



## **Collaborate Counseling: June 2021 Newsletter**

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

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

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

Summer is here!

We made it through the most difficult year in history and we all could consider ways to reconnect with friends and family, create Play and have fun in you life. How do we do that?

(Photo by Tiger  
Lily from Pexels)  
[Sex during and  
After Covid:  
Has your sex  
life changed?](#)

For some anxiety is high, for others, there is no holding back with the freedom being offered with the vaccine.

Many families, individuals, students are still struggling with the ramifications of this past year. Healing is possible, so reach out for whatever help you or your loved ones might need.

Taking a "break", planning a few fun getaways, even if it is in your own backyard, and experience the freedom that is possible within your own desired limits.

I love trees! The idea of building roots, deep to hold us thru any storm that we may encounter resonates with me. It takes years to develop a "root" system that will maintain us, support us, and allow us to thrive. Now could be a great "season" to prune, start new roots, new behaviors as we jump into summer!

Thanks  
Carolyn

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[The deeper Truth under](#)

[Arguments: Ester Perel Podcast](#)

Why do we fight? Is it really just "the trash", or the messy garage? Ester has a insightful Podcast that will expand on the truths about the deeper attachment



A multitude of factors, life changes, isolation, and working at home are impacting the state of INTIMACY in the world.

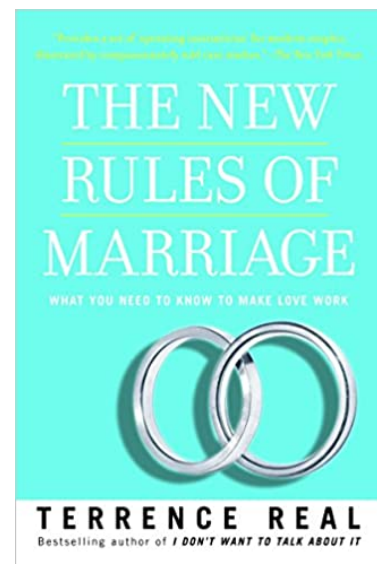
COVID has changed our day to day life. Intimacy and sex are just a part, but for most of us, it is a desire to have it as part of our daily experience. Or, for many, your desire is MORE intimacy.

I have witnessed and discussed with clients, other therapists and read research supporting the facts that there has been a decrease or increase in the lack of intimacy/sex on the rise between couples. Complications of daily life, too much going on in the same house, boredom, anger, isolation have all impacted this phenomena.

If you want to break this cycle, begin a new phase within your relationships that offer growth, closeness, and vulnerability.

Its the first step.

BOOK  
CORNER:



This is one of the most concise, step by step partnership building, relationship healing books I have read. Terry gets to the heart of issues between spouses,

reasons, breaches, and resentments that we carry daily into our lives.

If we do not begin to acknowledge the impact of these narratives on our relationship and emotional state, we cannot take that first step towards healing!



[Exciting Webinar from the Gottmans: Do you feel "Known" and heard by your](#)

[partner?](#)

Are you feeling isolated, alone, and unknown by your partner? The ability to listen, be heard, and accepted is a monumental task for most relationships. Even with your children or teens in your life, this is tough, but an admirable goal.

Ester is offering a reduced seminar that can provide illuminating research and a process to achieve the intimacy in all relationships that you are involved in.

It takes work, time and commitment on both sides of the communication and emotional structure. What's your part?



couples, and emotional behavior that keeps us from the deep intimacy and desire that couples are searching for. This is a combination of 30 plus years of working with clients, teaching and experiencing the cycles couples exhibit and live with.

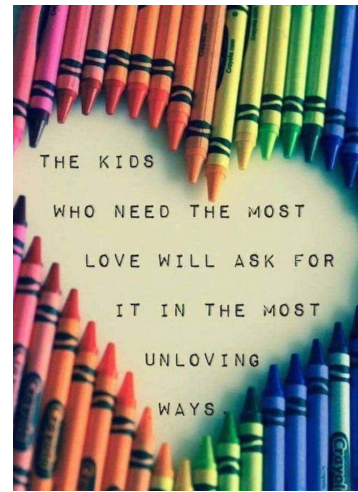
He discusses the core underlying issue between men moving forward and women.

