



Collaborate Counseling: December 2020 Newsletter

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Hello,

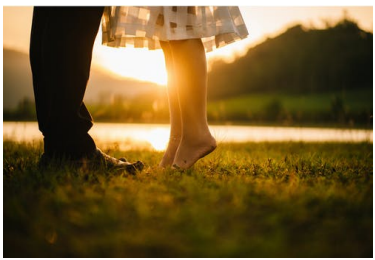
Wow! Its hard to believe how 2020 has turned out. With the Holiday season upon us, there are many mixed emotions, and realities for individuals and Families.

For some, it has been loss, grief, isolation and many unexpected changes. For others, resiliency, family bonding, connection has occurred even through this pandemic.



[75 Ester Perel quotes to think about!!](#)

Ester Perel as some of you know is one of the most renown couples and sex therapist in the county. I have had the opportunity to train with her on several occasions and always walk away with deep, relational truths and insights.



[Sue Johnson: Podcast on Sex, love and addiction.](#)

If you have not listened to Sue Johnson, the founder and developer of Emotionally Focused Therapy (EFT), listen to this informative podcast. She discusses EFT foundational building blocks, infinitely in relationships, bonding and attachment!

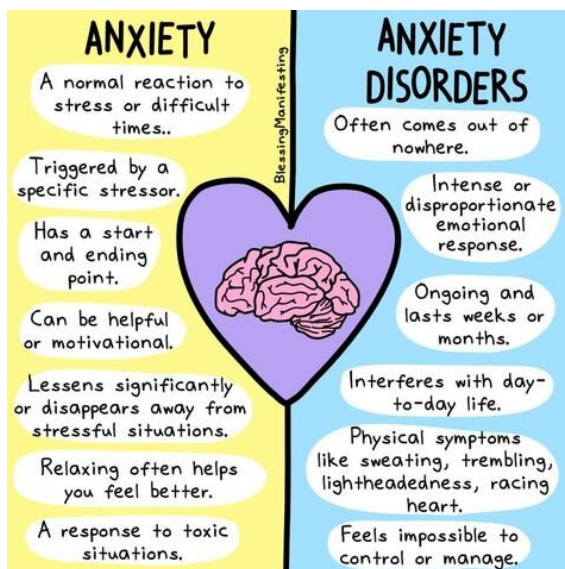
What is LOVE and emotions within a romantic relationship.

following: walking away, shutting down, emotionally cut off from your partner, or child. This protection strategy is one of the most defeating and destructive behavior we can demonstrate.

The author gives concrete examples and new behaviors that can be learned and implemented with astounding effect on all involved!



[Betrayal and Recovery: Basic steps to take.](#)



[National Institute of Health on Anxiety and Treatments.](#)

An Extraordinary amount of children, individuals and families are struggling with Anxiety and Depression during this pandemic. I wanted to present basic information on the different types of anxiety, treatments, and resolution. Yes, you can get through anxiety and self defeating thoughts and debilitating behaviors.

The article provides accumulated research and strategies, tested and research based to help. I included in October, Dr. David Burns books, When Panic attacks, and FEELING great. Both address with

Betrayal begins the minute there is a secret from one partner that they would not want to tell them in front of others. It does not always have to be sexual, or physical. Betrayals begin with a look, a message, a team meeting.

For the partner that finds out, or is what most called, "betrayed", it is life altering. Healing however, can happen and begins the moment true conversations about the relationship begin. Here is a basic beginning suggestion and links to resources if you need help.



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?

45,000 client hours, a proven treatment modality for helping with anxiety.

8 WAYS A CHILD'S ANXIETY SHOWS UP AS SOMETHING ELSE

1. Anger
The perception of danger, stress or opposition is enough to trigger the fight or flight response leaving your child angry and without a way to communicate why.

2. Difficulty Sleeping
In children, having difficulty falling asleep or staying asleep is one of the hallmark characteristics of anxiety.

3. Defiance
Unable to communicate what is really going on, it is easy to interpret the child's defiance as a lack of discipline instead of an attempt to control a situation where they feel anxious and helpless.

4. Chandeliering
Chandeliering is when a seemingly calm person suddenly flies off the handle for no reason. They have pushed hurt and anxiety so deep for so long that a seemingly innocent comment or event suddenly sends them straight through the chandelier.

5. Lack of Focus
Children with anxiety are often so caught up in their own thoughts that they do not pay attention to what is going on around them.

6. Avoidance
Children who are trying to avoid a particular person, place or task often end up experiencing more of whatever it is they are avoiding.

7. Negativity
People with anxiety tend to experience negative thoughts at a much greater intensity than positive ones.

8. Overplanning
Overplanning and defiance go hand in hand in their most acute. When anxiety can cause some children to try to take back control through defiant behavior, it can cause others to overplan for situations where planning is minimal or unnecessary.

FOCUS



Children too are suffering with Anxiety even more

frequently than ever before. The pandemic has disrupted lives, behaviors, friendships and families. Children are feeling this as intensely as adults. We just forget to help them. If anyone in your family or friend group is suffering, call for help. Anxiety is a process to work through, and it can be done.

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:

From Janice at the Village of Izoar

www.iZoar.com

"Set good boundaries this Holiday Season. It's easy to over schedule during this time of year. Try to be present to the joy and wonder that surrounds you."



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!



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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