

**Collaborate Counseling:  
October 2020  
Newsletter**

**[Carolyn@collaboratecounseling.com](mailto:Carolyn@collaboratecounseling.com)**

**[www.collaboratecounseling.com](http://www.collaboratecounseling.com)**

**[www.tmscentercentennial.com](http://www.tmscentercentennial.com)**

I cannot believe it is half way thru October. I am obviously behind on my newsletter. I have been training on neuroplasticity and the relational brain. In addition, I am involved in a Personality Disorder training by the leader in this research and disorder. It has been fascinating with both trainings going on at the same time. I have been bringing into sessions this latest research on coupling and our ability to create new neuronal pathways to correct behavior and attachment wounds.

For most families, school and family balance has gotten into somewhat of a groove and children are adjusting as best they can. Please call with any questions, concerns or ideas of coping during this stressful time.

I look forward to hearing from you all!

Carolyn

[Carolyn@collaboratecounseling.com](mailto:Carolyn@collaboratecounseling.com)



[Social comparison and its](#)

[implications and beginnings](#)

For most individuals, children, adolescents and families, there is a tendency to "compare" ourselves to others.

But what and where does this comparison standard originate and is it healthy?

Dr. Alica Nortje, describes this behavior as the following:

***"Social comparison is a normal behavior strategy where we seek to better understand our 'status'—whether relating to ability, opinion, emotional reaction, and more—by comparing ourselves to other people."***

There are benefits to taking the time and evaluating self, achievements and success. However, as we have seen with addiction in some cases to social media, there can be an extreme negative impact. Interesting theory and research that gives insight and understanding of this human behavior.

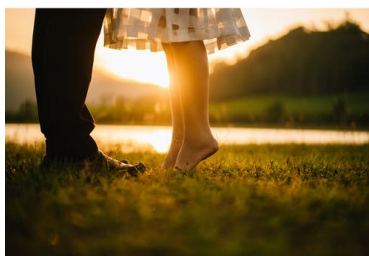


[New research on screen time and what to do to help the transition!](#)

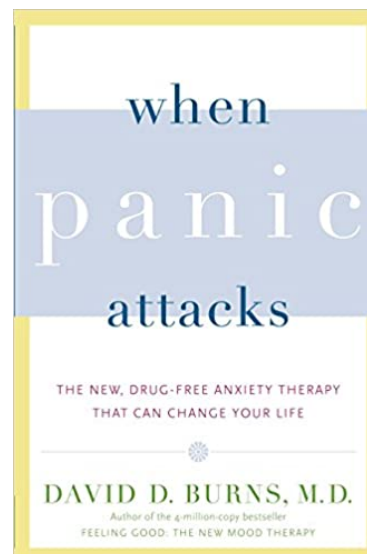
The big question for many parents during COVID and

beyond has been the issue of how much screen time is acceptably versus too much for our children to participate in?

Boston Children's Hospital has completed research on play, screen time and offers suggestions to help with this delicate balance that affects most families.



[The Gottman One minute Marriage!:](#)  
[Great daily](#)



**The Book Corner:**

Depression and anxiety in many cases are

[reminders.](#)

This is one of the best advice a couple could possibly get on a daily basis, for free! The Gottman's have been studying for 40 plus years, couples. Sign up for your daily reminders of why you got married and how to increase you joy, contentment and passion for each other!



[Children and Mental health concerns in our school systems: Balancing distance learning with the "whole" child, academic, emotional and mental health during Covid.](#)

There is a balance needed between academics, emotional and social interactions for children. Especially during COVID and all the multitude of changes impacting them with the changes in school structures.

I have seen and discussed many different responses that each family and child are considering.

All has been impacted by many forces, i.e. the school districts decisions on what is "safe" for children, teachers openness to come into the class room, etc. The responses are wide ranging and varied, some love the idea of going to school at home and are thriving; working at their own pace, getting work done early, and finding their own socialization out lets. Others, struggle with balance; working parents and children who need to be in school.

