



## Collaborate Counseling: April 2018 Newsletter

Hello Spring!

It is so surprising how fast Spring has snuck up on me! I love the idea of new beginnings, new chances and change in the air. Collaborate Counseling is going through some changes also! Well, I am actually adding a new addition for which I am very excited to introduce to my practice and my clients.

This practice will be separate and the clients participating in the Neurofeedback training, will use my current office up until June, while we build out a new Neurofeedback Center, DTC! This technology ties directly into what we discuss in session; Neuroplasticity, feedback loops, trauma, addiction, depression, anxiety, and how therapy, and now an affordable Neurofeedback process, can actually help your brain heal itself!

The new center will be close; it is located on the east side of Orchard road, opening in June. Until then, we will be having feedback sessions in the Collaborate Counseling locations starting at the end of this month. See below more information; the website is still under construction! I



**Ester  
Perel  
speaks :**

[Ester Perel Key Note speaker: "The Future of Love, Lust and Listening"](#) , the 2018, South by SouthWest convention.

Listen to Ester's latest and most impactful talk on relationships!



[Exposure Early to Pornography and Its Affects on Relationships.](#) Is there a potential correlation to early exposure to pornography and sex addiction? In Joe Turner's article for The Meadows, he states the following, "*Recent studies have found that a person's first exposure to*

have information in the office..there are impressive, evidence based results after a million hours of training on clients brains. Here are just a few of the documented results you will find in the attached survey: Clients found a 82% reduction in PTSD symptoms, 83% reduction in depressive symptoms after 20 sessions, and 75% reduction in pain overall.

I look forward to introducing this new technology..all you do is sit back, listen to meditative music and let your brain HEAL ITSELF!

Carolyn



Neurofeedback Center,  
DTC opening May 1,  
2018:

Again, we are excited to  
be opening our

Neurofeedback Center, DTC on May 1. Our website with additional information should be up in a couple of weeks, but information is in my office. Please call with questions. It use to be that this type of help was \$250 plus an hour! Now it is so reasonable, easy to access and the results are unbelievable and evidence based. I have attached the research, and the many symptoms and issues that have been addressed.

Here is the Research and article!

[NeuroOptimal Survey](#)

Please call me for scheduling and more information. We are offering opening month sessions and promotions/pacs.

Thanks!  
Carolyn

*pornography happens at around age 11, with 93 percent of boys and 62 percent of girls being exposed to explicit materials before the age of 18."*

Research demonstrates, this early exposure in a developing brain may have lasting effects and implications for intimate and sexual relationships. Pornography usually does not depict healthy, realistic boundaries that promote lasting, communicative partnerships. For the developing teenage mind and sexuality this can lead to issues. Beliefs such as the following can be established in a young mind:

- The belief that sexual promiscuity is commonplace.
- A lack of interest in remaining monogamous with one partner.
- Sexual objectification of people or persons.
- Increased normalization of inappropriate or dangerous sexual behaviors (and to some extent, even illegal sexual behaviors).

For more information, or if you are anyone you know may needs some help, please reach out. The Meadows or any of a number of great local facilities offers a wide range of programs.

[Sounds True New Mindfulness Releases: Take a look](#)

For anyone seriously pursuing a mindfulness practice, this is a wonderful site to have tagged. I have reviewed and presented several of Sounds True speakers and podcasts in this newsletter but wanted to have access available to all.



What is NeuroOptimal Training/Feedback?? From the website, ([www.zengar.com](http://www.zengar.com)) here is a description:

"Getting the information (or



[Being Well Podcast, Dr. Rick Hanson explores the “installation” stage of learning in detail, including how we can internalize the various positive aspects of any experience to grow the strengths we need the most.](#)

Dr. Rick Hanson is a leading Expert on Mindfulness, Resiliency, and implementing these ideas, skills into our everyday life. He has a wonderful weekly reminder you can sign up for on his website:  
<https://www.rickhanson.net/newsletter-signup/>

Doing just a few minutes a day of any type of mindfulness based activity builds your "practice" and the results will impact and build daily! It might take a while to see major results just like any activity, ie exercise, education, etc. But mindfulness is an evidence based practice with long range implications for mind/body emotional health.

feedback) the brain needs to organize itself, allows the brain to release patterns that can get in the way of it functioning well.

How would you know if your brain is not functioning at its best?

Ask yourself what stands in the way of you being or achieving what you would like in your life. If you are feeling off and not maximizing your potential, it's possible your brain could use some hurdle help. Depression, trauma, anxiety, PTSD, ADHD, Chronic Pain, migraines?

Have you experienced times when you have felt “on target”, maybe even invincible, untouchable, where you are mentally in your “A game”? Or where you have felt clear, poised, “in the now”? Or maybe warm, safe, connected and loving. During these moments your brain is organized, your CNS is flexible and resilient to whatever challenges it faces, and you're reaping the benefits in the moment.

Using NeurOptimal® is like having a “defrag” of your hard drive. Suddenly it's easier to get out of your own way and access your “A game”.

Roadblocks can fall away and life can just seem easier, more in flow.

No matter where you are starting from, every brain has a potential best, its own level of optimal flow and function. It doesn't matter if you are a peak performing athlete or performer, or if you are struggling with relationships or your studies in school, or whatever your situation — given the right information about itself, every brain can reveal its best."

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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