Audio:

[Digital Audio version](#)

Book:

[The New Rules of Marriage, Terry Real](#)

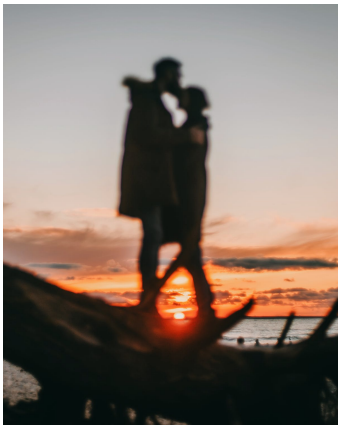


(Photo by olia danilevich from Pexels)

[Summer and ADHD: How to keep on track!](#)

Our brain is a muscle! Especially with ADHD/ADD, we want to keep that muscle strong. Here is an informative article with suggestions to maintain the school year progress with fun activities for summer for your ADHD kiddo. Incorporate the whole family and continue their progress.





[How to Create](#)

### [ENJOYABLE Sex??](#)

Good sex might not be the ultimate goal of partners rather the narrative of how do we create and Enjoyable sexual experience. Dr. Klein suggests three skills, thought processes and sexual acknowledgments:

1. Accept our bodies, the way they are; how do we accept our bodies and enjoy sex as we progress through the various life cycles?
2. Emotional skills
3. Facts and information

If intimacy is a concept that is a far reaching goal, begin a new journey with yourself and your partner!

[Dr. Marty Klein: therapist and sex expert](#)

### **Depressed? Struggling with Anxiety for most of your life? Tried several Medication's with no results?**

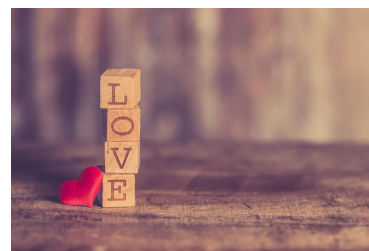
[WHAT IS TMS Technology: TMS/Brainsway?](#)

**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.**

## ADHD and Boys:



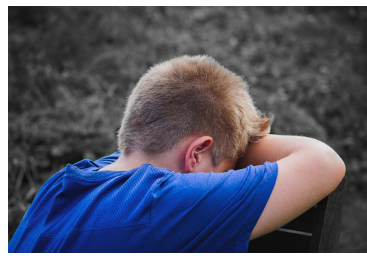
[Reconnect with your partner in loving ways: How to?](#)

If you are working on your relationships, whether with your partner, family members or children, The Gottman Institute offers daily, monthly, reminders and how to's! The Gottman's are the leading researchers for over 40 years on couple and partnering issues, strategies and what works and what does not work.

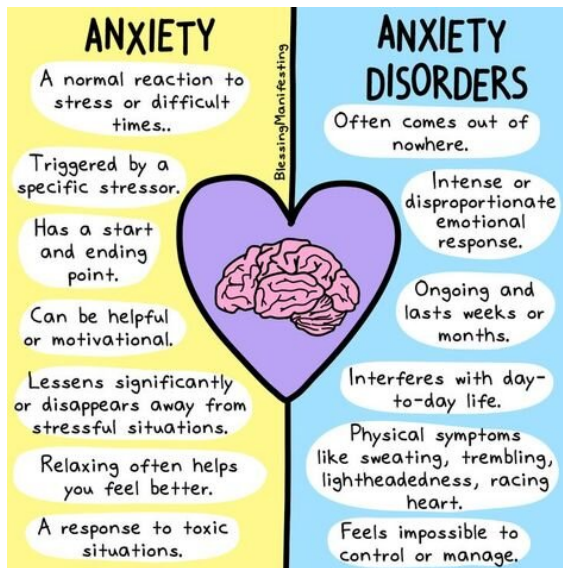
Take a look at their website, and find out if perhaps there is an interest or topic that you can share with your partner and enjoy rebuilding, enhancing and making even stronger your relationship. This works with kiddos also!



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



[Pediatric Mental Health Emergency!](#)  
[Colorado Children's Hospital:](#)



There has been a tremendous increase in children and teens suffering thru this pandemic. It is even stronger now that life is getting back to some normalcy. I believe we will see a long lasting impact on this generation.

If your child or teen is struggling or exhibiting new, destructive, depressive, or anxious behavior, Get them the HELP they need. There lives have been forever changed but there is help with strategies, and therapies that are targeted for this age group.

It is NOT normal for a child to struggle with anxiety, depression and aggression. They are telling us that they are in pain, reach out for help.

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)

