



Collaborate Counseling: May 2018 Newsletter

Happy Mother's Day!



May is here:
Happy
Mother's
Day!

It happened so fast, Spring is upon us. Things are changing outside and in my practice. I am excited to announce that we are now seeing clients for our Neurofeedback Center, DTC. The shifts that clients can experience are amazing, but occur at many different levels: emotionally, somatically, and overall with each clients health and well being. Neuroptimal trainers have worked with clients as young as 11 months old!

If you want to reach your peak performance as an athlete or executive, or work on training your brain to break out of some stressful patterns, set up a free consult to learn more about what the Neuroptimal system is all about.

Thanks so much,
Carolyn



**Ester
Perel
speaks :**
[Ester Perel](#)

[Key Note speaker: "The Future of Love, Lust and Listening"](#)

This is such a powerful talk by Ester, that I wanted to post this again for the Month of May in case anyone did not have a chance to listen to it last month. I believe every couple/partner or potential person who wants to partner could benefit from this talk! Listen... I believe you will here some powerful words and insight from Ester, I think of her in my sessions with couples and use her verbiage quite a bit.

I hope you do too!
Carolyn





Center, DTC opening May 1, 2018:

Here is the Research and article!

[NeuroOptimal Survey](#)

[Kings Treasure Box Offers wonderful Resource Tools.](#)

This is a great resource tool for parents, adults or anyone who wants to support a loved one who has suffered from childhood sexual abuse. They offer books, videos, and support systems. Please pass on this link or call for any help that they can offer.



[Childhood Depression: Signs to look for in our Children.](#)

It is difficult to think of our children being sad, lonely, bullied, or depressed.

However, "According to data compiled by the *Child Mind Institute*, 14 percent of children are diagnosed with depression or bipolar disorder and 22 percent of American youth will have a diagnosable mental illness with "serious impairment" before age 18." (By Katie Hurley, Contributor April 25, 2018, USNEWS.)



[Loneliness is Affecting our livelihood and Revenues in Corporate](#)

[America.](#)

America's Loneliest Workers, According to Research
Harvard Business Review, Shawn Achor, Gabriella Rosen Kellerman, Andrew Reece, and Alexi Robichaux
March 19, 2018.

Most of us have experienced loneliness at some point in our lives. However, Shawn Achor, and the latest research is warning individuals and Corporate America that there is a major Risk factor for all involved. The research link highlighted below, "shows that loneliness has the same effect as 15 cigarettes a day in terms of health care outcomes and health care costs. Yet we are often blind to this hidden drain on health and revenue. Lonelier workers perform more poorly, quit more often, and feel less satisfied with their jobs — costing employers upwards of £2.5 billion"

The more people you have in your private life, the higher insulated you will be for the effects

What can parents do to notice and distinguish just normal ups and downs of their children from serious depression or early onset of a mental childhood illness?

The author compiles a list in her article of very detailed behavioral differences to note and be aware of if your child is consistently, over a 2 week period or longer, exhibiting these behaviors. Listen, validate and know the symptoms to look for. If necessary, seek help.



[FREE Video Series: Power of Presence!](#)

- Video 1: "Why Presence?" — Eckhart tells us that the arising of

of loneliness. In addition, being single and childless also contributes to the overall loneliness factor.

Corporations have several opportunities to help their employees on many different layers of this complicated matter. Employees should check out their corporate resources for help!

[\(Loneliness and social isolation as risk factors for mortality: a meta-analytic review.\)](#)



[Charity Water.. Clean Water!](#)

This is my Practice's

charity that I sponsor, and I wanted to reintroduce the importance of clean water around the world. Everyday I take for granted this luxury I have! When you listen to what the founder has done, it is impressive.

Presence is “no longer a luxury, but a necessity” and “the most important thing that can happen in your lifetime”

- Video 2: “Love and Presence” — Eckhart discusses love in the conventional sense and the transformational power of Presence in our relationships
- Video 3: “Practicing Presence” — Bringing Presence into our daily lives and activities is about having a friendly attitude toward whatever arises in the moment—something that we can all learn and get better at
- LIVE Webinar: “The Power of Presence” — Eckhart Tolle answers viewer questions about the practice of Presence

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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