

The pearl doesn't become the pearl without the pressure of the water and sand. -LISA DION



Collaborate Counseling: May 2020 Newsletter

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Happy May!

Spring is here and we are beginning to come out of lockdown. I wanted to discuss and present some ideas about when and how I might re-open my office to clients. My utmost concern is safety of clients, families and employees of the suite.

Per DORA (Department of Regulatory Agency) who licenses all therapists in Colorado and the AMA (American Psychiatrists) there is no rush to open back up therapy offices. Telehealth is working and it is the safest way to provide services thru much of May.



[Med Amour: Rekindling Intimacy during Covid! A link to fun and pleasure while at home.](#)

Take some alone time to explore, make new, discuss perhaps for the first time, fantasies, explorations, suggestions from each of you as partners that may have not been possible when there were so many options at your fingertips.

However, I would like to keep in touch with the idea of towards the end of May perhaps 50/50%, telehealth and face to face, for clients who have been healthy, and no contact with COVID, and desire to come in face to face for sessions.

There would be protocols in office to help this even be more safe. Such as the following:

1. Text from your car when you arrive, and I would text you back when office is open and I am ready for you to come straight into my office and session. Therefore, there would be no waiting room time or overlap with other clients.
2. I would try to do one hour of tele-video and the other hour of face to face so the office would be cleaned in between visits.
3. Complete openness with health of everyone, no sickness in office, if so immediate transfer to tele-video session with no cancellation fee, etc. We would just switch!

These are the ideas to start moving towards opening up my portion of the suite.

Let me know any other thoughts or ideas you may have. I miss our face to face sessions! Even though I so appreciate the telehealth sessions and keeping all of your progress moving forward.

I have included some new information and hopefully helpful videos and articles for your at home stay. Hope to see you soon.

Carolyn

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[Next Chapter in Building Resiliency in Challenging Times: Poet and Philosopher](#)

Now, creativity is a must, and our minds, bodies, and passions are even more appropriate to bring into the now and present moment.

Consider, discuss, and set aside a few moments to include each other to find out how to enhance these few weeks before we all go back to the new reality of after Covid.



Ambiguous Loss: Covid- 19:

The last few months are historic in the worlds history. Never before have Americans experienced their life's being changed in the ways that we have been asked, or even forced (work layoffs, mandated stay at home policies, etc) to abide by in the existence of the United States.

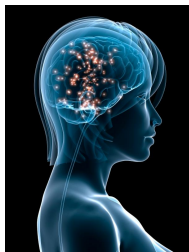
Emotionally, the grief, loss and anxiety is new to many of us in a way that we have never experienced before. This has impacted our day to day reactions of ourselves and loved ones. Dr. Boss, from the University of Minnesota has explained it the following way and listed out 6 coping strategies below from her blog:

Here's Dr. Boss' advice to understand the anxiety caused by COVID- 19:

1. When we are accustomed to solving problems and controlling trouble, our anxiety spikes when we are faced with a situation that has no clear solution. Until our scientific community gains more evidence, this is our situation now.
2. The uncertainty and ambiguity for not knowing precisely what to do to avoid trouble makes us feel helpless WITH high anxiety.
3. What is required to lower our



Take a moment to listen to a few words of wisdom that might inspire you to sit quietly and think, relax and reflect.

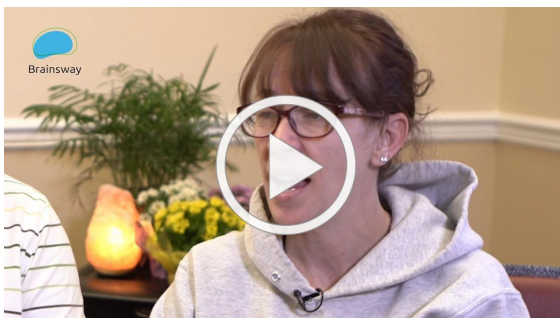


TMS/ Brainsway:

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!



anxiety and feelings of helplessness is to shift to “both and thinking”: the situation is both bad and eventually manageable if we do what the scientists and experts recommend.

