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### Featured Article

## RECONNECT YOUR SOUL, SPIRIT AND BODY

It is almost spring!! The snow will be gone and it will be time to plant flowers, go for walks, shake off the winter blues and reconnect to ourselves.

In *Walking the Tiger Healing Trauma*, Peter A. Levine (Pg. 58) writes, "When people are overwhelmed, their "souls" may become separated from their bodies. Missing important parts of their souls, people become lost in states of spiritual suspension. From the shamanistic point of view, illness is a result of being stuck in "spiritual limbo"."

We have all experienced being in a spiritual and/or physical limbo during our lives. It is important to integrate the parts of our lives that we don't like, the parts that have been painful and the parts that have caused wounds with those parts that we are enjoy, celebrate and are happy about. If we don't integrate all of our "parts" we stay stuck in believing the negative messages and that the painful experiences in our lives are who we are as a whole person.

Children and adults get separated from their souls and their bodies. Children who have moved a number of times or who have experienced abuse want to forget and move on. We don't forget and we don't move on if we don't heal and integrate our lives. Adults who have experienced the death of a loved one, trauma or early attachment difficulties may feel lost or disconnected from their true selves. As spring comes, it is a time of renewal and new beginnings. Look after yourself and your children. Heal by reading, talking, exercising or seeking therapy. Reconnect your soul, your spirit and your body. Experience joy, peace and connection to yourself.

## **WORKSHOP April 21 - June 2, 2011**

### **Living a Passionate Life with an Open Heart**

Sandra Webb and April Shaw are offering this interactive, compelling workshop to women who want to live their lives more fully. Join us on Thursday evenings. Join with other open hearted women to create a more loving, caring relationship with yourself (and a side bonus - a more open, loving, caring relationship with others in your life).

The workshop will be from 6:30 - 8:30 on Thursday evenings from April 21 - June 2, 2011. The workshop will end just in time to open your hearts for a more mindful, open hearted spring and summer. The workshop is only open to a maximum of 6 women.

Click on the workshop flyer below for more information.

[Living a Passionate Life workshop flyer](#)

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## **China September 2010**

In September 2010, Hannah Sun-Reid, Donna Cuthberston and I visited three very different orphanages in China.

[Orphanages in China September 2010](#)

## **Working in Haiti October 2010**

In October 2010, Brian Nichols and I went to Haiti with Mission of Tears to look at the feasibility of setting up therapeutic programs for girls who have been sexually abused in the tent camps.

Read the article and look at the CHEX T.V. news report about Haiti

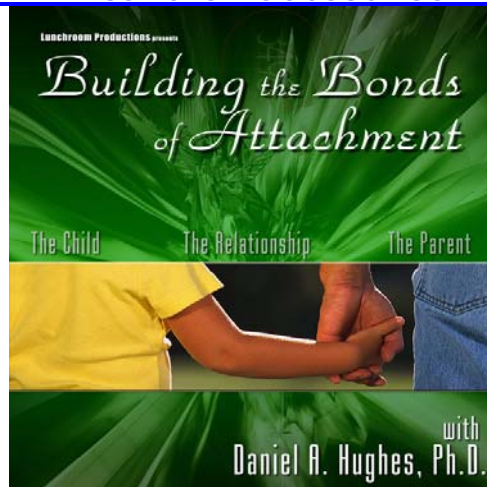
[Haiti October 2010](#)

## **ATTACHMENT CONFERENCE**

Attend the first Annual Attachment Conference in Toronto with Dr. Daniel A. Hughes, Arthur Becker-Weidman, Mary-Jo Land and Candee Forest. [First Annual Attachment Conference, Toronto, ON](#)

Check out other workshops and conferences listed at [Attachment Association of Canada](#)

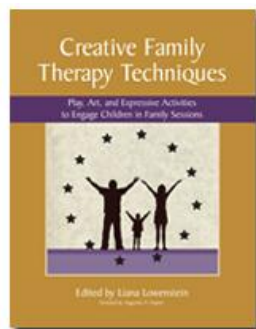
Order the Building the Bonds of Attachment DVD at [www.sandrawebbcounseling.com](http://www.sandrawebbcounseling.com)



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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)

**Sign up for the Living a Passionate Life with an Open Heart Workshop and create a more peaceful life for yourself.**

**Sincerely,**

**Sandra Webb  
Sandra Webb Counselling**