



Collaborate Counseling: June 2020 Newsletter

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(Photo by Susanne Jutzeler from Pexels)

Happy June!

As life and businesses are opening up I am, happy to say that when I get back from vacation(June 5 thru June 15) I will slowly begin to be back in the office! This will be based on each clients need and desire to come back to the office, their health, lack of travel and exposure and need to be in office. I will be sending out my covid release form. There are risks to coming in to the office.

I am and my fellow therapists, are trying to make it as safe as we can. We are all



[Ester Perel](#)
[Blog on](#)

[Complaining: Is it Healthy?? Yes! Gratitude and Complaining can help.](#)

Do you believe that "healthy couples should not fight or complain?"

Read on! Ester Perel discusses the benefit of "complaining" in relationship and how

following safety protocols. Texting when you get to the parking lot, trying to avoid the waiting room. I am also trying to do one session live and one telehealth, alternating between the two types of sessions.

If you are working with exposed covid clients, I will not be seeing you in my office and will continue to be working via telehealth. I need to keep exposure to minimum. CDC still states we need to have an emotional reason to be seeing clients in office. Thus, I am keeping exposure levels at a minimum as I can for safety of all!

But I am very excited to be getting back up to 50% and coming back into office for some visits and telehealth there. We will be talking soon. Any questions let me know!! This is also based on Tricare, the only insurance I take. Once they stop paying for telehealth, than we need to discuss, how we will proceed. Thanks!!

Carolyn

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[Do you Want to be Married/Or Coupled, or Do you want to be Right?](#)

I love Terry Real! He is an international renowned couples therapist and specializes in working with Grandiose Women and Shut down men. I just did an on-line training with him and it was great. He also works a great deal with my other favorite Therapist, Ester Perel.

In this article, he discusses the big question..Would you rather be right or stay in partnership! So many times in session, (and even in my own relationships) if we asked ourselves this

sometimes, this is beneficial! And of course, conflict is necessary, with boundaries, and in a healthy, structured way. Learning to listen, respect, use words that support, and not tear down, de-escalate when necessary and BREAK, all the time to stop from tearing apart the healthy and loving relationship that you have built, are all keys to conflict in relationship.

Podcast: Ester on Complaining!



[The Relationship Quiz: The Gottman Institute:](#)

[How well do you know your partner?](#)

Many of you have received research and articles from me when you first come in for sessions. John Gottman is one of the leading couples researches and have studied over 20,000 couples over his lifetime. He is one of the most respected therapist and couples researches in our field. I included last month his 4 horseman of defense, criticism, stonewalling and contempt as signs of a failing relationship.

This is an online quiz that his organization will send results right to your email. See what it says!

simple question, it might change the next few words out of our mouths. Or at least let us pause a moment before we speak.

Read this article for insight into his thoughts! They could change your next encounter.

Your copy should address 3 key questions: Who am I writing for? (Audience) Why should they care? (Benefit) What do I want them to do here? (Call-to-Action)

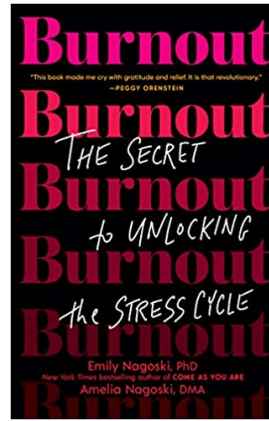
Create a great offer by adding words like "free" "personalized" "complimentary" or "customized." A sense of urgency often helps readers take an action, so think about inserting phrases like "for a limited time only" or "only 7 remaining!"



Transcranial Magnetic Stimulation! TMS: What is it?

"BrainsWay's treatment (our chosen medical device that we use in our center!)is FDA-cleared for treating depressive episodes in adult patients suffering from Major Depressive Disorder, who failed to achieve satisfactory improvement from previous anti-depressant medication treatment in the current episode (FDA 510(k) No. K122288).

