



Collaborate Counseling: August 2020 Newsletter

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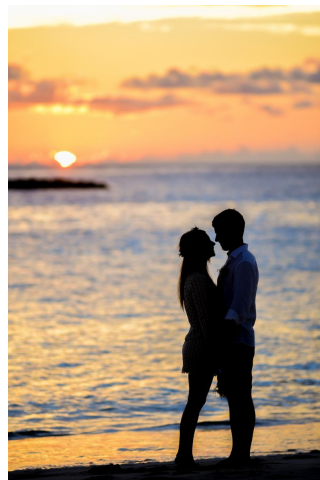
www.tmscentercentennial.com

Hello,

I hope this newsletter finds you well and healthy? So many of the families, couples and kiddo's that I work with are making hard decisions over these next few weeks.

Whether to go back to a classroom setting for children or keep them home. Safety concerns, educational and social issues impact this very difficult and delicate decision.

Every family has to consider their unique circumstances that combine into the entire family system and each individual child that is impacted.



[Ester Perel on Long lasting Relationships:](#)

The question to ask is, "What or when am I most drawn to my partner? When they...??" Ester defines

this for most, as being drawn to our partners when they Radiate..and radiate with illumination which fills them with confidence.

Work and family balance sounds like a wonderful goal, but is arduous. However, it seems that during this pandemic it has become vital.

I have trained with Lisa Dion, the therapist in the header quote who's modality is centered around our central nervous system and acting out of that dysregulation.

I believe her message is clear for all of us! Perhaps we can redefine ourselves, relationships, and experience during this unique time in our history.

Thank you to all my clients, reaching everyday for understanding, closeness and repair. For themselves and their families.

Carolyn

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[Brave Girls!](#)

I have sent out many links and articles from this site and Laura the founder. She is doing amazing work with girls across the country and what better time to get involved when the social connection for children in our schools is becoming so limited.

Perhaps this could be an adjunct to your weekly school tasks that adds fun, connection and social skills.

[Tantra Sex:](#)

I love this! She is not talking about sexual tension, but something quite different. This radiance builds into sexual attraction, but it is something else, it is the distance between familiar and the unknown, the erotic and the familiar.

This is a short video that as usual, Ester hits a wonderful point for us all to consider.

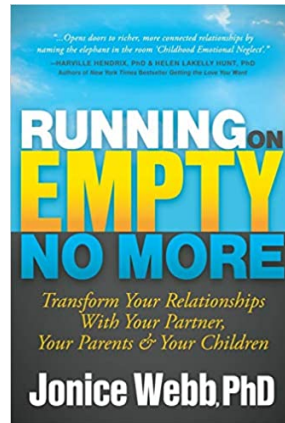
[Ester on Relationship Intelligence:](#)



[ADHD Webinars: Free!](#)

Here is a new listing of Free ADHD/ADD informational, research based webinars. I use these for my own teachings and

understanding and what a superb resource! Whether you have a child, recently diagnosed or you are an adult struggling with ADHD/ADD, this organization provides leading research and resources for you and your family.



The Book Corner:

[Running on Empty no more: Transforming relationships...](#)

Childhood emotional neglect has both profound and long lasting impact on the individual that experienced it and as an adult, their family system.



[Increase your intimacy with a few changes!](#)

As a sex therapist, working with clients in my office many issues arise with a

couple's level of intimacy and connection. Whether its being more confined during COVID and the stress of this world and your relationship pulls you apart, or there are defined differences in your partner and yourself, Tantra Sex and its practice can improve your intimacy along with the escalated experience of having a deep, connected sexual experience with your partner. Here is what this sex therapist says about how to get started!

"Stop! You don't need to be packing up to fly halfway around the world for a tantric retreat in Bali (especially during a pandemic). It would be awesome, but that isn't feasible or affordable for folx who just want to have some better sex! Here are some ways to incorporate tantra into your sex life.", by Lindsay Michelle from [Sex Ed w/ Lindsay](#)



[Boys voices and their future work!](#)

Research is demonstrating the vast differences in how boys and girls express themselves in this world. It encompasses the

way the express their future work and play in this world. Our children are unique, and all have a "voice" of their own. Take a look at what this article and author is stating.

You might have lived in a home in which your parents where home, fed you, took you to games, but still there was emptiness, and a void of understanding.

Are you detached now, struggling with your emotions, staying engaged with your self and your intimate relationships? Dr. Webb, is the leading expert on this topic and offers insight into how living with blind emotional disconnected family systems, or worse, abusive, neglectful family systems, can have deep seated implications for your life.

Perhaps you lived with narcissistic parents, addicted, or were immersed in a self absorbed family system? This family system message teaches that love is all about the other person(usually the parent), the child does not matter, and taking care of others is more important than the child's own feelings.

As an adult, it is often difficult to acknowledge your own feelings, and those of others because of this childhood experience.

Dr. Webb, does an effective job in her new book!



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



TMS/ Brainsway:

If you or anyone you know is suffering from Deep, life-long Depression, there is an alternative to medications and many times, failed medication rounds. Most insurance panels pay for this life changing treatment!

In addition, with the high stress and anxiety in our world today, our system is changing the lives of people struggling with OCD, PTSD and ANXIETY.

TMS Center and its Clinical Director would love to speak about this research based, FDA approved, non invasive treatment alternative to Depression!

Please call the Center or Rodney at 719-232 8556. We look forward to the consults!

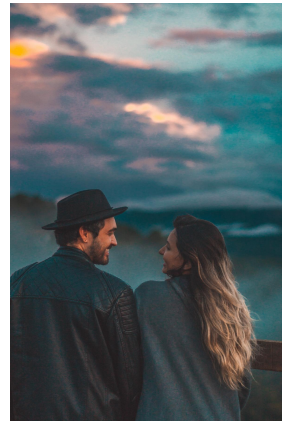
Center are committed to improving your brain health. As part of our treatment plans and options, we now check up on areas such as memory, attention, reasoning, and verbal ability as part of a standard assessment of cognitive performance. After a few quick, fun tasks, you'll have an objective measure 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:



[The Marriage Minute Newsletter by the Gottman institute](#)

Signing up for this newsletter would be a wonderful gift for your partnership, and yourself, giving you a focus of change for your daily life.

Sign up today!

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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