

December 2011



*"Although the world is full of suffering, it is also full of the overcoming of it."
-Helen Keller*

As another year draws to a close, I reflect on my deep gratitude for my journey of transformation and that many, like you, have joined me. This year marks seven years serving in Belvedere Towers at Mt. Washington and nine years in Columbia, MD. The Belvedere Towers will soon change my space back into an apartment, so I will be moving to a wonderful new space in the area (see website). Mr. Robert Matthews, MS, LCPC, who rents space and sees clients in my beautiful office in Mt. Washington, is moving to Falls Road to expand his practice (443-794-6926). In March, I was blessed to move to a new office in Columbia on Charter Drive. Every day I enjoy this space more and more. **Please continue to keep me in mind for people you care about and send them to discover their own personal freedom by calling 443-831-1948.**

For five years, **Puppet Therapy Institute (P.T.I.)** has been thriving. P.T.I. provides training for therapists, educators, and other professionals on how to use humor and story in treating anxiety, depression and many other issues. This year I had many wonderful opportunities to share the healing power of puppets. I held the workshops **Tools for Healing the Heart that Hurts** and **Creative Arts for Sensitive Topics** in the spring and summer. In May, I was blessed to be able to host an open house for my new space in Columbia that featured an introduction to puppet therapy as well. Please see the end of this letter for the dates for P.T.I. workshops in 2012 and save the date!

I continue to follow my dreams of training other professionals throughout the world in puppet therapy. This year I hosted two international web conferences on the topic of puppet therapy with representatives from Sweden, Greece, and Canada. I was given the opportunity to present the healing art of puppet therapy with grieving and/or ill children at **"Camp Me Too!"**, a bereavement camp for children hosted by Hospice of the Chesapeake, held in Monkton, MD, on May 14. When I attended a play therapy for adults workshop at the **Psychotherapy Networker Conference** in Washington, DC, from March 24-27, it resulted in making new contacts. Thus, I was given a chance to present at a second bereavement camp, **"Point of Hope Camp,"** hosted by **Capital Caring**, which was held in Front Royal, VA, on June 25.

Later in the summer, I presented "A Comparison Study of Puppet Therapy to Regular Therapy in a Chemical Dependency Twelve-Step Treatment Model" at the Day for the Teaching Artist and Therapist at the **75th Annual National Puppetry Festival in Atlanta, Georgia** from July 12-17. I was among many others who have helped contribute to the teaching and learning of puppetry. At this national festival, I was also given the honor of being chosen as a presenter for the larger community of puppeteers from all over the world, when I shared a workshop entitled **"Puppet Therapy and Therapeutic Use of Puppets."** In addition, 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 Bulgaria this summer. Although I was unable to attend, I was honored to have been invited to this program that promotes cultural and professional exchange globally. This fall, I was a speaker about spiritual principles at a convention in Rocky Gap, MD.

Over the past eight years, I have been teaching graduate clinical and education courses at **Loyola University** in both Pastoral Counseling and Education, and providing clinical supervision for Master's and Doctoral students. Each year these opportunities continue to be a way to give back what I've been given and contribute to the growth of talented, budding professionals. I also offer my semi-annual ethics training program for yoga teachers for **Yama Studio/Yama Therapeutics** in Baltimore, MD.

My practice stays alive and well with lots of support. Through your support, **Freedom Through Psychotherapy, LLC** and **Puppet Therapy Institute** are thriving and successful. I treat children, youth, and adults. My specialty is

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Healing Past Hurts. I see clients of all ages who have issues of anxiety, depression, obsessive-compulsive disorder, bipolar disorder, 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. This coming year, expect groups with germane topics for personal growth. **Thank you once again for your support.**

Peace and Blessings to You and Yours,

Dr. Joanne Vizzini



SAVE THE DATE!

Puppet Therapy Institute Training

March 16 or 17: Fri. or Sat.: Creative Arts for Sensitive Topics (counselors and educators)

April 20 and 21: Fri. and Sat.: More Tools for Healing the Heart that Hurts (counselors and educators)

May 11 or 12: Fri. or Sat.: Expressive Arts to Lighten the Heart and Encourage Gratitude (counselors and educators)

Also in 2012:

- I will be offering puppet presentations for children and adults. The next upcoming Courage Kids presentation will take place on **Thursday, February 23**.
- In addition, this coming year, therapeutic groups will be held in Columbia. Potential topics may include parenting, grief recovery, and personal growth.

Please see www.freedomthroughtherapy.com to find more information on events in 2012.

Are you curious about Puppet Therapy? Invite Dr. Vizzini to your group, church or synagogue to engage children and adults about sensitive topics or to preach. See the Puppet Therapy link at www.freedomthroughtherapy.com.

My page on Facebook is titled Puppet Therapy. If you use Facebook, please "Like" my page!

Please make note of my new Columbia address:

10715 Charter Drive, Suite 270

Columbia, MD 21204

