



Collaborate Counseling: March 2018 Newsletter

Happy March!

Even though I am going to be gone for 2 weeks this month exploring Ireland, I will be thinking of my clients, hoping everyone is doing well. If you need anything while I am gone, I have left numbers on my landlines and cell phones. Please feel free to leave emails and voice mails. I will be back in country on March 20th. I hope you have a wonderful month and will see you when I get back. I am gone from March 9th thru March 20th!

Carolyn



[Express Yourself: SELF Compassion ART!](#)

Try something new for yourself, partner and family. I found a new link and therapist friend who is creating some interesting interventions and fun activities while helping her clients with self compassion, acceptance, love, self esteem, and helping others heal thru art and creativity. Take



**Ester
Perel
speaks :**

[Ester Perel's, "Where should we begin?"](#)

**Where Should We
Begin takes you into
the antechamber of
intimate moments.
Here we learn,
explore, and
experience alongside
the couples who have
been gracious enough
to let us in.**

(esterperel.com)

This is a great podcast series that is FREE, to anyone, couples, etc that want to

some time to sign up for her newsletter, sit quietly perhaps and relax while you may decide to create a piece of your own art and self compassion.



[Spreading Positive Digital Media: Emphatic digital workings!](#)(How to Increase Empathy in the Digital Era Live Happy, Amy Blankson, October 22, 2017)

"In the last five years, cyber-bullying has seen a drastic increase, leaving parents, teachers and communities concerned. Online communication has created a space for people to openly speak their minds, which means they can vent anonymously with little fear of repercussion. Without having to see another human's emotional feedback loop, some individuals feel emboldened to speak hatefully, create fear and spread mistrust. "

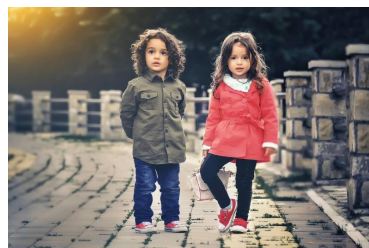
Amy discusses and provides several app's that parents, families and individuals can use to become more "empathetic" in this sometimes hateful digital age that we find ourselves living in and running up against on a daily basis. Like anything in life, there is a positive and negative side to most aspects of change, we just need to figure out how to balance these major transitions that we face and embrace the necessary tools and resources that available to make our daily life workable.

here and learn about other's that are also struggling, but we can learn from others struggles and listen to one of our comtempary, leading therapist on coupling, sex, intimacy and how to move forward when stuck!



[Benefits of Shared Parenting After Divorce!](#)
Maryland Reporter, January

26,2018, Dr. Ned Holstein reports on research over 66 peer reviewed studies and countries showing increased success of children who live at least 35% of the time at the other parents home on a number of different measures, of well being, such as education, as compared to being raised by just one parent. Overall, the kids raised by both parents, co parenting, are simply, just happier!



[Toddlers and Divorce. Please don't forget them!](#)

(Under: [Toddlers](#), [Parenting](#)/By: Natasha Daniels)

Divorce is difficult for all the kiddo's! But sometimes the littlest ones seem to be doing fine, because they cannot express themselves with feelings as easily as teenagers, or as angrily perhaps! Unfortunately, they also do not have as



many life time experiences accumulated in their short life spans to compare and contrast exactly what their mind, body and feelings are going thru. They, as the author describes, are very concrete in their thinking and need explanations and directions just like your older children. The therapist in this article lays out and describes very simple and easy steps that can be taken to ensure that your tiniest hearts and minds can be prepared and cared for even if they look like they are "just fine".

In this African tribe, when someone does something wrong, they take the person to the center of the village where the tribe surrounds him and for 2 days say all the good he has done. The tribe believes each person is good but sometimes people make mistakes, which are really a cry for help. They unite to reconnect him with his good nature. (So beautiful)

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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