Mental health issues are on the rise for children which is documented in this article. Being consciously aware of signs and unique needs for your child and family is key.

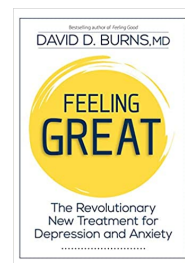
comorbid, come about at the same time. Dr. Burns has done an amazing job compiling his research, interventions and daily anxiety management forms for you to use. If you suffer from Anxiety, this is a must have book and daily information on controlling your anxiety! He has studied over 45,000 clients and patients of his.

[Amazon book link](#)

## Feeling Great

Leading research and interventions for depression. His new version of this book is coming out this week, so the old version seems to be very expensive. This is a leading must have and guide for severe depression!

[Feeling Great](#)



[Emotional Strain of being a "mom" and](#)

[ADHD.](#)

Its difficult enough to be a "good enough mom", let alone if you struggle with a variety of ADHD symptoms or been diagnosed.

Here is what the ADHD EDITORIAL BOARD states in their article above:

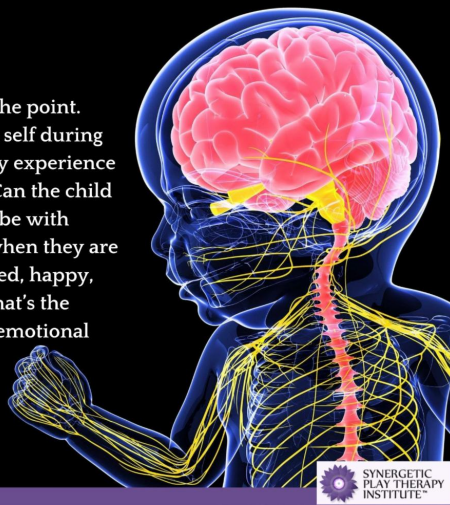
***Don't seek out normal. It's boring," Dr. Littman says. "Instead, focus on feeling good and happy. No one can***



“

"Calm is not the point. Connected to self during any and every experience is the point. Can the child learn how to be with themselves when they are anxious, scared, happy, angry, sad. That's the point. That's emotional intelligence."

Lisa Dion



SYNERGETIC  
PLAY THERAPY  
INSTITUTE™

*decide for you the best way to live. And no one is judging you as harshly as you are yourself."*

We could apply this to most parenting situations but in our modern day social media world, it is so easy to make decisions on who we are, they type of mothering that we "should" be doing and than self criticizing when we are something different.

The article describes the craziness of the following thought and social pressures:

*"The feminine ideal is crazy," Dr. Littman says. "It expects you to cooperatively organize everyone without complaining, and look great while you do it. It's unrealistic for anyone. There's the part of you that knows it's unrealistic, and then there's the part of you that pursues it anyway."*

I like to say be "Kind" to yourself, give yourself a break. Our neurological, emotional and psychological make up is as unique as snowflakes. We are all different and that's OK!



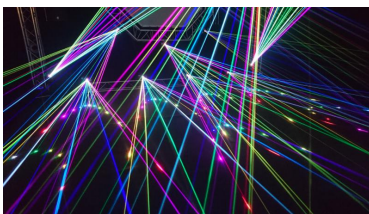
[Great suggestions on Falling asleep:](#)

Sleep is so important

and often elusive to many of my clients and even myself if I have had a stressful or busy day!

This article and author discuss sleep issues from the perspective of ADHD brain, however, the information is applicable to anyone struggling with sleep. During this very stressful pandemic, it is even more imperative that we are taking a whole body, brain, approach and getting the sleep we need to handle the everyday changes we are all facing.

(Photo by Adrianna Calvo from Pexels)



**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**



**The New Rules of Marriage!**

Watch and listen to one of the leading marriage therapists in the country. Terry Real works also a great deal with Ester Perel. Get a new perspective!

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!



**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:

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](http://www.collaboratecounseling.com)

(720) 708-4865  
[carolyn@collaboratecounseling.com](mailto:carolyn@collaboratecounseling.com)

