



We are only as strong as we are united, as weak as we are divided. ~

J.K. Rowling

Hope is being able to see that there is light despite all of the darkness. ~ Desmond Tutu

At this special time in history, we are asked to go inside to seek our underlying values, hopes, dreams, beliefs and desires. Some are in deep fear of the future, some feel great hope and expectation. During this holiday season, and in all seasons, may we as a human race band together to be unified in peace, love, tolerance and forgiveness for all peoples.

Swami Nityananda says that Light attracts Light, and love attracts love, and fire attracts fire. A great question for each of us as we journey into 2017 is: **What am I attracting to myself by the way I am being in the world? Am I loving, kind or Light? Am I prickly or like a fire?** Jenn Proske says, "Love yourself. It is important to stay positive because beauty comes from the inside out." Research by Drs. Kristin Neff, Bessel Van der Kolk, Brene' Brown and Dan Siegel has done marvelous wonders to inform us about body-centered therapies and self-compassion. Their work goes beyond talk therapy to re-wiring the neuro-biology of the brain. Please treat yourself to their websites and meditations as well as to Belleruth Naperstek's guided imagery.

Diving into different cultures gives us perspective on what is truly important, if we take the opportunity to listen deeply. While in Greece, Rome and Turkey in 2015, I marveled at the ancient ruins from over 2500 years ago. I ponder the contributions we are making to our relatively young country. **We all seem to want to be calmer and yet we are challenged to jump into the superhero phone booth and "do it all."** **What spiritual or human resources do you use to discern your choices to love yourself, others and a Higher Power (if you believe in one)?**

As some of you know, there were significant deaths in my family in 2015, which precluded you receiving a greeting last year. Grief has a way of teaching us how deeply we love. I thank all of those who tolerated my absences and supported themselves in other healthy ways while I tended to my own health and family. The inspiration of many carries us when life comes on life's terms. Included in your card this year is a document created for you to use for inspiration whenever you feel troubled or desire quiet reflection. Please pass it along to others if you so choose. Each quote was carefully chosen to reflect the struggles and the hopes shared in my clinical spaces over the past two-year, the beauty and the bitter. **The task set before all of us, whether through spiritual means or common humanity, is to become the most mature adults we can, recalling that we leave our legacy to those behind us.**

Please remember Freedom Through Psychotherapy as a place of healing for you and yours. If you or any of your loved ones need someone to turn to for emotional support, do not hesitate to call me at 443-831-1948. See the following page for exciting updates, like a YouTube video!

Peace & Blessings to you and yours,

Dr. Joanne Vizzini

UPCOMING EXCITING ADVENTURES

BE ON THE LOOKOUT FOR **Dr. V's YouTube Channel** on www.drivizzini.com featuring her **first ever educational videos:**

I Am Safe In My Space: Part I - Educating Adults to Help Children

I Am Safe In My Space: Part II - Songs and Fun Phrases for Children

Thanks to the generous heart of a dear woman, Dr. V has been funded to work with the therapeutic puppets and puppet therapy one day a week, beginning January 2016. Premiering soon on YouTube in 2017 are the informative videos, "I am Safe in My Space I & II." These excellent documents aid and educate children and their families about bullying and inappropriate touch. Originally, the puppet, Cool Eugene, taught a wonderful rap song to the 3 to 12 year olds about healthy touch, keeping healthy boundaries, and feeling safe in one's body. Standing up to bullying and learning how to protect one from grooming and other insidious behaviors of those who may use their closeness to gain access is essential for youth. Inappropriate touch and connection with youth who believe that the person loves them can allow the youth and those around the youth to ignore signals of harm. Parents learn how to support and encourage their child to speak their feelings, encouraging their children to keep telling till believed, not easy for a little person!

Dr. Vizzini and the Friends 2017: (Grant Monies at Work)

January 3, 2017: **Marian House, MD** and ongoing once a month, Puppet Therapy and Therapeutic Use of Puppets
Initial contact and potential puppetry presentations 2017: **Chai Lifeline, MD** and **Renfrew Center for Eating Disorders, MD.**

PREVIOUS ADVENTURES

Puppet Presentations 2015 and 2016 (Puppet Therapy Institute)

Grief Puppetry: Retreat Day and Camp, "Me Too" (Stella Maris & Camp Pu'Tak, in MD)
Camp T.R. (Carroll County Hospice, in MD)

Training: Tools for Healing Hearts Hurts (Columbia, MD) Puppet Troupe Ebony Sonshine and other therapists training in the use of therapeutic puppetry and puppet therapy.

Education: My Sister's Place (Baltimore, MD) Coping and life skills.

Professional Training and Events 2015 and 2016

March 2015	Psychotherapy Networker Symposium: Continuing education about the power of play; internal family systems training, and emotionally focused therapy for couples.
September 2015	Training on diagnostic coding
October 2015	Spirituality Speaker at Al-Anon Retreat Steps 10, 11 & 12
November 2015	Expressive Therapy Summit in NY, <i>Your Brain on Ink: The Journal Ladder & Neuroplasticity</i>
August 2016	Dr. Kristin Neff's mindful self-compassion and meditation training
November 2016	Expressive Therapy Summit: Puppet making and the use of therapeutic puppets; puppetry for social change; bereavement counseling and after death experiences (both for believers and non-believers); Authentic Movement (type of dance therapy); guided meditation/visualization and using psychodrama to emphasize themes from EMDR.
2015 & 2016:	Women of Grace, Pastoral Counseling (PC) Supervision Group

Freedom Through Psychotherapy, LLC thrives with you as the foundation. Adult, youth and children come seeking freedom. I meet them where they are and invite healing. Some come with faith, believing that they will overcome anxiety, depression, OCD, divorce, and other mental health concerns. Others allow me to **hold out hope**, and witness its unfolding. Whatever keeps one from wholeness (lack of self-compassion or shame or other), **I am here to share in Spirit or to invite your Spirit.** EMDR (Eye Movement Desensitization and Reprocessing), Guided Meditations, and the **Vizzini Puppet Therapy Model©2001** are offered as specialties. *The spiritual component of healing is welcome, not required, in my practice. As always, thank you for your support. (Invite Dr. Vizzini ~443-831-1948 or www.drivizzini.com~ to your group, church or synagogue to engage children and/or adults about sensitive topics or "Like" her Facebook page entitled, "Puppet Therapy.")*