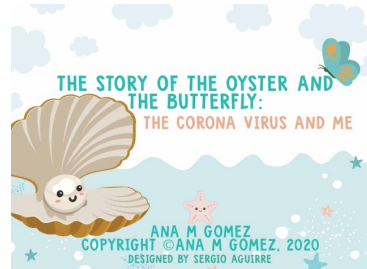
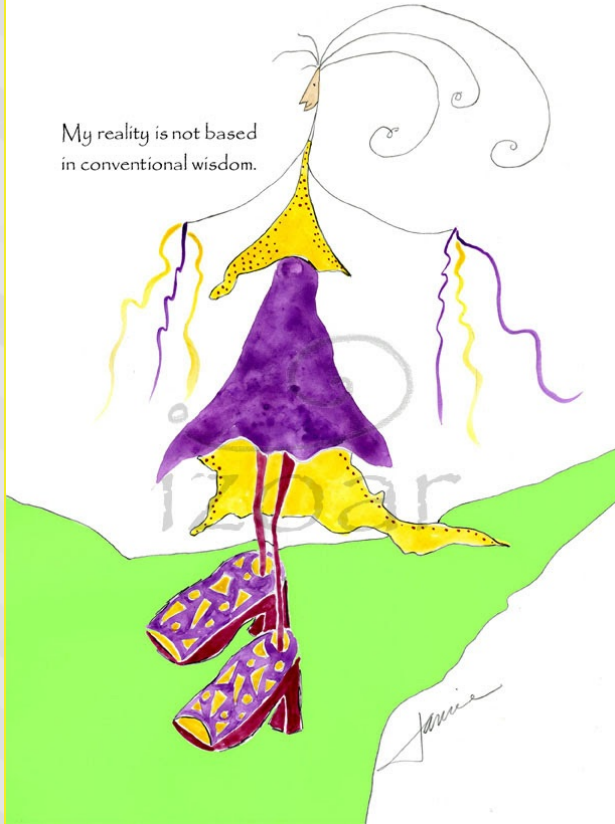
4. We can calm ourselves by letting go of absolute thinking: “it’s nothing to worry about” versus “we’re all going to die!” The middle ground can be more calming: “Yes, it’s both dangerous and manageable. It is both a terrible time and a time to come together for the greater good.” I am now home alone and also connected to others via technology (or singing from our balconies together!).
5. This pandemic is both dangerous and a problem we can help to manage. We are not helpless. There is something we can do. Stay home, stay away from groups, stop traveling, discover new ways to be a couple or family by entertaining one another at home, or help the truly helpless in your neighborhood or building. Find something you can control – even if it is only cleaning your desk or your closet. It will make you feel better even as the larger situation is not yet under control.
6. Reduce the amount of anxiety-producing TV, news or movies you are watching. This is the time for more calming films, music, books, and games—an old idea that can ease our anxiety now.

For more information:

[Dr. Boss, blog and report](#)

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

My reality is not based
in conventional wisdom.



The
Book
Corner:



[An Alternative to the Trauma/Drama Triangle: Intimacy Triangle](#)

Many of you responded to last month's Drama triangle! I have now attached the additional next stage of this work, called the INTIMACY triangle, looking at vulnerable, intimacy as the outward change and way to "get off" of the victim-rescue-persecutor-triangle.

Please see below the article the Intimacy Triangle and the above article describing the overview!

[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.

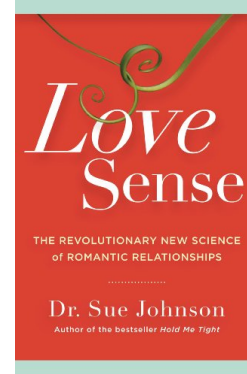
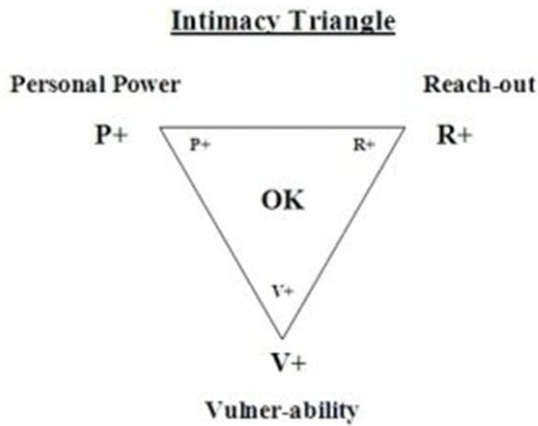
[Free Download book for Kids:
Explaining Covid!](#)

