



Collaborate Counseling: October Newsletter:

Hello!

Fall is my favorite Season! I was able to drive up to Aspen a few weeks ago just as the trees were beginning to turn. Such beautiful colors of yellows, oranges and reds. This time always reminds me of the many transitions that I myself have gone thru over the years and the daily transitions and growth I witness in my clients.

The courage, vulnerability and strength I witness through the changes and transitions that occur in the lives I have the privilege of walking along side, is inspirational and just one of the many reason why I became therapist.

I am thankful for my favorite season, my unique clients that I have the opportunity of meeting and experiencing thru own period of transitions during natures own change of seasons.

Thank you!
Carolyn

[Are You an Empath? Are you Highly Sensitive? Take this test and see your results.](#)

Dr. Judith Orloff, has designed the above free self-assessment quiz for you to take and see a simple step in the journey of understanding empathy and vulnerability. If you have never explored your own

Ester Perel speaks :
[Defining Desire!](#)



Ester Perel in her blog on world Sexual Health day writes the following:

"One very important element of a thriving erotic connection is effective communication. If both partners communicate their needs openly, everyone gains.

However, for many people, communicating one's desires is easier said than done. For one, it can feel safer to remain passive and take from our sexual encounters what we can get. Also, both men and women, across all sexual orientations, fall in the trap of believing that if you need to discuss methods, it might mean there is not a good sexual connection.

How about rethinking that? Doesn't it make more sense that if you feel you can communicate your wants openly, that's the 'real' sign of a good sexual vibe?"

Communication is key, both verbal and non-verbal. Good relationships take commitment and usually just under the surface! It is not easy maintaining desire over the long haul of years, family, children. It can be done with commitment,

understanding, self perception, unique gifts and talents this could be an unlocking and exploration to the sensitivity that was never quite understood and explained before.

effort and open communication.



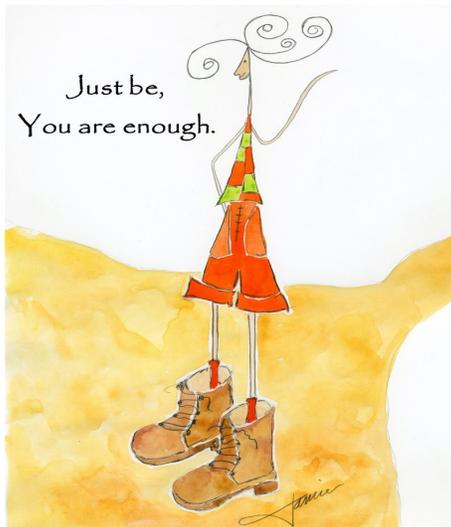
[On Line Course for Surviving: Life Strategies for Sensitive People!](#)

Join Judith Orloff for this online course to develop a better understanding of what it means to

be an empath;

"Empaths are emotional sponges who absorb both the stress and joy of the world. We feel *everything*, often to an extreme," and how to develop strategies to live and thrive in a world that is constantly bombarding you with visual, audio, chemical and technological toxins.

These classes that I present I believe are not only for behavioral practitioners but also for people struggling and wanting to learn about these common issues and topics. Take a look at the link and see if you might be interested.



"It only took me 10 years in therapy to finally say this and another five years to believe it.

That said,

I always go back to when I arrived. I know I was



[Take a Mindful Moment with Rick Hanson:](#)

We seem to be all running around and feeling so exhausted by all of our tasks and activities; BUSY is the word of the day. Rick, a mindfulness guru, talks about stepping into the clouds and juggling the bricks of everyday life.

Here is a suggestion of a mindful moment to relieve the stress, relax into our tasks, and unload some of our everyday "bricks" while perhaps, walking into the clouds for a few moments of the day! Read on...

Clients questions if there is recovery after an affair?

I believe it is up to each individual and each relationship-dynamic to make that choice. I have worked with many unique situations in my office and heard many stories of betrayals and heartaches that have started way before the affair every happened.

That might be surprising to anyone that has not had an affair. This newsletter I have included two sections of Ester Perel's blogs because they both speak to issues that are right on topic to what I am seeing so prevalent in my work with clients.

Ester is doing a series and has written a new book on The State of Affairs, and this is her first blog from a session with a couple she is seeing. It dips into the first stage of this work, and opens up to the many layers and facets of the complication and beginnings of an affair, which start way before an affair every begins:

[State of The Affairs: Ester Speaks .](#)

In honor of
Step
Families day
last
weekend,

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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