



Collaborate Counseling: Septemeer 2020 Newsletter

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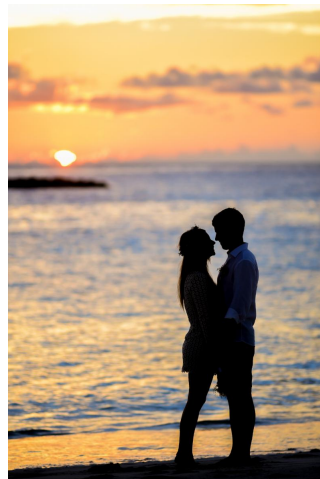
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www.tmscentercentennial.com

Hello,
School has started by now and hopefully, the decisions that each family has made for their own unique circumstances is finalized, at least for now!

One thing that I have been working on and reading concerning leaning into health and wholeness during these last 6 months, is the how "too's" of cultivating compassion and kindness for each other on a daily basis. Including yourself!

How can we do that? Compassion for self can be cultivated if lacking. Normalizing what you might be experiencing instead assuming you are the only one that feels this way, and it must be your fault.



These four questions can form the basis of some of the hard conversations we're having at our dinner tables. Here's more: Instead of asking "How can you think this way?" try asking "How

did you come to think this way?"

Instead of "I can't believe my brother would vote for X," ask "how did you come to make that decision?"

Maintain the dialogue. You don't want to make

Compassion is taking a deep breath before saying "YES" to something you would rather say "no" to.

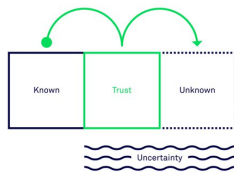
Compassion might be asking for a need of your own to be filled, and not hesitating when asking.

Do you take time for yourself daily, checking in with how your body, mind and heart are feeling?

During this stressful time and school starting, etc, take a few minutes a day, read and write in a journal, listen to Insight timer(free app), and be kind and loving to yourself, it will flow to others.

Carolyn

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Trust in Relationships:
In Gottman's, Marriage Minute(8/23/20) he discusses trust and building it daily in our relationships. I believe based on what and the work we do in sessions, Trust is one of the underlying values in most relationships and one of the deepest felt betrayal's when broken.

" Rachel Botsman defines *trust as having "a confident relationship to the unknown."* She *illustrates* trust as the bridge between the known and the unknown, over a river of uncertainty.

So how does that apply to relationships?

What's known is how your partner shows up for you—their presence, the way they interact with you, the things they do and say. The unknown is the meaning or intention behind that—what they're thinking, how they perceive things, their core feelings.

the conversation as short as possible. Find a way to be curious and to keep the conversation going.

This is not an exact science. Explore how much you can tolerate people who are different from you. Remind each other not to confuse feeling really strongly with being right. And if you need to take a break, find something else over which to connect.

Gather your resources. You're not the only teacher on this planet. There are books, videos, podcasts, and more waiting to educate those willing to learn.(Ester Perel, Esther Perel Global Media , monthly newsletter)

ADHD: Disorder of Performance not Knowledge!

Leading expert discusses the Executive dysfunction disorder. Dr. Barclay provides his expert research, expertise and years of working with clients. He is a great resource to anyone struggling!

How to refuel your Fuel Tank and be less ADHD

Clip from 2012 Barnett Lecture Series:
Dr. Russell A Barclay: ADHD, Self-Regulation and Executive Functioning

The Book Corner:

A Crash Course in Understanding,

Trust is believing or being confident that your partner has your best interests at heart. It's acting in good faith, giving them the benefit of the doubt, or holding the belief that they are doing their best.

Trust, like a bridge, is built. You can improve your belief in your partner, and your partner's belief in you, over time through small, intentional acts."

Stepping out in trust is not easy, but necessary to reach emotional intimacy.



[Advice for MEN on keeping the sex drive strong:](#)

There are many factors that affect our sex drive; stress, diet,

hormones, relationship difficulties, covid and many more. This is a brief article outlining how to approach and consider the issue of male low sex drive and some areas to consider!

If you are a male suffering in your libido levels, judging yourself and not fulfilled, there is help through a variety of different avenues.



[Parenting styles and the effectiveness of each: Spanking: does it work?](#)

Parenting is tough!
How you were

Navigating, and Healing From Narcissistic Abuse.

If you are a child of a narcissistic parent, you will resonate with much of what the researcher/author discusses. For many of my clients and personally, her words validate and give meaning to a childhood full of invalidation, lack of attachment, neglect and abuse. Healing begins with understanding what you potentially experienced and the impact it had on your life.



[Making Decisions as a couple: a Simple strategy](#)

Decisions, goals and directions for ourselves, partners and family can be one of the joys of sharing life together. For some, it is also a place where resentment, anger and frustration build to the point of coming in for counseling.

This makes sense! Partners have varied background, years of making decisions for themselves without considering anyone else, and family of origin communication styles that they are bringing into their relationships.

Begin to consider these variables perhaps, and the impact your decisions have on your family system and communicate these goals and directions daily for lifelong decision making skills between you and your partner.

raised as a child impacts tremendously your thoughts, actions, and strategies as you begin to parent.

Some families want to do the exact OPPOSITE of how they were raised, while others believe their parents parenting skills were right on target.

Spanking is one of those tools that we now have over 30 years of longitudinal research stating the detriment of this practice.

The author goes into the 4 main parenting styles and a discussion on spanking.



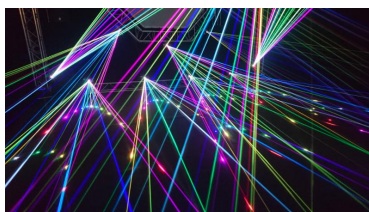
"Keep your heart open as life passes through it."

LISA DION



Working with your own internal Self Criticalness: BE KIND to yourself, a daily practice.(Tara Brach, PhD,)

Tara suggests a daily implementation of acknowledgment, kindness and moments of reflection, to increase self worth and lessen your criticalness.



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.



[Anger and ADHD: the connection in children and adults](#)

JOEL

NIGG, PH.D. from this weeks issue of ADDitude where you can find the on-line magazine, expert advice, and research for individuals struggling with ADHD/ADD. Due to the difficulty for most who struggle with ADHD, emotional regulation, and their internal lack and ability to control these emotions causes anger to be seemingly out of control on many days.

He goes on in his article with the following insight:

"Ultimately, emotional dysregulation is one major reason that ADHD is subjectively difficult to manage, and why it also poses such a high risk for other problems like depression, anxiety, or addiction. Scientific and clinical attention are now increasingly turning to correct the past neglect of this integral aspect of ADHD."



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!

[5 Minute Podcast on Strengthening your Relationship: Finding Joy and being playful!!](#)

I love the word Joy...it is very different from happiness. To me Happiness can come and go, like the weather changing every day.

Joy, is based on our own internal compass. No matter what circumstance you may be in, can you find peace, joy, and calmness? It is difficult, but I believe brings more consistency in yourself and relationships.

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

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.

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:

(720) 708-4865

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