

March Newsletter 2008

Just a little information about me and what I do, I specialize in helping families shift their focus from arguing to communicating; from fighting to enjoying each other. I help people in individual sessions that are having problems relating with their children, partners, and family. I offer a variety of therapeutic interventions and styles that blend well together to help adolescents and adults with personal problems.

- **Journaling Workshop (note the day change see flier on back of newsletter)**

- **Reading List Suggestions**

- **Videos**

- **Upcoming Workshops**

- **Picture of Elma (by Melinda Tuttle)**

- **Journaling Workshop, March 15th 10 to Noon**

If you have always wanted to journal but never found the time or didn't know how to start this an opportunity to get a jump start on journaling. I will help you to overcome your fears of putting pen to paper with some interesting and fun techniques. We will explore Free Writing, Writing in the 3rd person, using an Art Journal, Writing about Art, Music to tap into memories, and the use of guided imagery to unlock memories.

- **Reading List Suggestions**

Unlocking the Secrets of your Childhood Memories by Leman & Carlson

Daily Warm-ups, Journal Writing

Inner Outings, Adventures in Journal Writing by Geiss and Jessup

The Secret of the Shadow by Debbie Ford

Writing as a Way of Healing by Louise DeSalvo

- **Videos: these videos may help if you are searching for meaning in your life.**

The Apostle, PG-13

Cider House Rules, PG-13

Dead Poets Society, PG

It's a Wonderful Life, not rated

- **Upcoming Workshops: Please check each month as the dates may change**

Grief and Loss, April 12th, 10AM to 12PM

Mothers and Daughters, May 10th, 10AM to 12PM

Fathers and Sons, June 14th, 10AM to 12PM

