



March 1, 2004

Recommendation for Dr. Jerry Weichman

Dr. Jerry Weichman came to see me in my office, unannounced one day. He had been trying to reach me by phone, but I had ignored his phone calls because I thought he was one more therapist trying to solicit referrals from me. When he showed up at my door, I agreed to meet with him a week later. His persistence paid off. After listening to what he could offer teenagers as a hip, twenty seven year old psychologist, I was intrigued. I invited him to speak to my psychology class. For fifty-five minutes my students sat at the edge of their seats, in silence. Quite a feat for high school Seniors, I might add.

What Jerry offers to students is sophisticated psychological concepts about self-image, and self-discipline in words that teenagers can understand and relate to (e.g., how you keep the inside of your car, or bedroom is a reflection of how you feel about yourself). Jerry even talked about concepts that most teens would find "corny" and unimaginable regarding sadness and frustration, but to my surprised they identified with it. After coming to my psychology class I invited Jerry to speak to the 10th grade class in an assembly. We had a follow-up to his talk in our advisory groups and the feedback was overwhelmingly positive. Faculty were able to talk to students about the difficulties in their lives (e.g., depression, negative thoughts, lack of motivation) in a directed, meaningful way using Dr. Weichman's talk as a spring board.

I have been in charge of organizing assemblies at the middle school and high school level for over 13 years. I count Jerry Weichman's talk as one of the best. In addition, I am a clinical psychologist and found Dr. Weichman's approach and conceptual framework reliable and valid. You might even find that you learn something useful about yourself as well! If I can answer any further questions for you, don't hesitate to call or email me. <949 219-1390; Rothl@sagehillschool.org >

Sincerely,

Dr. Laura J. Roth
Dean of School Life and Counseling