



## Collaborate Counseling: March 2021 Newsletter

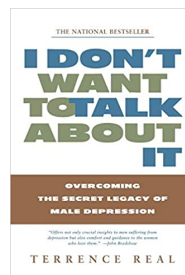
[Carolyn@collaboratecounseling.com](mailto:Carolyn@collaboratecounseling.com)

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

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

Hello!

The world is slowly gaining an ASSEMBLANCE of normalcy. I see it when I sitting at an outdoor patio enjoying a restaurant again. Or having to stop by the store to pick something up. For some this is "really scary", and they



[Intimacy, Coupling and Changes in Relationships: Terry Real](#)

I have been doing so much work, training and reading to Terry Real. He

question; shouldn't we all still be so afraid of this virus. For others, it is a "sigh" of relief.

We are all on a different path to recovery from this past year's events. For many families, children and individuals, they are ready to embrace "normalcy" again, others are more hesitant. ITS OK which ever group you may be in!

One resonating thought and mantra I have tried to remember in touch moments with family, friends, and even clients, is that we are all on different paths that impact our choices. Its OK, if you are still fearful in ways your friends, coworkers and family might not be. And its OK, to have a deep desire to go back to "regular " life whatever that maybe.

However, be kind and considerate as you watch people around you making their own choices. We never know what is going on in that person's particular "moment" of time.

Carolyn

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



### [Impact on Children, adolescents and Covid:](#)

This past year has been historical. My practice has grown tremendously with Elementary and High schoolers struggling with the pandemic and its far reaching implications. Socially, academically, physically, its toil has been taken.

To truly understand what our children have endured and how they have thrived takes a complicate look into the dynamics of development, institutional process and mental health.

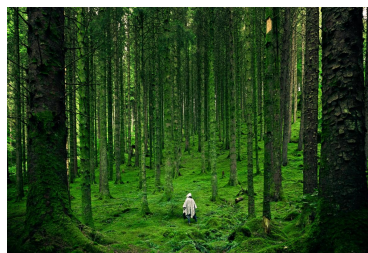
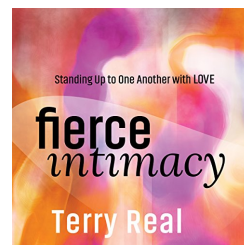
The good news is that children are Resilient! With proper help, support, and

has done many trainings and modality work with Ester Perel. He was the first person to write a book on Men's depression,

<https://www.amazon.com/Dont-Want-Talk-About-Amazon-book-I-Don't-want-to-talk-about-it>

I had his Fierce Intimacy information in the book club section last month and re-listened to it a third time, he is right on with the cultural changes in relationships, patriarchy, intimacy and how we do not teach our children or ourselves growing up, how to live in this "New World".

Intimacy is a new demand in our world, and the old gender roles, emotions do not support our current day modeling of relationship and intimacy.



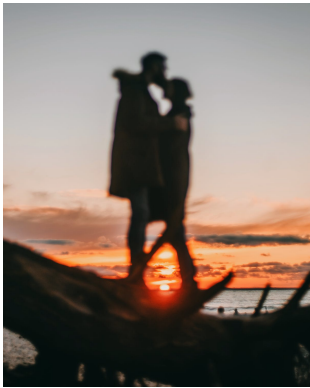
### [Our invisible Wounds: How to manage and express what is needed.](#)

I believe that most people end up in therapy because of not dealing with unresolved wounds, pain and hurt. We than look to others to help "fix" these deep hurts. Marriage partner, children, family members and even substance abuse. Or, we turn on ourselves. It makes sense, we are in pain, so lash out at someone else or blame ourselves, which is part of the trauma model. We turn inward and soak up the blame and hurt from others choices to abuse or rage.

The lonely place we can find ourselves in

encouragement and hopefully, life getting back to normal, ie, being back in school, children can turn back to a new normal.

The author of this research and article discusses several key components to recognize and notice.



