

Zelda Hall Psychologist and Therapist

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Welcome to Zelda's e-zine

I've been living in Amsterdam for more than 30 years now. Through my work, I've met many people from all corners of the globe. My e-zine provides the opportunity to stay connected with people from past, present and future. Where ever they may be on their life's journey!

Let's make music together:

Harmony and conflict in relationships



Pretty soon I will be off partying with my parents to celebrate their 60th wedding anniversary. Now that's a long time together! My mother often says that when she met my father, she knew he was the man she would marry.

My parents have always been very affectionate with each other and it came as a surprise to me, when I realised that not all mums and dads were like that with each other.

Relationships or the lack of them are one of the main reasons people come to see me in my practice. And even if that isn't the main reason, it will still come up as a hot topic for many.

Our contact with other human beings is one of the main ways we learn about ourselves! And the closer the contact, the more we are confronted with our deepest desires and fears.

"For one human being to love another that is perhaps the most difficult of our tasks; the ultimate, the last test and proof; the work for which all other work is but preparation."
- Rainer Maria Rilke

Masters and disasters

Dr. John Gottman has put a lot of time into studying what makes relationships or to be more specific, marriages work. People from the general public took part in his long-term studies into what makes a marriage fail, and how a marriage can be a source of great meaning. What he calls "masters and disasters".

He studied partners' heart rates, facial expressions and how they talk about their relationship to each other, and to other people. And is able to predict with more than 90% accuracy, which relationships will make it and which will not.

One of the strongly predictive elements for the failure of a relationship was the presence of contempt in the communication.

On another note...

I recently heard a woman who was having a difficult time with her male partner say: "Wouldn't it just be easier if I had a relationship with another woman!"

Well, I can tell you from all the years of experience in working with individuals and couples, as the song goes: "it ain't necessarily so!"

Same sex relationships are different from heterosexual relationships but the same struggles occur and of course, the same basic principles of communication apply.



Questions about your relationships?

Click [here](#) to read Gottman's answers to many common questions about relationships in a transcript of an interview, where I think, his wisdom, warmth and experience shines through!

Men are from Earth. Women are from Earth. Get over it!

Recently a client of mine talked about having read 'Women are from Venus. Men are from Mars.' by John Gray.

She said she understood a lot more about the differences between herself and her husband. But despite all the assertions that these differences between men and women are hardwired and immutable, they are in fact still controversial.

Some researchers say that men can have a 'woman's brain' and that women can think more like a man.

Find out more about 'brain sex' differences by taking the [Sex ID Test](#)

I also have to confess that I am not impressed by John Gray's books. He's made a lot of money out of it, and I am happy that some people seem to find it useful, but I find his approach too simplistic.

We are wonderfully complex beings, both men and women. In these times, I also think it is essential that we try to find common ground, whilst respecting and even celebrating our differences.

"Love at first sight is easy to understand: it's when two people have been looking at each other for a lifetime that it becomes a miracle."

- Amy Bloom

Once you are real:

The Velveteen Rabbit

"What is Real?" asked the Velveteen Rabbit. "Real isn't how you are made." said the Skin Horse. "It is a thing that happens to you when a child loves you for a long, long time. Not just to play with, but really loves you, then you become Real."

"Does it hurt?" asked the Rabbit. "Sometimes," said the Skin Horse, for he is always truthful. "When you are real, you don't mind being hurt."

"Does it happen all at once, like being wound up?" he asked, "Or bit by bit?" "It doesn't happen all at once." said the Skin Horse. "You become. It takes a long time."

"That's why it doesn't often happen to toys who break easily or have sharp edges or have to be carefully kept. By the time you are real, most of your hair has been loved off, your eyes drop out, and you get loose in the joints and are very shabby. But these things don't matter at all because, once you are real, you can't be ugly except to people who don't understand."

Agenda 2010

COMING SOON!

The Wisdom of Dreams

1-day Workshop

10 October 2010

Explore the connection of dreams with your physical, emotional and spiritual health.

Learn different ways of accessing the information available to you in your dreams.

Discover the meaning of recurring dreams. In this workshop, we will explore the different levels of dreaming using various methods, such as **visualisation, movement and drawing**. With curiosity, compassion and respect for the mystery of the dream.

Date: Sunday 10 October
Time: 10:30 till 18.00 hrs
Cost : € 90 (incl.coffee and tea)

Places are limited, so please [register](#) early!

Cost of the workshop is payable in advance.

For more information, please visit my [website](#).

Receive a **FREE** copy of my *dreamwork booklet* [email me your name and address](#).

[Unfolding Destiny](#) - Your Life's Purpose
Lecture
30th September
Dublin

[The Power of Dreams](#)
Lecture
4th November
London

[De Kracht van Dromen](#)
Workshop
21st November
Amsterdam



If you have any comments or feedback about my e-zine, please feel free to drop me an email

Interested in 1:1 Therapy or Counselling? Contact me via [email](#) or call 31(0)20-6831892.

The [Lumen](#) Group Practice Room in Central Amsterdam on the beautiful Nieuwe Keizersgracht is available for rent. Email [me](#) for more information.

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