



December 2010

"When we become aware that we do not have to escape our pains, but that we can mobilize them into a common search for life, those very pains are transformed from expressions of despair into signs of hope. (Henri Nouwen, 1972). So many enter my doors in pain and find the inner courage, to move to freedom. Please visit my new website at [www.freedomthroughtherapy.com](http://www.freedomthroughtherapy.com) or [www.drivizzini.com](http://www.drivizzini.com). It would be of great benefit if you went to the facebook site at the bottom of the page and clicked "like." I am grateful you have joined me, and for those who know them, the puppets, on the journey of transformation, now for five years in Mt. Washington and seven years in Columbia, MD. Mr. Robert Matthews, MS, LCPC rents space and sees clients in my beautiful Belvedere Towers office and is expanding his practice (443-794-6926). Please continue to keep me in mind for people whom you care about and send them to discover their own personal freedom by calling 443-831-1948.

For four years Puppet Therapy Institute (P.T.I.) has been flourishing. P.T.I. provides training for therapists on how to use humor and story in treating anxiety, depression and many other issues. This year I had several wonderful opportunities to share the healing power of puppets. I held **More Tools for Healing the Heart that Hurts** in the spring and summer. Participants from my summer workshop were interested in increasing their skills, so the first puppet supervision session was held in September (see their pictures on the website). **The Language of Love** workshop was held in Columbia, MD for learning how to communicate with those we love, children and partners, in a way that they can hear us. In November I was blessed to be able to share the "Being Mean Isn't Cool" anti-bullying puppet session with the students at Elmer Wolfe Elementary (see the slide show of pictures and captions on the website, under Puppet Therapy). I continue to follow my dreams of training other professionals throughout the world in Puppet Therapy. I met some wonderful puppeteers from Sweden through Sykpe in October and practiced using technology to offer them a LIVE workshop on April 9, 2011. Please save the following dates for workshops in spring of 2011: (Feb 22nd, March 18<sup>th</sup> and 19<sup>th</sup>, May 21st).

During the past seven years I have been teaching graduate clinical courses at Loyola University in both Pastoral Counseling and Education, and supervising Master's level interns. Each year I have the opportunity to pass on knowledge to very dedicated budding professionals. I also offer my semi annual ethics-training program for yoga teachers for Yama Studio/Yama Therapeutics, Baltimore, MD.

The opening of the new Columbia office was postponed to this coming year. Look for a January or February opening (see the website)! **Groups will be offered soon.** A generous friend gave a trip to Oberammergau, so while traveling through the Alps and to Bavaria Germany for the once every ten-year play, I was blessed to carry the desires of people's hearts and to release into sacred space their burdens. For my Jewish comrades my hope is that peace came and will come from the acknowledgement of past pains and the effort to "co-exist" in sensitivity. *(Over Please)*



December 2010

This past summer I presented as the Keynote Speaker about Puppet Therapy at the *Puppeteers of America's Regional 2010 Conference in Wilmington, North Carolina*. In October, the puppet friends joined the Women in Ministry; Baltimore, MD for retreat and two new puppeteers blossomed to tell the Annunciation story. I had the pleasure of receiving an invitation from the American Counseling Association to participate as a delegate to the People to People Ambassador Program in Brazil in June 2011. While this program promotes cultural and professional exchange globally, and I was honored to be asked, I respectfully declined the offer.

You are my supporters and the reason for my practice. Through your support, Freedom Through Psychotherapy, LLC and Puppet Therapy Institute are thriving and abundant. I treat children, youth, and adults. My specialty is *Healing Past Hurts*. I see clients of all ages who have issues of anxiety, depression, obsessive-compulsive disorder, bi-polar, ADD and/or LD, and general mental health concerns, including divorce/separation. My background includes specialties in codependency and addictions. EMDR (eye movement desensitization reprocessing) can be integrated into sessions. Puppet therapy is available for adults and children using *The Vizzini Puppet Therapy Model*® 2001. The spiritual component of healing is welcome in my practice. Thank you once again for your support.

Peace and Blessings to You and Yours,

*Dr. Joanne Vizzini*

<sup>1</sup> Nouwen, H. (1972). *The wounded healer*. New York: Doubleday.

SAVE THESE DATES in 2011

### **Puppet Therapy Institute Training**

**February 22, Saturday:** Creative Arts for Sensitive Topics (counselors and educators)

**March 18, 19; Fri. and Sat.:** More Tools for Healing the Heart that Hurts (counselors and educators)

**May 21, Saturday:** Being Mean Isn't Cool. Make Your School a Bully Free School.

Are you curious about Puppet Therapy? Invite Dr. Vizzini to your group, church or synagogue. Most topics are acceptable. See the Puppet Therapy link on the website.

Dr. Vizzini will be offering some Puppet therapy experiences for you to try, some for adults, some for children. Check the website [www.freedomthroughtherapy.com](http://www.freedomthroughtherapy.com) to sign up. There's a special Puppet Therapy section, which includes information from the [www.puppettherapy.com](http://www.puppettherapy.com) website. Send a note about your interest. Dates are forthcoming.

Dr. Vizzini would like to make some new tapes of Puppet therapy. Want to volunteer? Had a good experience with the puppets? Wouldn't mind being taped? Contact Dr. Vizzini through the website or call 443-831-1948.

