



Collaborate Counseling: April 2020 Newsletter

Carolyn@collaboratecounseling.com

www.collaboratecounseling.com

www.tmscentercentennial.com

(Photo by David Orsborne from Pexels)

Hello!

I hope this month finds everyone healthy and potentially enjoying unexpected time with your families and friends that might be providing some extra connections you were not expecting!

The telehealth sessions are going very well and I am grateful for continuing connecting with all my clients and working thru this difficult isolation period for all.



[Sex, Intimacy,
So what's the
difference??](#)

While we are all on "lock down",

I have tried in this newsletter to put resources together that I have been gathering from all my therapeutic resources. I hope they are helpful as you are homebound, trying to homeschool and/or staying de-escalated in your homes!

Please reach out to me in anyway needed.

I am making myself flexible, later sessions, morning, whatever is needed.

I look forward to hearing from you.

Carolyn

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[Building Resilience in these Challenging times:](#)

From Sound True, please find a grouping of podcasts and information that you can listen to, watch and share with your family and friends regarding how to build and grow resilience during these next few weeks and months.

With uncertainty, stress, and anxiety buildings, there can also be hope, release, and growth. Sounds True is a wonderful organization offering many resources that I hope you may find helpful.



and we are searching for things to do at home.....

here is a great article on SEX. Really, intimacy, the difference between the two, and you can decide, how

much of the two you really want and perhaps have of each in your primary relationships!

Intimacy has been described by my many this way: IN TO ME Cy..

A bit of research the author gives us is the following:

"Only 9% of couples who can't comfortably talk about sex with one another say that they're satisfied sexually."

Could be a conversation starter this weekend if you do not know your partner's story. It takes work to build long lasting, loving intimacy with your partner, and as Dr. Schnarch says in "The Passionate Marriage", to achieve, Rock sex.

One last note that I discuss with mostly women, struggling with orgasms, slow down, and chase **PLEASURE**, not orgasms, this is what it is all about. And the other will follow soon.

There seems to be plenty of spare time to practice lately our skills! Let me know if you have any questions.

[THE BOOK CORNER:](#)

[The Balanced Mind: a Mental Health Journal](#)



TMS/ Brainsway:

We are still operating the TMS Clinic, with clients, this is essential work, and cannot be stopped in the middle of treatments. We are preparing for this to be over, so if you know anyone suffering from severe depression, anxiety, OCD or PTSD, please call the Center or Rodney at 719-232 8556. We look forward to the consults!

Call with any questions!

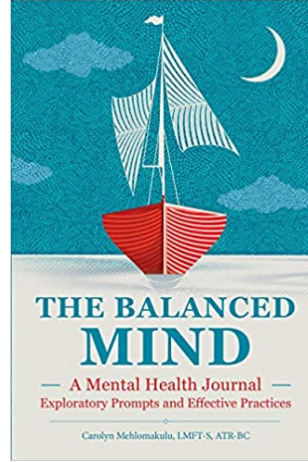
Brainsway Video: Client Testimonial!



[Neuroscience behind Gratitude: A little of this might be helpful during times of isolation.](#)

Research demonstrates that there is brain science behind cultivating an "attitude of gratitude" but why? We now know and understand the neuroscience, health and reasons behind being grateful, not only for ourselves but for those around us.

It is a "state of being grateful" that changes our whole physiology, the mind-body-connection, that I speak of often in sessions, that moves us forward in life and in the desired change that brings most of us into therapy in the first place.



Exploratory Prompts and Effective Practices, by, Carolyn Mehlomakulu LMFT-S ATR-BC.

Carolyn describes her new book coming out as

the following:

" All of the prompts focus around four components of good mental health - learning to regulate emotions, practicing mindfulness, making movement a priority, and building lasting relationships."

What a great time as we are isolating more and more to spend some focused time on our mental health, journaling and a mindful practice!

I use a great deal of Carolyn's art therapy work in my Play therapy practice!!



[Maintaining Your emotional Immunity:COVID19!](#)

(by Tian Dayton, PhD, TEP, Senior Fellow of Meadows Behavioral Healthcare March 16, 2020)

Dr. Dayton reviews and provides wonderful advice for all to consider over the next few weeks to maintain peace, anxiety levels and healthy lifestyles while trying to maintain connections that are strife free in our close living arrangements.

I hope these last few weeks have brought some joy, relaxation along with the

Emmons describes it also as the following:

“ Gratitude is associated with a personal benefit that was not intentionally sought after, deserved, or earned but rather because of the good intentions of another person” (Emmons & McCullough, 2003).



[Transforming Victim Consciousness: The Trauma Triangle.](#)

I have worked with many of my clients thru a variety of trauma models and spoken about the "trauma triangle" that many of us have lived in and still can engage in with our partners, family members and systems that we live within.

anxious thoughts that have been pervasive in our world.

Take a deep breath and read what this author might suggest during this tumultuous time.

