- Working with past, present and future.
- Tefillah as a place of connection.
- Bitachon and leaning on Hashem.
- Secure attachment to the Borei.



What Will You Gain from the Process?

By the end of the year, the goal is that you will have not only a new understanding, but also more ability to live differently.

You will be able to:

- Better understand what triggers you.
- Recognize patterns before they run you.
- Meet emotions without being overwhelmed by them.
- Be a more secure anchor for yourself.
- Act from more choice and less reactivity.
- Set boundaries without losing the relationship.
- Be close without erasing yourself.
- Build safer and healthier relationships.
- Develop calmer, more attuned communication at home.
- Reduce dependency on outside approval.
- Deepen your sense of worth and inner security.
- Turn emunah into a living place of connection and leaning.
- Take the tools into your personal life and into your professional work.

Who Is the Program For?

The program is for women who want to go through a meaningful personal process and deepen their connection to themselves.

It is especially suited to:

- Women who feel they know a lot but still stay with the same pains.
- Women who experience people-pleasing, anxiety, emotional overload or difficulty with boundaries.
- Women who recognize patterns that repeat again and again in their relationships.
- Women who want more calm and connection in their marriage and family.
- Women who want to deepen their bond with the Borei Olam.
- Coaches, counselors, facilitators and women in the helping professions who want to expand their toolbox.
- Women interested in continuing on to the full **MASTER SOUL THERAPY** training track.

Program Structure

- 30 in-depth sessions over the year
- 3 hours per session
- 120 academic hours in total

The sessions combine learning, experiential processes, practice, relaxations, demonstrations and analysis of processes.

In addition, participants will receive guided exercises to continue the work and internalization between sessions.

Good to know

The syllabus is built around learning axes, not in a rigid chronological order.

The topics recur within one another, and the order of learning will stay flexible so it can adapt to the pace of internalization and to the processes taking place in the group.

An Invitation to the Journey

Year One is the beginning of a journey.

From survival to connection.

From automatic reaction to choice.

From dependency on another to an inner anchor.

From fear within a relationship to the possibility of a secure bond.

From knowing in the mind to internalizing in the heart.

And from the feeling that I have to hold everything alone — to the possibility of leaning.

We are not trying to turn you into a different woman.

We seek to help you return to the one who lives beneath the fears, the protections and the patterns we developed along the way.

To return to yourself.

To your neshamah.

And to the living bond with the Borei Olam.

Looking forward to a shared and uplifting journey,

Yours with much love,

Chava



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Tevat Noach
Soul Time

A Subscription for Self-Care with Harpi-Tefillah Jewish Meditation

"Come into the Teivah," says the Baal Shem Tov. This is the one way in our generation to be saved from life's hard experiences: each day you can enter the Teivah — with yourself and with your Creator — to rest, to set down all the burden at your side, and to begin to create light.

With the relaxations you will be able to build the Mikdash within your heart

Create a "Tevat Noach" within you — time to rest and draw strength for your nefesh and neshamah

"Tevat Noach" — Soul Time: connecting to inner quiet and to the Borei

Special relaxations for Chanukah

What Is Harpi-Tefillah?

Chava Shmilovitch, an artist of soul healing, has been leading relaxations in her sought-after courses for over 20 years.

Harpi-Tefillah weaves together sifrei kodesh and rich experience in emotional healing. It calms and heals the soul and creates the connection between the mind and the heart.

The relaxations purify the heart and refine it from everything that disconnects it from healing, heartfelt emunah.

As you listen, you will draw closer to the Borei Olam and heal your heart — even in hard situations and especially challenging ones!

The time has come to let go and heal!

- ✓ Access to the full relaxation library (dozens of emotion-focused relaxations)
- ✓ Tevat Noach mini-course — about 3 hours of learning the method
- ✓ Two new relaxations added to the library every month
- ✓ Access to the library of Tevat Noach guided booklets
- ✓ A small WhatsApp group for chizuk and updates
- ✓ Access to all relaxations and classes by kosher phone line



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for the trial month, instead of ₪49



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Healing in connection with the Borei — with Chava Shmilovitch

You Will Light My Candle

A Tefillah for Lighting Shabbos Candles

Shabbos Kodesh descends upon the world,
and here I am, lighting her candles
after a long week in which I toiled,
chose, learned, rushed about, got confused,
did, fell, and rose again.

Now, as I light the candles,
I look and I listen:
the candles, the fire,
hold within them a magnificent gift —
Shabbos is its name.

It calls me to stop the race of my life
that never stops,
and to rest —
to rest a true rest,
not just any rest,
a deep and genuine rest.

Please, free me from all the tension
that built up in me this week.
Help me release every burden, every worry,
every needless thought, every weariness.
Help me enter a day that is all good,
a day that is all Shabbos,
when all the creations,
all of Creation,
hears the voice calling it to rest,
to be filled anew,
to be cleansed of all the past week,
to be charged with renewed energy of life and
joy,
and to receive strength to continue the journey.

Please, Hashem,
You are the One who gave
the gift of Shabbos.
Help me return inward
from every struggle, every conflict.
To return from every thought
that takes my joy away,
from every harmful word
that distances me from myself and from others.
To release all the negative feelings —
the anger, the tension, the disappointment —
and to reconnect to the joy
within my heart.

And just as I lit the candles with fire
here in this lower world,
so may You kindle my neshamah with Your
radiant light
and reconnect me to the element of fire
within me.

Help me be peaceful,
calm and strong like fire,
to give light and warmth,
to be always in motion
of rising and growing,
to aspire higher and higher.

And at this holy time,
help me feel Your love!
Please open my heart in tefillah
and bless me with Your light!



*Wishing you a peaceful and blessed Shabbos,
with love, Chava Shmilovitch*

Join Chava Shmilovitch's women's community for healing and support
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