

Thinking Out Loud

A Quarterly Newsletter

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12 Symptoms of Marital Happiness

1. A tendency to forgive each other, remembering we both make mistakes
2. An unmistakable ability to savor your time together
3. You find you have lost interest in judging your spouse
4. Your thoughts are loving when you think of your spouse
5. A loss of interest in being right
6. Increased susceptibility to feeling warm through the heart
7. Frequent overwhelming feelings of love and appreciation for your spouse
8. Contented feeling of connectedness and trust for your spouse
9. Frequent attacks of smiling at each other and laughing together
10. Uncontrollable urges to be loving to your spouse
11. An increasing tendency to allow things to unfold in the relationship rather than resisting, controlling or manipulating
12. Loss of ability to make up stories about what your spouse is thinking, feeling, and doing

*Inspired by Symptoms of Inner Peace by Saskia Davis

AND THE GOOD NEWS IS: You and your spouse may already be experiencing some symptoms of happiness.

*Recent Appointments: I have recently been selected by examiner.com as its West Palm Beach Marriage Examiner. You can read more of my articles at:
<http://www.examiner.com/x-110-West-Palm-Beach-Marriage-Examiner>
Click on the subscription button on my home page to receive regular updates.

To subscribe to this newsletter visit www.debrajoygoldman.com and submit your e-mail.

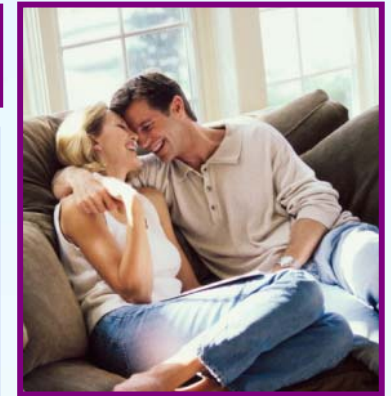


Photo Credit: www.roxburgcounseling.com

New Women's Group

Do you want to be more in touch with YOUR feelings, thoughts and needs? Learn how to empower yourself to take action in your life. In this group you will experience a supportive and safe atmosphere. The focus will be finding that unique, powerful, beautiful and innocent essence that is you.

Women's Group meets once a week for 8 weeks.

Tuesdays 11:00AM -12:30 PM
September 22, 29 - Oct.13, 20, 27
November 3, 10, 17

Fee: \$50/week
Reserve your spot 561-844-1340

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HOLSTIC WEIGHT LOSS PROGRAM

Do you want to lose weight but don't know how? Have you tried other methods and failed? Are you tired of failing?

We offer a unique individualized approach to weight loss. This program addresses your psychological, nutritional, and medical wellness.

This 3-part workshop will be an introduction to the Holistic Weight Loss Program and will also provide you with useful information to start now.

Beginning October 5- **Psychology:** presented by **Debra Joy Goldman, MS, LMHC;** October 19 – **Nutrition:** presented by **Shannon M. Lunnen, RD, LD/N;** October 26 – **Medical:** presented by **Richard Tiegen, DMD, AP.**

Fee: \$30 for all 3 weeks

All sessions are from 6:00-7:30 PM.

Location: Anchorage Park Activity Building in North Palm Beach

Sponsored by North Palm Beach Recreation Department
Walk in registration from 9:00 AM -7:00 PM for the above-mentioned classes will be at the Anchorage Park Activities Building.

To register online go to: www.village-npb.org

Logon = HH ID#, password = HH ID#

For help call 841-3386



Dream Group Fall 2009

Group meets once every three weeks. There are five group meetings for the fall session:

Thursdays: From 6- 8PM

September 10th

October 1st

October 22nd

November 12th

December 3rd

Fee is \$50/meeting

Call or email to reserve your space.

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Understanding the Purpose of your DREAMS

1. The brain dreams to replay experience when it has something new to learn.
2. Researchers say the dreaming stage of sleep plays a significant role in acquiring new information and skills.
3. During sleep memory consolidation occurs.
4. Brain activity shows the area of the brain active during dreaming, is the area that processes emotional memories.
5. Emotionally charged memories are the ones being processed in dream sleep.
6. When you are having a vivid dream, emotional centers of the brain show higher activity.
7. Your dream may reflect an emotional event from that day. Then about one week later you may have a similar dream, in a more intense form.

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Understanding the Purpose of your DREAMS

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7. Dreams are usually most negative the beginning of the night getting progressively more positive emotionally toward morning and incorporating elements of autobiographical memories that go further back in time.
8. Dreaming serves as an internal therapist helping you to integrate emotional experiences from the day. Dreams process your emotional memories and give them meaning.
9. Dreams are doing the therapeutic work whether they are recalled or not. Remembering them may heighten the dreams therapeutic effect.

Dreams speak in symbol language. It is a language that you can, with instruction and practice, learn to read.

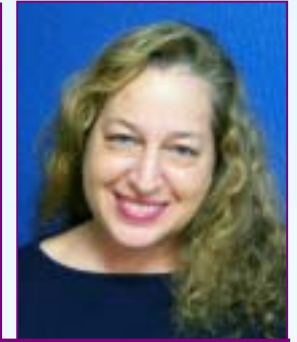
Excerpts from new examiner.com articles:

The following example is a couple that did not seek counseling, even though the signs were present.

ANGER MANAGEMENT 101: Wishing Well:

A couple came upon a wishing well. The husband went first, leaned over, made a wish and threw in a penny. The wife decided to make a wish too. But she leaned over too much, fell into the well and drowned. The husband was stunned for a while but then smiled and said..."Wow, that's cool! ... It really works"!

This couple ignored the signs. Most therapists agree couples wait too long to seek therapy. By the time couples get to the counselors office they are flooded with feelings and entrenched in destructive patterns. Before changes can be successfully attempted, damage control and healing needs to take place. Call a therapist and seek counseling. Come in early. You do not need to be in crisis. As soon as you identify a change that is needed, disturbing feelings, or a repetitive issue, take action.



In Closing

I am so pleased to announce I have been selected as the West Palm Beach Marriage Examiner for Examiner.com.

I'll be offering informative articles on tips for a happy marriage, trust, sex, marriage counseling, and more. You can find my column at:

<http://www.examiner.com/x-16160-West-Palm-Beach-Marriage-Examiner>

To subscribe to my posts via email, simply click the 'Subscribe to Email' link on my home page.

I would love for you to submit your comments at examiner.com or contact me through my web site with questions and topics that you would like addressed. You can always find me at www.debrajoygoldman.com

Thank you for taking the time to read my articles. I look forward to sharing my passions with the world!