

GREETINGS FROM DR. GIL!

Hello friends and colleagues: I am two months into "semi-retirement" and things are going well. So many people have great curiosity about the transition from a full work life, to retirement. I remember having a vague curiosity about what retirement would be like, and now I'm getting some real hints of what it's like. Here are some musings on the subject:

I have been pleasantly surprised that I have not experienced boredom, anxiety, or any disquieting feelings. I feel that I made the right decision for me and my family and that is comforting.

My career was much more than I ever hoped or imagined. I never set out to do the things I did, they just happened in natural progression. The most gratifying thing was to earn the trust of my colleagues as time went by. I never, ever, take that trust for granted.

I work one day a week doing consultations or trainings. I am actively exploring putting together some webinars but as I've gotten older, it's harder for me to learn new stuff. I'm going to keep trying though. Gil Institute (GITRE) and Starbright training continue to thrive. I work remotely with my partners (Myriam, Jen and Heather) and our vision seems to be coming true little by little. There is a great team in place who have diverse specialty areas and continue to strive for excellence in the services we provide. Some of the talented clinicians from GITRE are providing well-received trainings for Starbright training and to the community. I am making some future plans: for example, I will attend the APT conference in Atlanta (home of good friend Trudi Post-Sprunk) and I will be in VA in April for our Mid-Atlantic Play therapy conference which is shaping up to be great!!

And I like many, many aspects of semi-retirement: Having the time to focus on care taking my mom, spending more time with my husband, and "nesting," rather than traveling around the country so much. In 2015, I will do four trainings (two scheduled years ago). The average trips I have taken for trainings for the past thirty odd years is about 20!!! (The average!!!) I don't know where I found the energy but I enjoyed every single moment, especially meeting some incredible professionals in each state. I think I trained in almost every state except Alaska, and the fact I was invited to be the speaker, bodes well for the play therapy profession and its growth.

I am playing tennis three times a week, swimming, line-dancing (a big activity here), riding my golf cart, and enjoying the beautiful skies and amazing cloud formations. There are also beautiful birds and horses everywhere, wonderful weather (yes, I love the heat and humidity), and as many activities as I want. There is tons to explore and I've already gone to Disney World (with one of my grandkids) once. That was a special treat.

I am finishing up a book on Termination with children in therapy, with David Crenshaw and will begin work on a book regarding post-traumatic play as soon as that one is done. I like writing and it keeps me excited. Dee Dee and Harry from the Self Esteem shop keep supplying me with new books (and there are some good ones) and I am trying to read and then ship to GITRE's robust library.

Oh, one last little thing. I have not worn a real pair of shoes for two months. I live in flip flops now. There are a few other clothing items that have changed and when I travel to NY in November for the Expressive Therapy Summit (to co-present with my daughter on drama therapy and attachment as well as a panel on trauma and expressive therapies), I will have to dig out cold weather clothes. They're somewhere, I know...

I think of you, my colleagues and friends, often, and smile. I send my best wishes to you for good health, peace of mind, and serenity. Best, Eliana