



Collaborate Counseling: January Newsletter:

Happy New Year!



HAPPY
New Year!
2018 is
here and
that brings
many
choices,
new starts
and new
beginnings

for all of us. I look forward to meeting new clients, ongoing clients and beginning 2018 with a fresh approach! What might this mean is yet to be seen. Unlimited possibilities are within all of our reaches, if we look inward and outward...that is our journey.

I continue to research for this newsletter the cutting edge articles, topics, clinicians that I believe will have the most impact on my clients and families that I speak and work with everyday. If there is something that I seem to be missing or that you have an interest in, PLEASE let me know, I would love to target that interest and see what I can find.

2018 has just started but I look forward with hope and opportunities for growth and change for all that are searching.



**Ester
Perel
speaks :**

[Ester's blog on setting the right expectations on relationships:](#)

Why are so many relationships difficult are struggling and not seemingly able to meet expectations? Is commitment a Loss of SELF? Ester dives into her blog answering some of these tough questions with her unique and yet to the point way of stating it takes work, understanding of both yourself, and setting the proper expectations, bringing the right resources to your partnership and to yourself do better in marriage..."*Research shows that people who have more social resources, and more people to talk to about various issues in their lives, do better in marriage"* Ester's above blog. Read on for more of her reflections!

[Great Attachment Conversation: What does it really mean?](#)

Throughout many of my client sessions, both couples and individuals, we discuss



[Meditation Video and Exercise: Turning away negativity and Creating Peace!](#)

"best-selling author and mindfulness meditation expert Joan Borysenko, Ph.D., shares a quick but powerful meditation exercise that can help to turn away negativity and create a center of peace, safety, and reason. This short meditation can be used any time throughout the day, in almost any location, so your clients can experience its benefits again and again." From Psychotherapy Networker's new course.

These few minutes a day that you could spend on yourself to de-stress, allow to refocus your energy on building positive energy, anxiety reduction techniques and more positive, life focusing strategies can have both emotional and physical benefits for the new year. I am going to include in this newsletter some of my favorite app's that I have used, my clients and fellow colleagues have passed on that help in building a solid and beneficial, mindfulness practice.



Set good

boundaries this NEW Year... It's easy to over schedule, make new

the idea of attachment, both secure and insecure. Have you come from a loving, healthy, family background where you were able to know yourself and develop into the person that you felt like you were born to be?

Research shows that about 50% of us, are lucky enough to have that kind of family system.

However, the other part of the population, did not come from that type of family system. Or, maybe they did but, they had a major medical crisis, got into a serious car accident, experience a hurricane or natural disaster. Any type of trauma can impact a secure upbringing and wreak havoc on our emotional systems.

This article does a great job at explaining in great detail, what attachment is all about and the importance it has on who we were as kids and how we interact as adults as individuals, couples and potentially as parents.



[Child Development: Stages of Play:](#)

Many times when working with your children in session, parents ask is this behavior appropriate, or what should I be expecting, or I think my child or adolescent should be making a better choice in his decisions.

How are children make choices and face life's challenges varies from family to family, child to child and is based on developmental, environmental and psychological factors. The systemic nature of this question or concern is compounded by the unique genetic, nature/nurture makeup of your very special and unique person that you brought into this world.

However, that might sound like a daunting answer, but equipped with additional

commitments, and over extend.
Try to be present to the joy and wonder that surrounds you. (Janice Earhart, 12/17)

[Childhood Night Terrors or Dreams.](#)

So often these can seem so scary even to parents, we want to comfort the child and stop these bad dreams but as the author in this article discusses, these dreams are a normal, but sometimes frightening way for our children to "workthru" emotional, traumatic, accidental experiences that they have gone thru in their short lives.

Parents can help in many ways with emotional attunement, staying close, letting the child know you are there when they are in need. The author describes in detail what is needed and how to help your child in this seemingly helpless time.



[Goldie Hawn: Mindfulness and Children!](#)

Listen to what Goldie Hawn has to say about her beginnings in her mindfulness practice, and the joy she found in her life journey and implementing mindfulness into her life and family. How she managed her career and success with balance, decision making way before this mindfulness movement became so popular over these past few years.

guidelines and normative information, you can step back and frame your child and family with the research and developmental pathways that we know to be somewhat true. This website can be helpful for younger parents with babies thru adolescence looking for the physical, emotional, and psychological developmental patterns to be expected.

[Brené Brown, Ph.D. on Trust, Self-Compassion and Heartfelt Apologies with Kristin Neff, Ph.D. and Harriet Lerner, Ph.D.](#)

Dr. Brené Brown, renowned researcher and #1 *New York Times* bestselling author of *The Gifts of Imperfection*, *Daring Greatly*, *Rising Strong*, and *Braving the Wilderness*, revolutionized our understanding of relationships with her ground-breaking research on courage, vulnerability, shame, and empathy. Her TED talk – *The Power of Vulnerability* – is one of the top five most viewed TED talks of all time and has inspired over 29 million viewers around the world to live more wholehearted lives. (PESI training website 12/17) Many of my clients read, and listen to Brené Brown's podcasts, ted talks and books. She has been a powerful force when it comes to SHAME research, overcoming our shame spirals and vulnerability and strength building in general.

Potentially start your 2018 off right with an investment in yourself and relationships and participate in this on line seminar, More details in the link above.

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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