"Ronen Segal, CTO of Brainsway, commented when FDA clearance was given, *"This broad-scope clearance clearly demonstrates that Deep TMS is a game-changing technology in the field of treatment for neurological and psychiatric brain disorders. Today, we have entered a new age, in which Brainsway is standing at the helm of a global technological revolution in the medical device industry. An industry once primarily involved in the development of*



The Book Corner:

[Burnout, by by Emily Nagoski PhD \(Author\), Amelia Nagoski DMA](#)

Yes , this is the same author, and sister pair that wrote *Come as you are*, the revolutionary book on sex. This book is on completing the stress cycle and geared towards women and stress, sorry men! But helpful for men to understand how women are struggling and deal specifically with this topic. I love how they discuss animals ability to complete the stress cycle, and the health behind this process. It is a very different approach that I have loved reading and learning about.



[Echo Happiness! Even with no Camps this summer: How to help your children and yourself stay connected with nature.](#)

I have heard from so many families, and parents the disappointment with camps and outdoor activities being cancelled. The question of what are we going to do?

How can we keep busy and entertained, and just enjoy this beautiful Colorado environment?

Here is what the podcast author has to say in her unique ideas about nature and staying connected:

"Audrey: Sometimes we try to separate different parts of us, but really we are

diagnostic measures now possesses the capability to effectively treat disorders, and offers a real alternative to treatment thus far dominated by the drug industry.”

We are proud to be serving the Denver metro area every day, and watching this powerful technology change the lives of our clients and families.

If you have had one or more failed medications (Tricare/1 failed needed, 2 to 3 failed medications, with other insurance companies) and are struggling with major depression, there is hope.

www.tmscentercentennial.com has more information. Call us to talk to our Clinical Director or to me! I have had many of my clients go thru TMS sessions and have personally witnessed the change.



[Mindfulness Practice Download Teaching:](#)

5 Fundamental teachings that can offer the understanding and tools necessary to implement if you choose a mindfulness perspective:

- How to Tap into the Natural Warmth of Your Heart
- Why Meditation Is Vital
- How to Make the Most of Your

part of nature and the world and our bodies are also really connected with how we feel like drinking enough water and getting sun and getting that vitamin D. So there's so much that it's all interconnected. So being outside is obviously something that we all need."

(SUNSHINE PARENTING

Ep. 141: The "Ecohappiness" Challenge with the Happy Science Mom)

(Photo by jonas mohamadi from Pexels)



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

Why is this important for mental well being? *Our reasoning, memory, logic is all impacted by our emotional and mental well being.* We believe that by testing and monitoring at the beginning of the therapy journey, neurofeedback, or TMS starat, we will have a more accurate assessment of the progress and success of the treatment and stages of this journey. Their is a direct link between our emotional health and mental functioning.

This is one of the main reasons we have invested in these amazing tools!

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

Day—and Your Life

- How to Develop Unconditional Compassion
- How to Enjoy Life

I love Sound True and this organization if you are beginning to develop or have been developing a mindfulness practice. You can sign up, listen to their podcasts from many different and interesting perspectives. Take what appeals to you and leave the rest.



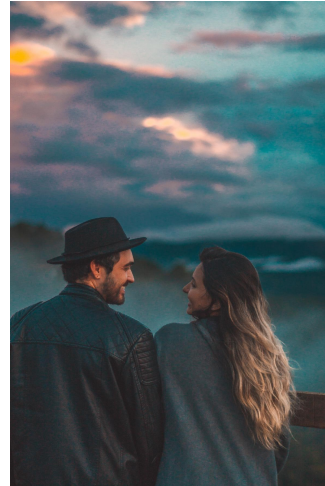
[ADHD and Covid, what to do during Summer, use your daily life to build structure and daily living skills!](#)

It's difficult enough for some parents and families with no school and now summer, but when struggling with ADD/ADHD, it can be even more challenging. Here are a few tips, to use in your day to day life, in and out of the home to help keep life on track.

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:



[Great Page on couples and Gottman's 90% accuracy predictions on couples success: Read further for his Four Horsemen: Criticism, defensiveness, Contempt,](#)

[Stonewalling. What to do if these are prevalent in your marriage?](#)

Gottman is one of the leading if not the largest couples researcher in history! I send out a great deal of his research when you first get my welcome email. Above is one of his leading pieces of work, the 4 Horsemen : He states if these are in your relationship daily and for long periods of time, it can spell disaster.

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,

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