

▶ Debra's Services

In addition to **individual and couples psychotherapy** Debra offers the following at her North Palm Beach Office:

- 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
- 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 and on her web site.
- 4 **Dream Groups**
- 5 **Women's Groups**

Call 561-844-1340

In This Issue:

▶ DREAM GROUP

▶ HOUSE OF THE PSYCHE: AN INTERACTIVE WORKSHOP

▶ SUMMER WOMEN'S GROUP

▶ Do You Want to Understand Your Night Dreams?

Do you sometimes wonder what your dreams mean?

Did you have a strange dream last night?

I have led Dream Groups for the last **8 years** and am amazed at the cleverness of your psyche. Your dreams are full of symbols and contain many levels of meaning. Dreams are your inner therapist, working to solve problems, gain insight into your life, and provide answers and directions. *Dreams are a powerful way to change your life.*

You might feel confused by your dreams, feel they do not make any sense, or have little to do with your life. Time and again new Dream Group participants bring in a dream saying, "*this dream is completely random and does not have any real meaning.*" After working with the dream in the group, they understand the connections to their waking life, and the **deep meaning and guidance** that their dreams reveal.

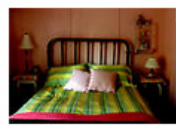


PHOTO // SUSAN P. KIMBALL

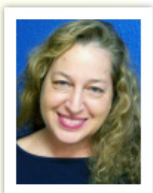
Your dreams are available to you every night. All you need to do is go to sleep! Are you interested in learning how to remember your dreams and how to read their messages? **Come join us on July 27th for a Dream Class**, and begin to walk as Freud said, "*the royal road to the unconscious.*"

>> **SEE THE DETAILS IN THIS NEWSLETTER - PAGE 2**

To subscribe to this newsletter visit
www.debrajoygoldman.com
 and submit your email address!

VISIT
 WEBSITE 

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► Dream Class

Wondering What Your Dreams Mean?

Day: Thursday, July 28th

Time: 6:00pm-8:30pm

Fee: \$60 to register

This is a one time workshop!
CALL TO RESERVE YOUR SPACE!

In this **eye-opening** class you'll discover what others have known throughout time – that dreams reveal an **incredible knowledge about your inner self** and your relationship to life. Bring a Dream you would like to understand.

To reserve your space:

Call 561-844-1340

► What is Kabbalah?

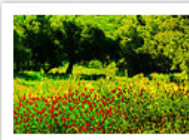


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Have you ever heard the word Kabbalah and wondered what it is all about? Is this a Madonna thing, a cult, a religious group? *None of the above.* Kabbalah is a practice which develops and advances your soul. When you practice a Kabbalistic way of living your life will transform. **You will gain insight** into how the world works and how YOU work.

The word Kabbalah means "to receive light". Another way to say this is, as you pursue a Kabbalistic path you gain **enlightenment**. Kabbalah teaches you how to bring **harmony and wholeness** into your everyday life.

"*Know thy self*" is one of the important tasks on this path. Enlightenment comes from studying yourself, understanding how your psyche functions, and why you feel and act the way you do. You will gain mastery over yourself by finding balance, being mindful, living in the moment, and making conscious choices. You will improve your **physical, mental, and spiritual health**.

One way to receive this enlightenment is to utilize your imagination. *Your imagination is a sixth sense.* There is a whole world inside you. Exploring this world with your imagination reveals important information about yourself which you can utilize to **improve** your life.

Does this sound like something that interests you? Yes? Then reserve this date June 27th, for an interactive workshop "*House of the Psyche*", utilizing your imagination for an inner journey based on Psychological and Kabbalistic principals.

WOULD YOU LIKE TO:

Understand the state of your psychological and physical health?

Improve your health and well being?

Know why you feel and act the way that you do?

House of Psyche: An Interactive Workshop

Day: Monday, June 27th

Time: 6:00pm-8:00pm

Fee: \$50 to register

Come join us for this inner journey based on Psychological and Kabbalistic principals. **You will gain useful insights**, have an opportunity to ask questions and talk about your *personal experience*.

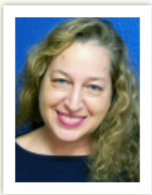
To find out more and to register:

www.debrajoygoldman.com

or give us a phone call!



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▶ **Group Topics**

- 1 **Connecting** to Your Inner Voice
- 2 **The Lost Art** of Wanting
- 3 **Spiritual** Guidance
- 4 **Living** Authentically
- 5 **Having Your Voice** in Relationships
- 6 **Having Feelings** Without them Having You

For More Information:

Call 561-844-1340

Summer Women's Group

▶ **New Women's Group**

Day: Thursdays

Time: 5:30pm-7:00pm

Duration: 6 Classes / 6 Weeks

Dates: June 16 - July 21.

Fee: \$50 per week.

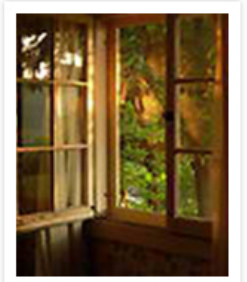


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The Group is forming now!
CALL TO RESERVE YOUR SPACE !

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



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.

To find out more and to register:
www.debrajoygoldman.com
 or give us a phone call!

VISIT
 WEBSITE 