

Sarah Wayland – Counsellor, Speaker, Writer

Exploring life and those spaces where we sometimes find ourselves



The journey of hope

Earlier this year I received an email from a woman who was travelling to Sydney to speak at a conference.

Ronna Jevne, PhD has been researching hope for decades and heard about my own research into hope and ambiguous loss through the wonder of Google. Last week we shared a three hour-long cup of tea just outside QVB in the centre of Sydney and she shared her ideas with me. Hope is a word we share often in our day to day lives – hoping to make it to Friday, hoping the results come back clear from pathology, hoping that the dark moments will pass. Yet the very nature of what hope is and its life force are rarely shared. I'd love to hear from you about your ideas of hope – email me?

From my keyboard

Alongside my counselling and research work I write for mainstream media about life and all those spaces

Over the last few months I've written about motherless mums, the hope for the plane missing, explaining loss and various short pieces

part of my thesis.

Next up is a lovely story (due tomorrow!) on sharing a love of books with your teen...

Welcome back

The days certainly feel as if they are getting shorter – as much as I love the sunshine I'm really looking forward to this winter. It will be my last long stretch before my PhD is submitted.

Speaking, writing, counselling and researching consumes my working hours yet the more chances I get to be out there in the community meeting and listening to you all the richer the experience for me.

I have some interesting events coming up over the next few months and I'm beginning to reach out to new people who cross my path. I have tried to squeeze as much loveliness as I can into this one newsletter. If there is something you would like to discuss please don't hesitate to get in touch!

Til next time, *Sarah x*



Changes to my practice

The last year has been phenomenal with so many referrals to my female focused counselling practice in West Pennant Hills Sydney. I have loved meeting with young people and women keen to focus on moving forwards – and replacing the ‘shoulds’ with ‘am I living by my values?’

In order to finish my research I will be slowing down my face-to-face work from July 1 until the end of 2014. My Skype/phone counselling service will still remain open – contact me if you’d like to know more.

Published journal paper

Hope in the liminal space, *Grief Matters*

Volume 17, Number 1. (2014)

In March I was invited to speak at the National Conference on Grief and Bereavement in Melbourne. My research on hope and loss has been a great benefit to my frequent flyer points! The conference highlight was having keynote speaker Dr David Balk sit in and listen to my session and provide feedback on the areas I was still formulating – in both my brain and my words.

I was honored to be invited to write for the journal about my work on hope in the liminal space ‘the literature identifies that hope signified an engagement with the possibility of a future post-loss, as well as an indicator that the person was beginning to survive their loss’.



Reflections from a motherless mum

For Mothers Day I was commissioned to write a piece for Essential Kids about the journey of those mums facing mothers day without their own mum in their lives. Leigh Van Der Horst from Six By The Bay was my lovely case study and she shared these reflections. To read more just visit www.essentialkids.com.au



The death of a parent is life altering, regardless of the closeness of that relationship. The loss challenges ideas about the bonds we hold, who we are and where we come from. Yet despite its common occurrences the death of a parent is seen as something to be expected – a natural course in life - but many find that losing a parent can shape the way we raise our own families.

As a way to make meaning of her own experience Leigh reached out to other motherless mums around the world. Collecting their stories alongside hers for her a book that journals her own experiences. It gave her the chance to

feel that collectively many women were living similar lives to hers. "For me it was important to know that all over the world women like me, who have lost their mum, are staring at other women out having coffee with their mums. Looking on and wishing it was them right now."

Leigh is looking for other mums with a similar journey to contribute to her book – get in touch if you'd like to share!



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Research/Event callout

If you're promoting an event for women or looking to publicise a research study feel free to get in touch!