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



Welcome to 2012! I hope that you are enjoying the sunshine and the snow. Check out our new workshops. If you have received the newsletter twice, I apologize. I made some changes to the workshop information so I am resending the newsletter, Sandra

## UPCOMING WORKSHOPS DISCOVER MORE ABOUT YOURSELF THROUGH SANDTRAY-WORLDPLAY



**WHO:**  
Those who are:

- interested in self discovery
- wanting to feel more connection to themselves
- willing to try a new and exciting technique
- wanting to enhance their emotional well being
- wanting to connect to their generational history

**COST:** \$220.00 (plus HST) for six weeks

**WHEN:** Wednesday February 1 - March 7, 2012

**WHERE:** Sandra Webb Counselling, 21 King St. W. Cobourg

**TIME:** 6:30 p.m. to 8:30 p.m.

**Email:** [sandra@sandrawebbcounselling.com](mailto:sandra@sandrawebbcounselling.com)

Please email Sandra Webb to arrange a free pre-group telephone information interview.

Watch this Youtube for more about Sandtray

Sandra Webb trained in Sandtray-Worldplay with Gisela Schubach de Domenico (1998-2003) and with the Canadian Sandplay Association (2001, 2008, 2009). Sandra has been using Sandtray-Worldplay with children, adults and families for 13 years.

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## THE JOYS AND FRUSTRATIONS OF PARENTING

.....a journey of self reflection



### WHO SHOULD ATTEND?

Parents and professionals who want to:

- learn to parent with PACE (by being playful, accepting, curious and empathetic)
- understand that our children can teach us about ourselves when they trigger us with their behaviour
- look at their behaviour and actions that trigger and effect their children
- learn to avoid negative ego involvement when parenting
- understand what they bring to parenting from their own beliefs, values and early attachment
- discuss effective discipline strategies

**COST:** \$80 (Including HST)  
**WHEN:** Saturday, February 25th  
10:00 - 4:00 (lunch on own)



**WHERE:** Sandra Webb Counselling  
2-21 King Street West, Cobourg

Register  
[sandra@sandrawebbcounselling.com](mailto:sandra@sandrawebbcounselling.com)  
(905) 377-1912  
Joanna Wiersma  
[fifthwinds@gmail.com](mailto:fifthwinds@gmail.com)  
(905) 342-3666

Workshop presented by:  
**Sandra Webb**  
Private Practice (15 years), Play  
Therapist, Theraplay Therapist, Adoption  
Practitioner  
[Sandra Webb Counselling Website](#)  
**Joanna Wiersma**  
Private practice (12 years), Energy Psychology Therapist,  
Foster Mother (14 years), Home schooled (17 years)



[Attachment Association of Canada Website](#)

The Attachment Association of Canada is presenting a One Day Introductory Course in Ottawa, ON on February 21, 2012 and a Beginner Course on February 22-23, 2012 with Dr. Daniel Hughes. Dr. Hughes is widely known as a leading world expert in the field of Attachment Disorder. Go to their website above for more information.

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**SPRING WORKSHOP**

**LOOKING WITHIN  
FINDING YOUR OWN BEAUTY**

This 10 week workshop will be offered by Sandra Webb

and April Shaw .

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## RISK !!!

We must **choose to be in charge of our lives by risking**. This means trying new things AND sharing ourselves with others - the good, the bad and sometimes the ugly - which in the end makes us more interesting as people, as friends and as colleagues. Risking makes us grow.

Only those that risk going too far can possibly find out how far they can go.

T.S. Elliott

If you don't risk anything, you risk even more.

Erica Jong

Risking doesn't mean that we have to win; we have to do better than others; we have to make more money; we have to surpass ourselves in what we have already accomplished; we have to be better dressed or better looking than others. It means that we want to **let go of old ways of defending** ourselves, old ways of looking at things and old ways of "managing our lives".

**In Reinventing the Body, Resurrecting the Soul**, Deepak Chopra explains the difference between following our ego and choosing our soul's vision for life. (pg. 194-195)

The ego's vision:

- I have everything I need to be comfortable. I am serene because bad things can't come near me.
- Through hard work, anything can be achieved.
- I measure myself by my accomplishments.
- I win much more often than I lose.
- I have a strong self image.
- Because I'm attractive, I win the attention of the opposite sex.
- When I find the perfect love, it will be on my terms.

