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Featured Article

Greetings!

Click on the links to go directly to the Sandra Webb Counselling website.



Welcome to my summer newsletter. Come and join us for our fall workshop, *Creating Peace Finding Joy*, Sandra

FINDING JOY

Wow! This sounds so simple. Find joy. Be joyful. Enjoy. It is much harder than it sounds - or so it seems. We have all experienced moments of joy, times of joy, periods of joy and joy with others but how many of us live a joyful life MOST of the time? How many of us live a joyful life half of the time? The answer "should" be - all of us, most of the time!

In about 2004, I bought a little book called [The Joy Diet by Martha Beck](#). Along the way, I lost it twice and found it (once I left it a friend's home and the other time I found it in a box of books that I was giving away). Finally, I lost it completely and had to purchase a new one. I found that finding joy was more difficult than I had thought. I also realized that I was quite resistant to doing what I needed to do to have joy be a part of my life on a daily basis.

These are the ten menu items in Martha Beck's book. **Nothing:** Do nothing for fifteen minutes a day. Much harder than one would think. How could 15 minutes be so difficult? *The moment you really quiet your body, you'll feel the monsters of unprocessed grief, rage or fear yammering at the dungeon doors of your subconscious mind. This can trigger an intense fight/flight reaction, flooding your body with adrenaline that will render you angry, anxious, or restless, rather than peaceful. (pg. 17).* Doing nothing for 15 minutes a day takes some practice!

Truth: *Telling the truth unmask what we have been*

hiding. Without exception, denial is a tool we haul out when the truth would rock the various social boats in which we live our lives. (pg.29). We have no idea how much of our lives are spent telling partial truths to down right lies. This one takes as long to master (or longer) than doing nothing. When we aren't truthful, we hurt and dishonour ourselves even more than others.

Desire: What is your heart's desire? Learn how to let yourself want what you want. *Aching, longing, hungering, and thirsting are the signals by which our authentic selves call us toward our destiny. (pg 50).*

Creativity: Think it up. Write it down. *As you go through customary activities, change your behaviour in one way. Walk a different route to the kitchen, eat spaghetti with your fingers, walk the cat. (pg. 89).*

Risk: Take one baby step toward reaching your goal. The only rule is it has to scare the pants off you. *Experience has taught me that the way to a joyful life is always fraught with fear, that to find it you must follow your heart's desires right through the inevitable terrors that arise to hold you back. If you don't do this, your life will be shaped by fear, rather than love. (pg. 93).*

Treats: Give yourself a treat for every risk you take and two treats just because you're you. NO exceptions. No excuses. *Maybe you'll realize a destiny that is completely and uniquely yours, that will delight and surprise not only you but the rest of the world as well. (pg. 127).*

Play: Play wholeheartedly. *It means that we should surrender to relaxation, to flexibility, to the balanced state of mind and body that makes doing a job, raising a child, negotiating a deal, even violent conflict, feel like dancing. (pg. 149).*

Laughter: Laugh at least thirty times a day. *It breaks up mental clogs, allowing your thoughts, feelings, intuitions and actions to flow freely into areas you may never have explored. (pg. 153).*

Connection: Interact with someone who matters to you. *The problem is that just having relationships, even being surrounded by huge crowds of people who love you, isn't the same as really connecting, heart to heart. (pg. 183).*

[Finding Joy and Peace Right Here!!](#)
WORKSHOP



CREATING PEACE FINDING JOY

September 20 - December 6 , 2011 Sandra Webb and April Shaw are offering this 10 week (we will not be meeting Nov 8 & 15) interactive, compelling workshop to women who want to live a joyful life by creating more peace and joy in their daily living. Join us on Tuesday evenings. Spend the evening with other compassionate, joy seeking women yearning for more peace in their lives. The workshop will be from 6:30 - 8:30 on Tuesday evenings from September 20 - December 6. The workshop will end just in time for a joyful, peaceful winter and Christmas season.

The workshop is only open to a maximum of 6 women.

[Click on the flyer below for more information.](#)

[Flyer here!](#)

[Find joy and peace right here.](#)

[Join us to create peace in your life so that you can find more joy EVERYDAY](#)

BUILDING THE BONDS OF ATTACHMENT DVD

**with Daniel A. Hughes
produced by Sandra Webb**

Do you have a child who exhibits these symptoms?

Do you work with children like this?

If you answered yes or maybe, this DVD will help you to understand your child. The DVD will give

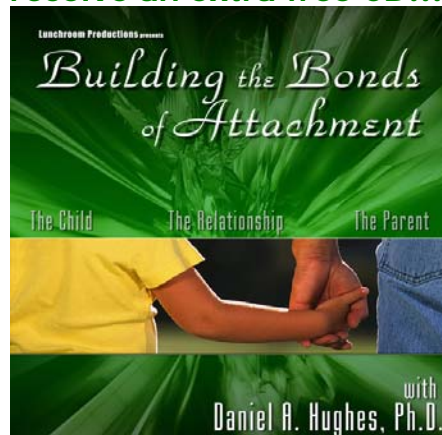
you new tools to help you survive and begin to thrive. You and your child can live a happier and more productive life.

Therapists and educators can learn how to understand these children and gather new tools to help the families. As a therapist or a teacher, you can feel less frustrated, less confused, more productive and breathe easier because there is more harmony and success in your therapy practice or your classroom.

- Superficially engaging and "charming"
- Indiscriminately friendly
- Lack of affection
- Little eye contact
- Persistent nonsense questions and incessant chatter
- Inappropriately demanding and clingy
- Lying about the obvious
- Stealing
- Destructive behaviour
- Abnormal eating patterns
- No impulse control
- Lags in learning
- Abnormal speech patterns
- Poor peer relationships
- Lack of cause and effect
- Lack of conscience
- Cruelty to animals
- Preoccupation with fire

Order the **Building the Bonds of Attachment** DVD at www.sandrawebbcounseling.com
A companion CD is also available.

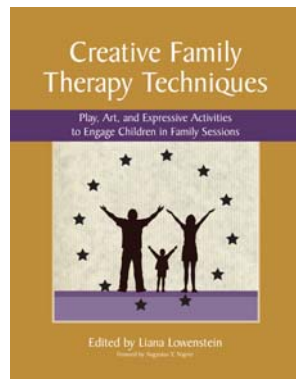
Order the DVD and CD from this newsletter and receive an extra free CD!!!



Creative Family Therapy Techniques

edited by Liana Lowenstein (2010 Champion Press)

Bringing together an array of highly creative contributors, this comprehensive resource provides a unique collection of assessment and treatment techniques. Contributors illustrate how play, art, drama, and other expressive activities can effectively engage families and help them resolve complex problems. Practitioners from divergent theoretical orientations, work settings, or client specializations will find a plethora of stimulating and useable clinical interventions in this book. Available at a special discount at www.lianalowenstein.com



Sandra Webb is one of the contributors
(Pg. 52 - My Life in the Sandtray)

Sign up for the Creating Peace Finding Joy
Workshop and create more joy and peace for
yourself.

Sincerely,

Sandra Webb
Sandra Webb Counselling