

December 2014



*"Peace begins with a smile." ~ Mother Teresa, "Rainbows introduce us to reflections of different beautiful possibilities so we never forget that pain and grief are not the final options in life." ~Aberjhani, "I will not let what I cannot do interfere with what I can do." ~ Edward Everett Hale*

My sincere hope is that many of you have experienced great joy and victories throughout this year. There are those of us who have been in the midst of more tumultuous times. Please **know** that I am here for you through it all, the good and the not so good. **If you or anyone dear to you needs someone to turn to for emotional support, do not hesitate to contact me at 443-831-1948.** As circumstances would have it, I am moving to a new space, Suite 355, in the West Quadrangle, at Cross Keys in Mt. Washington on March 1<sup>st</sup>, 2015. I will continue to practice at my main space in Columbia on Charter Drive.

**A child that I encountered in a workshop setting taught me/us about life on life's terms.** The child was attracted to the giraffe puppet and told a story of rubbing a giraffe's nose at the zoo. The child said the teacher pulled the child's hand away, but the child explained, **"Dr. V, the giraffe and I were just fine."** The child spoke about zebras coming from the horse family and how horses are so healing. When asked if the zebra was black with white stripes or white with black stripes, the child explained, **"Actually, historically, zebras were purely white...and then the darkness came upon them.** We spoke about how darkness came upon the child's family, and comes upon all of us. The child held the zebra puppet up and said with conviction, **"Now the darkness and the light live together."** I said with ease, **"Like the black and the white stripes on the zebra."** May we all choose to live in the LIGHT knowing that at times we will together face the darkness! Look for more stories of profound meaning on the website link "Led by love, no longer driven by fear."

On a sadder note, I reached out to those affected by the senseless shooting at Columbia Mall this year and have used the puppets as a powerful means of speaking up and out. **I recently designed a puppet program called, "I am Safe in My Space,"** for a church community healing from grooming behavior, the inappropriate attention to children. In the New Year, I will be posting a YouTube video of, **"I am safe in my space, if you get in my face, or something feels out of place, I shout, "No," then my feet go, to safe adults who need to know."** © 2014, Dr. J Vizzini, which the children adored.

**Thankfully, I was a spirituality speaker, as well as puppet presenter, for the winter and fall conferences for families healing from alcoholism.** Yama Studio/Yama Therapeutics in Baltimore, MD and I have a longstanding, generative relationship where I offer a semi-annual ethics training program. This year, the dynamic **"Women of Grace,"** a **Pastoral Counseling (PC) Supervision Group,** continues to thrive and breathe life into all who are members and I continued to teach graduate clinical courses at **Loyola University Maryland** in Pastoral Counseling for PC Master's/Doctoral students.

**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, bipolar disorder and other mental health concerns. Others allow me to hold out hope, and witness its unfolding. Whatever keeps one from wholeness (addiction, co-dependency or other), **I am here to share in Spirit or to invite your Spirit.** EMDR (eye movement desensitization reprocessing) and **Vizzini Puppet Therapy Model©2001** are offered as a specialty. The spiritual component of healing is welcome, not required, in my practice. As always, thank you for your support.

These holidays and always,  
Peace and Blessings to You and Yours,

*Dr. Joanne Vizzini*

*(If interested in inviting Dr. Vizzini to your group, church or synagogue to engage children and/or adults about sensitive topics or to preach, or for more information in general, go to [www.freedomthroughtherapy.com](http://www.freedomthroughtherapy.com) or "Like" her Facebook page entitled, "Puppet Therapy.")*

