

# Comments regarding Sandra Webb Counselling

## From a Biological Family about Therapy

We were recommended to Sandra through Children's Mental Health Services as we were having some behavioural issues with both of our children. Their workers thought the fact that I am adopted and that my husband and I both grew up in unnurturing families, may be affecting our own children and our parenting.

We were all a little timid meeting Sandra, knowing one of her specialties is working with attachment issues. I know that I have attachment disorder but really felt that I loved my children and was attached to them in a healthy way. I was so afraid that I had passed on my attachment issues to my children. Sandra helped us to determine what our issues were and helped us to see how we could start to make progress with our challenges. She quickly gained the trust of both of my children as well as my husband and I. She worked with us as a family, as a couple, as parents, and as parent/child. She is very intuitive and was able to find ways for us to open up and start the healing process. She always pointed out the positive attributes that we all had and helped us to have hope and realize that we were indeed on the right path. Sandra helped our family to be more at peace with each other and also as individuals.

Sandra is very personable, kind, sensitive, wise, experienced, positive, loving, and so very good at what she does. She is passionate about the children and families she works with and I have no doubt that if you open your hearts and minds to Sandra and all she has to offer, you too will find peace within.

## Comments from an adoptive family

In 2001, we decided to begin building our family through International Adoption. We contacted several Adoption Practitioners, but were most impressed with the information that Sandra Webb offered and the time that she took with us even before we hired her. It was very clear to us that she was knowledgeable and would work with our best interests in mind, and so our relationship with Sandra began.

The homestudy process seemed ominous at first glance. We quickly realized though, that Sandra's main goal was not to judge us, rather to help us explore adoption in further detail. Sandra gently guided us as we learned about ourselves and about adoption issues. By the end of our first homestudy, she had become a trusted friend and we felt completely comfortable discussing any issue with her.

Throughout each of our adoption experiences we have appreciated Sandra's hard work (and extensive training), as we have always been well prepared for issues that arise. Not only has Sandra been there for us as an advisor, but she has also become a member of our family. During difficult times she has offered encouragement and morale support. During times of joy she has celebrated with us.

Sandra has always shown a great degree of dedication to the families she helps to create. She is passionate about children and committed to making a difference in their lives. Three years and two adoptions later, we feel blessed that we have had Sandra with us on this journey.

## **Comments regarding Dyadic Developmental Psychotherapy**

As the stay-at-home father of two adoptive children, aged 6 and 7, I found it essential to select the right therapy for them. The children had severe attachment issues and we wanted a therapist who could include us in the therapy, so that we could help. Dyadic developmental therapy met these requirements.

Since at least one of us was always present at the therapy sessions, acting as a co-therapist, my wife and I learned from the therapist directly. We learned some key attitudes that help children with attachment issues. Consequently, we were able to apply the therapy daily and continuously at home, not just in a one- or two-hour session with the therapist. As a result, our children are now thriving and we avoided the parental burnout that had been making the situation unmanageable. I feel that conventional therapy, excluding us from the sessions, would never have worked out so well.