

**Collaborate Counseling: April Newsletter:**  
**Spring is here!**  
**(\*Blended family Class:sign up!)**



Hello,

As the first day of spring happens here in Denver, I came across an article about being friendly and it seemed appropriate! Especially based on some of the other things that I have been reading this month and want to address. Rick Hanson in his practice describes Friendliness as, "a down-to-earth approach to others that is welcoming and positive". It helps ourselves and others feel safer, warmer and provides us with an ability to feel more confident and move into the world instead of backing away from it like those who suffer for example from anxiety or depression feel and then respond.

It may seem simple! Be these small steps of friendliness, kindness, and a shift in attitude and gratitude could change your day and someone else's! Just a thought to kick off spring. Read more of what Rick says in his "practice" You can also sign up for his weekly emails.

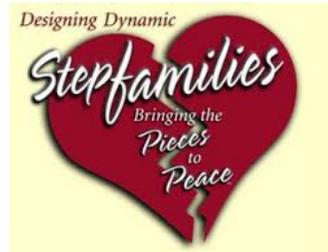
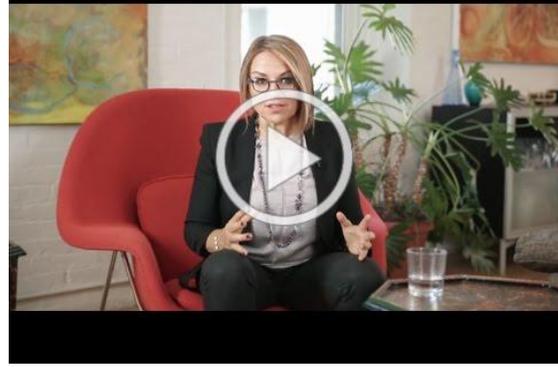
[Being More Friendly](#)

**Ester Perel speaks about confrontation** bias, enlightening her clients about which partner is right in a couples typical pattern of fighting; discussing the reality two people experience as their own "truth" versus the personal reality the partnership is exhibiting. But is this really the true reality that your partner is experiencing? Could each one of your "realities" have truth in them?

This is the consistent patterns that are brought out in couples sessions while working thru Sue Johnson's Emotionally Focused Therapy stages and what Ester Perel is talking about in this YouTube video. Take a look and see if you can find yourself or your partner in one or the other sides of this conversation and/or relationship!

## [Forces affecting Despair rising among Middle age Whites](#)

For so many years, the white middle class has been insulated from high death rates comparatively speaking. Good health care, good jobs, education, marriages, exercise, all have lead to this high statistic versus other classes and ethnic or potential groups of people, Until this latest research and information that confirming what some therapists and doctors are finding in their offices on a daily basis. The white middle class is struggling. Families in general, children and their parents in this population group are suffering and catching up to other ethnic, worldwide populations, job segments, education levels, and economic standards are impacting this middle class, white suburbia like no other time in America. Suicide rates among White American men is at an all time high, income levels in some markets are down, marriages are struggling, and the research is bearing this out. The article above goes into more detail about the despair that is being felt.



## ***Blended family & Co-Parenting: Factors for Success! NEW CLASS***

Solutions for Your Families:

If you are engaged, in a blended family, struggling or just want to make your current family better, come learn what families and research have proven over the past 25 years have worked to make blending easier and successful!

Blended families can be one of the hardest family systems to implement with successful results, and healthy outcomes for all the children and couple involved.

It is known thru research that divorce in the first marriages are mostly due to breakdowns between the individual adults but the second marriages, or blended family, are usually due to the children. Not because they were "bad" or did something wrong, but because true blending did not occur and the right "factors for success" were not implemented. To learn what these are, come join us on the **April 29th** for more information. Research shows that couples and families who do counseling before or during, **increase there family outcome success by**

Family isn't always blood. It's the people in your life who want you in theirs; the ones who accept you for who you are. The ones who would do anything to see you smile & who LOVE YOU no matter what.  
www.spirituallythinking.blogspot.com

**UPCOMING CLASS: Saturday, April 29th**

When: 12pm -4PM

Where: 2101 Black Hawk St., Suite 240, Sondermind, Aurora, CO 80014

Individuals: \$175

Couples: \$295

Reserve by April 15th., follow the link below:  
[Blended Family Class](#)

1. [Master Class for Happiness! Sign up with Rick Hanson.](#)

2. [Unlock Your Child's Potential: Free Video Series! sign up..](#)

### Step Parents-Stepchildren:

Relationships can be difficult with lifelong implications, as this blogger discusses, even reaching past death. As divorce and remarriage become more common than the stability of a first marriages, the relationships that interweave our lives and impact not only ourselves but our children's lives are even more vital to consider. We must take a look at how to integrate new partners and their children into our own family systems and how the new blended family systems are created.

Are there potential decisions that can be made, producing better outcomes, i.e. how we discipline, where we live, whose home or what home do we purchase, when do we introduce the "kids". All these questions can have lifelong and generational impact.

The below article is one example of loss and remorse that was felt throughout a lifetime...

[Stepfather and stepson relationship](#)



### [Imagine-Pentatonix](#)

What an amazing music video! Enjoy!

Thank you for being a client of Collaborate Counseling and providing your referrals! I hope the information, links and videos you find helpful and a resource when needed. As always, if there is anything I can do, please reach out, send me an email or call!  
Sincerely,

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