



## Collaborate Counseling: July Newsletter:

\*Note I am on vacation July  
2-8th!

Hello,  
I hope everyone is enjoying the summer, families, the outdoors and all that Colorado offers! I am presenting a variety of interesting articles and research for your review and consideration regarding gender, equality, sex and anxiety! Issues that I find we discuss in my office everyday.

Anxiety is becoming the most prevalent health and emotional issue facing Americans. Unfortunately, our youth, rank highest in number of both males in females experiencing anxiety on a daily basis. Every aspect of our lives could be analyzed and potentially changed to reduce the day to day anxiety some of us feel. Interesting research to follow!

Articles presented in this newsletter are interrelated at some level and the interconnections I find fascinating. Our sexual desire, how we treat people that are "different" than us, difficulties in our relationships; all seem to come back to our emotional well being, or the dysregulation we may feel on a daily basis. I hope you find these interesting articles and latest research impactful and thought provoking.



**Ester  
Perel  
speaks :**

[Ester Perel speaks About Men's Interest sometimes, Lack of Sexual desire..](#)

Pressure to have sex and perhaps not always in the mood? Asking yourself is something wrong with you or your sexuality? Are you masculine enough? Ester discusses and de-bunks some of the cultural assumptions, and over-simplifications and over-complications of men and women's sexuality and emotionality regarding sexual desire, and arousal levels in partnership.

She goes on to link desire to how individuals feel deeply about themselves, confidence, about the relationship and the power and feeling of rejection inside of the sexual initiation and act.

[Ester's Newest blog](#)





*Women's Group: I am thinking about starting in August/September, a Women's group focusing on some key issues such as the following:*

*1. Relationships: Impact: past/present/future: types and what we want to be in these relationships/how to get there!*

*2. What it means to be a woman in 2017? The positives, struggles, the roles, the family types we find ourselves in and how to make them work.*

*3. Trauma, its impact, loneliness, and other major eventful, complicated issues most are affected by!*

*4. Experiential modalities of working thru, discussing and experiencing life, womanhood, relationship in a group dynamic that is different than individual or family therapy!*

***Please email me or call if you think you might be interested:***

*90 day commitment but ongoing group enrollment. We can discuss role of group, cost, etc..Need 6 to 8 woman who are interested! First and Third Thursday nights, hour and half, starting at 7pm(Perhaps)720 323 2603.*

[Is Anxiety the new Depression? Are we now the Prozac Nation of Xanax?](#)

" According to data from the National Institute of Mental Health, some 38 percent of girls ages 13 through 17, and 26 percent of boys, have an anxiety disorder.

On [college campuses](#), anxiety is running well

[Obsessing over your Partners Affair: Is it helpful?](#) I have written a blog about this same topic, but I see it so often in my couples practice I wanted to re-run the information in my newsletter!  
[\(Collaborate Counseling's: The Value of Obsessing About an Affair?\)](#)



10 to 20% of all mothers

suffer Post Partum depression with no medical drug treatment, supporting this mood disorder for which so many young mothers experience.

Take a look at this article to learn more about one of the first successful clinical trials of a new drug called brexanolone, which has shown promising, significant results for women, helping to reduce the effects of postpartum depression.

We will wait to see what the next clinical and medical steps may be, but its hopeful for many women who have and still are suffering along with their families.

[potential treatment for postpartum depression](#)



[Therapy site Just for MEN! Check this out, its funny, humorous, but has taken ahold across the world and appealing](#)

ahead of depression as the most common mental health concern, according to a 2016 national study of more than 150,000 students by the Center for Collegiate Mental Health at Pennsylvania State University."



Is your family or loved ones unexpectedly being affected by this mental health condition?

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,

Carolyn Riviere-Placzek

[www.collaboratecounseling.com](http://www.collaboratecounseling.com)

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