The soul's vision:

- I am everything that I need.
- I am secure because I have nothing to fear in myself.
- The flow of life's abundance brings me everything.
- I do not measure myself by any external standard.
- Giving is more important than winning.
- I have no self image: I am beyond images.
- Other people are attracted to me as soul to soul.
- I can find perfect love, because I have discovered it

first in myself.

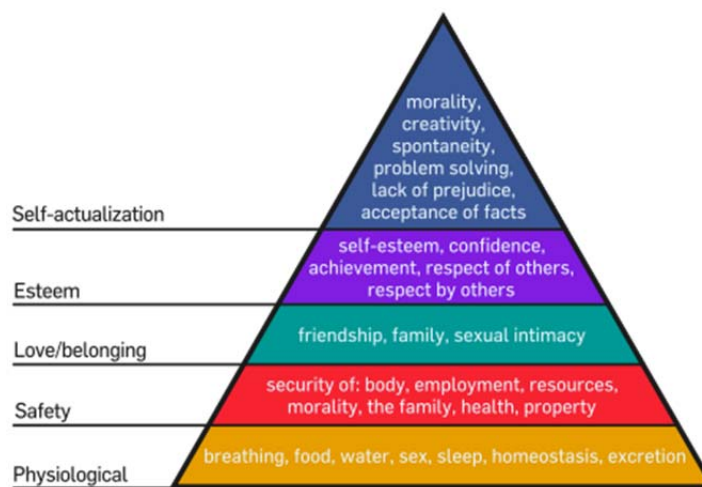
As adults, we are often frightened and hiding our true selves. How can we be "in charge" of our lives if we hide our heads in the sand; if we only choose to look at the good things or if we only want to show everyone our smiles and our good side? How can we be fully whole if we are trying to guess what we should share, what we should tell, what we should do? In the old I am O.K. You're O.K. phase in the 1970's this "should" part is the parent waving his/her finger, admonishing the child, shaming the child. As adults, we want to figure out how to parent ourselves, how to be noncritical and adult with ourselves.

**Risking is about returning to ourselves, our true selves.** It is about taking care of ourselves in a loving, nurturing way. **Risking is risking to find out who we are meant to be** and how we can fully live our lives. It is hard work and it isn't for the faint of heart or the lazy.

I see a number of recurring themes in myself and in the children, adults and families that I work with. What we need in order to risk letting our guards down is to know:

- **My needs are met**
- **I am safe**
- **I belong**
- **I love myself**
- **I am loved by others**

This isn't anything new. Maslow wrote in 1943 about our hierarchy of needs. If these needs aren't met we cannot risk truly being ourselves and moving into self actualization.



My wish for myself and for all of you who are willing to risk is written in this poem. **May you find the courage to risk**

**finding more of yourself in 2012!**

**My Love After Love by Derek Walcott**

The time will come  
when, with elation,  
you will greet yourself arriving  
at your own door, in your own mirror,  
and each will smile at the other's welcome

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**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?**

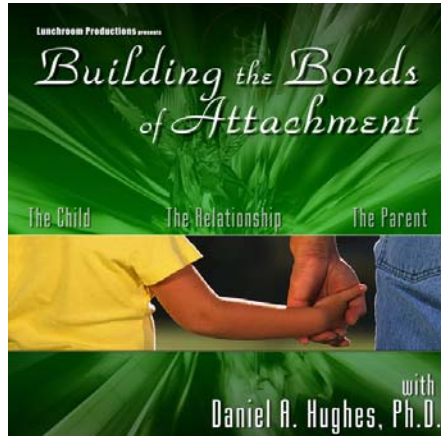
**If you answered yes or maybe, this DVD will help you to understand your child. The DVD will give you new tools to help you survive and begin to thrive. You and your child can live a happier and more productive life.**

**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.sandrawebbcounselling.com](http://www.sandrawebbcounselling.com)  
A companion CD is also available.**

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

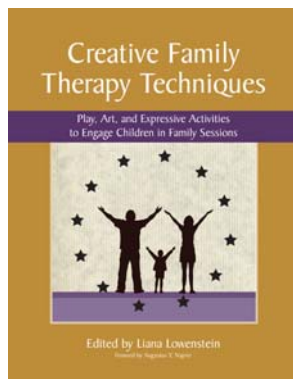


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## **Creative Family Therapy Techniques**

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](http://www.lianalowenstein.com)



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

**Stay tuned for more information about the January workshop.**

**Sincerely,  
Sandra Webb  
Sandra Webb Counselling**