

# Thinking Out Loud

A Quarterly Newsletter

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Individual, Couple & Group Therapy

[www.debrajoygoldman.com](http://www.debrajoygoldman.com)

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## Revitalize your life with a Tech-free day

How many hours a day do you spend at the computer, on your cell phone, watching TV, and so on? The art of face to face connection is becoming a thing of the past.

There is a commercial on TV about a couple sitting in a booth across from each other. The woman is sending the man a text message breaking up with him. Remember, he is sitting right in front of her! It's a funny commercial; however, is it really funny?

When I was shopping for an electronic reader (Kindle, Nook etc.), the twenty something salesperson recommended the Nook. He said he had a Nook and loved it. Then he asked if I considered an iPad. He demonstrated the iPad and commented that he owned one. When I asked what he used the iPad for he replied "I meet my friends at a coffee house, they bring their iPads and we play games on the internet together" (while sitting across the table from each other).

What would it be like to have a day free from technology? No cell phones, computers, texts, faxes, TVs and so on. Could you do it? You might actually look your loved ones in the eye, talk to each other, go outside, take a walk, sit and watch the sunset. You might be quiet. You could journal, paint, garden or just imagine!



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## Debra's Services

In addition to individual and couples counseling Debra offers the following:

1. Thinking Out Loud a free quarterly on line newsletter. Get the latest group information and Debra's informative articles. Sign up for this no cost service at [debrajoygoldman.com](http://debrajoygoldman.com)
2. Dream CD How to Become Your Own Dream Expert.
3. Debra's insightful new book Love in Action: A Manual for Lasting Love can be purchased at [amazon.com](http://amazon.com) and on her web site.
4. Dream Groups
5. Women's Groups

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## Revitalize (Contd.)

Here are five simple rules for a Tech-free Day:

1. Talk to people, face to face.
2. Experience the natural world.
3. Connect with the people you love.
4. Listen to yourself.
5. Be here now.

Would you be able to have a Tech-free day? Do you ever fight about how much time is spent on computers, phones, or TV? How much does technology intrude upon your intimacy and connection? Try some tech-free time, even for part of a day.

**THE GOOD NEWS IS:** You can do an experiment and see if you still remember how to connect, person to person, by taking a Tech-free day.



## DREAM GROUP

Would you like to understand your dreams?

### New Dream Group session:

Thursdays, 6:00pm-8:00pm

March 24

April 14

May 5

May 26

Fee: \$50.00 per meeting

For more information

561-844-1340

[www.debrajoygoldman.com](http://www.debrajoygoldman.com)

## Summer Women's Group

### New Women's Group

Thursdays, 5:30pm-7:00pm - six weeks

Start date June 16, end date July 21.  
The Group is forming now. Call to reserve your space. Fee: \$50 per week.

Inspired by the book *I Know I'm in There Somewhere: A Woman's Guide to Finding Her Inner Voice and Living a Life of Authenticity* by Helene G. Brenner.

### **Group topics:**

- Connecting to your inner voice
- The lost art of wanting
- Spiritual guidance
- Living authentically
- Having your voice in relationships
- Having feelings without them having you.

The group will provide time to share, process, and laugh. I will provide exercises and suggested readings to enhance your experience.

For more information:

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**Also available:** Individual Counseling and Couple Counseling

Photo/Susan P. Kimball

