



A Psychologist or Therapist

6. A psychologist, therapist, life coach, etc., who meets with women, advises them and offers guidance is in the category of *isko im hanashim*. In many instances, he also is in the category of “*libo gas bah*.” (See *Dvar Halachah* 3:20; *Yesod*

Hataharah - Yichud 8:13; *Malbushei Mordechai – Yichud, siman* 20 note 7)

Important Note:

The *halachos* we have discussed regarding cases of *isko im hanashim* are instances where, before entering this job or profession, the man has received **the approval of a Rav** or other *daas Torah* who is an expert in these areas. This is not to be viewed as blanket permission to see a therapist of the opposite gender.

In general, a person is required to do whatever possible to ensure that they seek

help from someone of the same gender; thus, a man should go to a male therapist and a woman should see a female therapist. In an instance where experts recommend that a man be seen by a woman or vice versa, one must speak the matter over with a competent *posek* who is knowledgeable in the topic at hand and in the specific circumstances. Furthermore, one must be very careful with the laws of *yichud* and the other *halachos* related to interactions between the genders, as well as the *hashkafos* of the person one is going to for help.

It is also important for a professional who consistently deals with members of the opposite gender to have a *Rav*, *posek* or *moreh derech* with whom they regularly consult to obtain guidance. The *Rav* can guide them in both a general way, such as instituting proper safeguards, as well as in specific circumstances, when interactions may be problematic or one feels that he or she is becoming too close and comfortable with the client. After receiving guidance, the expert should follow the advice of the *Rav*. (*Chut Shani* EH p. 68; *Shu"t Mishnas Yosef* 13:345; see *Malbushei*

Mordechai – Yichud, siman 20 note 7)