[Another Kiddo Coloring Exercise! These are helpful ways to work with children during this isolation and time away from friends, school and the normalcy they once had.](#)

[Love Sense: by Sue Johnson](#)

EFT founder, Sue describes why and how we love and the cutting edge research behind her modality of this amazing science of bonding, relationships and attachment. A must read for all who love, and want to grow in the development of deep and long lasting care of each one of their different types of intimate relationships.

Lets talk further!



[Keeping a Daily ADHD school Schedule Helps! How to get thru these next few weeks!](#)

There is a light at the end of the tunnel and a few planning and scheduling in fun, play and class work will help everyone to get thru the days ahead. Adhd brains think and act differently, so give yourself and your kiddo a break, plan, set the schedule and give yourself a break if things fall apart everyone in awhile. Its OK!

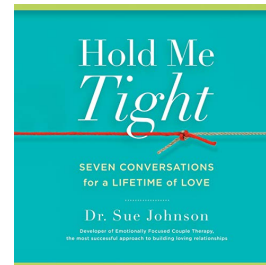
Budget QUIET into all the schedules! It will bring tremendous rewards for everyone.



DATE IN A BOX:

[Fun and Creative Date Night activity While home for Months!](#)

A great client couple that I work with suggested this DATE IN A BOX option as a fun in house activity. I mentioned it



[HOLD ME TIGHT: E Book: ON Sale!! May Monday \(5/4\) to Sunday \(5/10\), the ebook will be priced at \\$3.99 on Amazon.](#)



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 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

to my daughter and now I have ordered them for all of my adult children. Why not try something new and fun.

I have one ordered for myself and husband!

They are cheaper than movie and dinner and as of now, we do not have that option! Let me know what you think and any other fun things or suggestions you have tried. Lets share and keep these ideas coming.



[YES! WE ARE in the Same Storm..BUT NOT the SAME Boat!](#)

During this historical period of human industrial history, many reports and people are discussing how we are all experiencing this "storm". However, there has been much judgement, criticism, fear and anxiety circulating among the Press, family, and even friends.

I love this unknown Author on Face book who writes poetically that each person is experiencing this period of time in history perhaps differently. Before we judge or place our unique circumstances or values on another, we should stop, take a deep breath, and consider, that we are NOT all in the same boat. Some of us might be sinking, and some might be sailing more smoothly than others.

Take a moment to consider and if you have time, read what this author says. I believe there is an offering of hope if a moment can be taken to pause, during the storm.

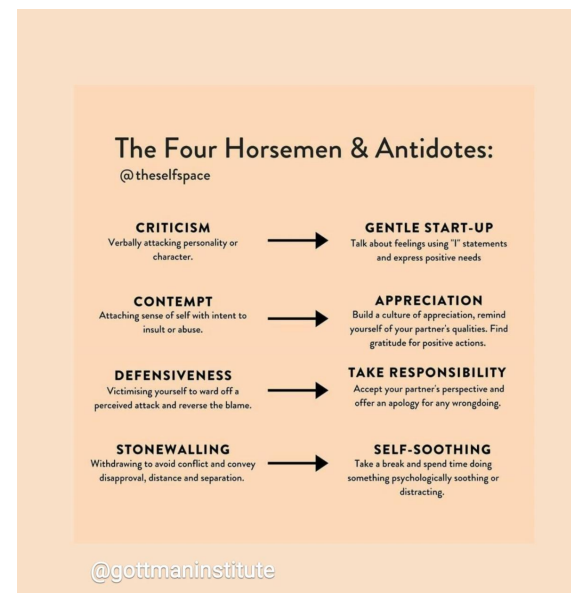
of how your cognition is doing today, like a blood pressure cuff for your brain.

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:



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.

Check yourself, discover if potentially you could shift daily a few of your images, words regarding your partner, their behavior, thoughts and how you perceive them. It could be a new beginning for yourself and your relationship!

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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