(Photo by Magda Ehlers from Pexels)

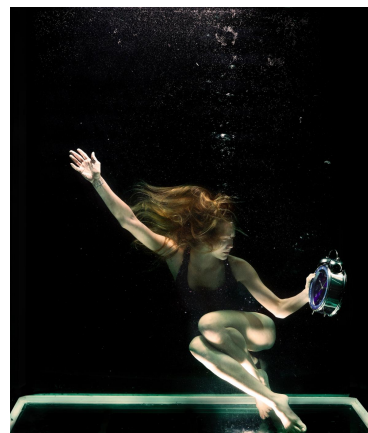


[Living with an ADHD partner: Navigating Successfully your coupling or Marriage!](#)

Many more adults are being diagnosed at a later age with

ADHD. Perhaps they were just labeled as a child as misbehaved, or didn't do well in school, got into trouble, etc. etc. If you are living with a grown ADHD partner you could list many of these symptoms and struggles that they experienced and that you maybe experiencing now in your present life and partnership.

The therapist shares her own personal journey while giving day to day strategies to consider and implement in your daily life of living with an ADHD partner. IT has been extremely enlightening to me, just having my own partner diagnosed this past year. What a relief!



[Time Management and ADHD: Adults](#)

One of the most stressful and frustrating

This website and therapist is dedicated to the Karpman's Drama Triangle that I discuss often and provides in depth explanations of the roles that can be played by all when we are caught up on the triangle.

[The three faces of Victim: Overview](#)

(June 26, 2008 By Lynne Forrest)

Here is a detailed explanation of Karpman's model that I believe everyone should read, most have experienced either living this or being pulled into this model by someone in their lives.

There is a way "out" of the triangle, and it is the first step towards healing, safety and calm in your life.

Lets talk further!



[What about the KIDS?](#)
[Homeschooling VERSUS Unschooled? What is that??](#)

As adults we are feeling the stress, anxiety and even fear of what is happening in the world around us. Just trying to figure out what to do with ourselves in our confined space is challenging for most.

Our children are experiencing these same emotions and maybe even more, but perhaps a different way. They feed off of how you are expressing, reacting and emoting.

I love how and what this author states about school, understanding, that if you have someone about ready to graduate, this obviously does not apply, and there are other things to consider!

But if you have elementary, junior high, here is a great quote from this article, *"slow down. "We're all doing the*

symptoms when working with, living with or having to manage is time if you are an adult managing ADHD. There are strategies that can help but they take commitment, time and effort to implement.

Make a commitment to change your life and the people who share your life and time with you!

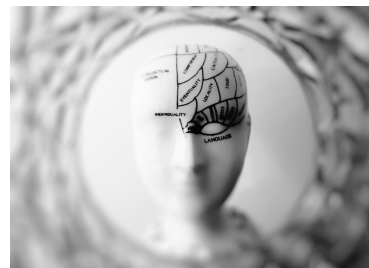


[Loving Kindness Meditation Script:](#)

A loving Kindness practice is one of the most powerful, transformative practices to build! Research shows that major depression, illness, preventative chronic pain, all can be reduced by 6 months if implementing, 15 minutes a day of a simple loving kindness meditation.

It is this powerful!! The article provides a couple scripts and practices to get started.

Also, I love the app, INSIGHT TIMER, that you can download for FREE, with over 24,000 meditations, music, that you can pick and choose; kiddos love it! Try it and see how it works for you.



NEW SERVICE: Cognitive/Emotional Assessment: Cambridge Brain Sciences (CBS), ages 6 to 92.

Collaborate Counseling and the TMS Center are now offering the leading Cognitive and emotional testing in the world. With a data base validation of 75,000 population, and results based on

best we can right now. Your kids will be all right,” she says, explaining that she knows children who received no formal education for an entire year due to family crises. “And guess what? It made no difference to their academic progress. The kids caught up to their peers eventually.”

There is a difference between homeschooling and unschooling, as described by the ADHD editorial board. During these uncertain times, and speaking from a Registered Play therapist perspective, I resonate with the latter! Be kind to yourself, take the pressure off of your family, kiddos and do the best you can, that is all any of us can, be safe and enjoy in whatever way your family is able to this time together. They will catch up with school and homework!

your age and gender, the results are amazing.

Collaborate Counseling and The TMS Center are committed to improving your brain health. As part of our treatment plans and options, we now check up on areas such as memory, attention, reasoning, and verbal ability as part of a standard assessment of cognitive performance. After a few quick, fun tasks, you'll have an objective measure of how your cognition is doing today, like a blood pressure cuff for your brain.

How Do I Get Started?

To get started as part of Neurofeedback/TMS or therapy sessions, sign up for a consultation and baseline assessment, or if you're already enrolled, ask your practitioner about how to incorporate cognitive assessments.

[TRY a assessment question! Get your results back.](#)

Call for more information:

Thank you for being a client of Collaborate Counseling and providing your referrals! **25% off your next session when your referral comes in for a session!! I appreciate 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

(720) 708-4865
carolyn@collaboratecounseling.com

