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*Happy Summer Everyone,*

I hope you all are well. It's been some time since I sent my last newsletter. Once again it's amazing to me how fast time flies by.

It was a busy and productive spring for me. One **Ready for Love and Marriage** group ended and another began, while my practice continues to be full and rewarding. I was also busy traveling and participating in some new experiences and professional trainings. I'm excited about a number of new skills I'm developing... more on that in future newsletters.

For now I wanted to say hi and hope you are enjoying the warm sunny days of summer.

As always I would love to hear how you are doing or just to say hi.

Warmly,

*Comments from Group Participants*

"I learned some valuable principles."

"I enjoyed the experience greatly.  
Dating is now something I really enjoy."

"Very helpful overall, really important workshop!"

"The course made a significant boost to my emotional well-being."

*How Do You Say Goodbye?*



As a therapist I welcome and "graduate" many people. I do short and long term treatment, initial assessments and referrals. I also lead groups that teach people how to develop good relationship and marriage skills.

One thing I have noticed over the years is a universal "discomfort" that people have with endings and goodbye's. Most people want to avoid them, sugar coat them, or make someone wrong in the process. It seems hard to be honest and forthcoming about our true feelings and why a change or goodbye's might be necessary.

Because of this, I have a rule that if someone wants to end/change treatment that they do it in person; not on the telephone or answering machine. That way, we can talk about the reasons why, put a plan together, and feel good/respectful of the need for change and the process of getting there. Finishing one's "business" with integrity and mutual respect makes it a lot easier when the next change opportunity arises, and it makes it a lot "easier" to come back together if that's what's needed too.



**Ready for Love and Marriage**

groups offered quarterly.  
The Fall group is now forming!!

Summer 1999



