



Collaborate Counseling: September Newsletter:

Hello,
Fall is my favorite season! Its not quite here but I took a mountain drive over the holiday weekend and you could just begin to see the tress changing, it is in the air!

I received an email that I wanted to share regarding a wonderful, FREE summit that I believe everyone could benefit from, called the Self Acceptance Summit:

[Self Acceptance Summit](#)

It starts on September 11th and runs for a week with nightly downloads, and I believe can offer insight, healing, and change implications for individuals and family systems. Take a look, sign up and enjoy a few mindful moments a day on yourself and see what happens!

Happy Fall!
Carolyn



Ester Perel speaks : Ester speaks regarding a relationship in Fort Collins, Listen on her advice:

When we argue, we usually believe we are justified and dignified in our stance when we are hurt, stood up, yelled out, or put out. Sometimes, we are justifiable so! However, as I saw often, it takes two to tango. Ester reads a letter from our own Fort Collins that might surprise you when she starts out reading and than the turn she takes. At least it did me.

It reminds me that I need to always look at my own actions, thoughts, behaviors, before I jump on my partners thoughts and behaviors. Did I excuse myself of my mistakes or inexcusable behavior as just something that happened but when he does it, I look at it as a character or



[Forging Strong Relationships: Deep Connections](#)

Most clients that have sat in my office for any length of time have heard me speak

about my belief that humans are wired for connection. To go further, that all suffering stems from isolation and the author, Andrea Brandt extends this belief in her article regarding how do we build long lasting relationships into our older years.

She writes about several strategies we must have in order to maintain healthy relationships and the first is building that internal emotional space and understanding with ourselves that will than grow and expand into a hopefully, strong emotional intelligence or E-IQ that helps us build long lasting relationships.

Being able to create safety and security for ourselves and others in relationship is a skill that is important for emotional health and long term success for partnering and parenting.

Read more of what Andrea says in her attached article.

(Psychotherapy Networker, Andrea Brandt • 8/15/2017)



*Womens's Group . still forming!
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.*

[Ester Perel: Workshop on Rekindling Desire](#)

This Monday, September 4th is World Sexual Health Day. Celebrated in 35 countries around the world, this day is dedicated to promoting sexual health globally.

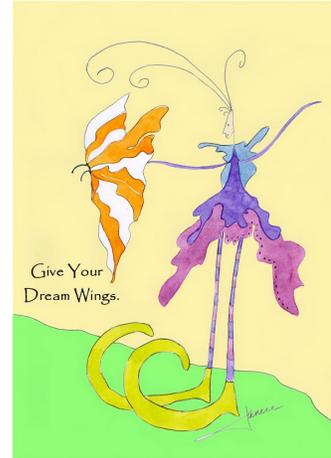
Ester writes, "I believe that sexual rights are fundamental human rights, which are still denied in many parts of the world. Sexual health is part of relational health, and must be integrated into the common definition of overall health and well-being"

What do we mean by "sexual health"?

Sexual health is “a state of physical, emotional, mental and social well-being in relation to sexuality; it is not merely the absence of

integrity flaw? It is so easy to do, and can be so damaging with our partners.

Listen further to Ester and her advice!



"A dream is a challenge we give ourselves to be more than we thought we could be.

What is your dream?" Janice..



Welcome to the
Happiness Community.
Janice talks about
the Happiness
Business.
A Short Video



[Helping Children with Anxious Transitions!](#)

Many parents are working with their children through anxious and stressful situations in our somewhat disconnected lives. Whether it is

disease, dysfunction or infirmity.

Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence.

For sexual health to be attained and maintained, the sexual rights of all persons must be respected, protected and fulfilled” (World Health Organization, 2006).

divorce, co-parenting, single parents, child care situations or whatever the school or transitional life event maybe, children are more anxious than ever before.

I am finding parents asking me for help with anxiety and stress for their beautiful children more and more often.

The author offers great advice, take aways, techniques and play activities to handle some of these day to day anxieties children and families are experiencing.

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

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