[Eroticism: Its all in the imagination! Monogamy and Eroticism can exist.](#) Read more to find out

how you can have both stability, security, partnership (monogamy perhaps for some people) and Eroticism in your relationship.

could be that spot of self reflection, the moment where enough is enough and we finally reach out to begin our journey of healing. Whatever spot you might be in or if you know someone who is all alone in their sufferings, reach out, suggest help. As this author states, isolation is root of all suffering. Attachment bonding is human nature. Break your invisible wounds by sharing with appropriate people.



[Screen time may have](#)

[Positive effect on Depression in 11 year old boys:](#)

One of the top discussion points for parents and their children, especially during COVID, is the desire for more screen time. We have developed an aversion to the amount of screen time are children our asking for, and there is now research stating, in some situations, it can be helpful!

In 11 year old boys, video games can help with depression. The affects are different however with girls and boys:

***"Taken together, the findings demonstrate how different types of screen time can positively or negatively influence young people's mental health, and may also impact boys and girls differently."***

The research suggests social media has a negative impact on girls, 11 and older, which is not surprising. Take a look for more details.



How to Handle a "FIGHT", Questions to review afterwards:

Its normal and OK to have conflict in

relationships, most do! Its how we participate in the fight and what we do afterwards to repair. Do you review what happened during the fight? Have you made "repair" to move forward with your relationship? If not, resentments can build, fear, anger and the inability to let go. Here is what the Gottman's say, the leading researchers on couples for 40 plus years:

***"Couples need to understand their fights. To move forward after an***

[How to take a](#)

argument, begin by asking yourself the following questions:

- "How did we get here in the first place?"
- "Why didn't our conversation go well?"
- "What is the meaning of the issue between us?"
- "What are the sources of our gridlock on this subject?"

Most importantly, ask yourself: "What was the conversation we needed to have, but didn't?"

*The ultimate goal in the aftermath of a fight is to have dialogue about the underlying issues that started it. Miscommunication can cause further unnecessary conflict, but at the same time, such a regrettable incident is an opportunity to work together and grow as a couple."*

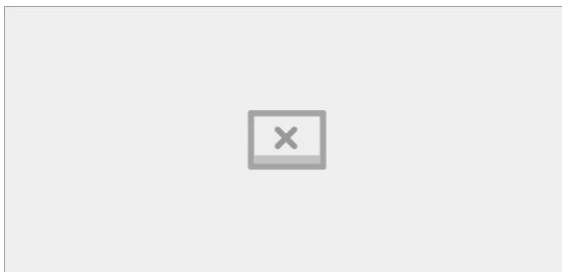
More information and to sign up for the Gottman's newsletter, go here details! They have some informative, daily subscriptions available.

[Gottman Connect and information for couples](#)

A new Conflict resolution and better understanding program from the Gottman's:

[Handling Conflict, by the experts!](#)

LIVING A Whole Heartened LIFE:  
Brene Brown and Orpah!!



TMS/ Brainsway:

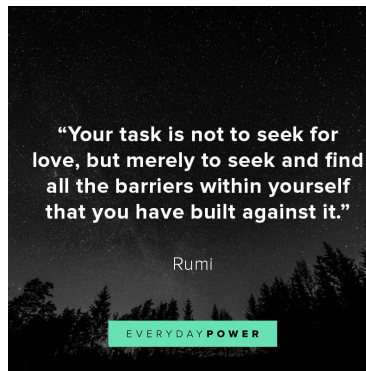


["break" from fighting: Terry Real](#)

I discuss so often the

relational skill of taking a "healthy break" if the argument is escalating behind help. Versus taking the stance of stonewalling, avoiding, or withdrawing. Self attunement to protect your relationship and each other by exiting a Fight -Flight or Freeze response should entail numerous conflict "breaks".

If either partner or self is stuck in the Reptilian, trauma Brain, nothing good is going to come out of engaging in "dialog". This is one of the most common skills and tools to stop the "nastiness", harshness of conflict. Ask me for questions on how to!



**NEW SERVICE:**  
**Cognitive/Emotional/MEMORY**  
**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

**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.**

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

based on your age and gender, the results are amazing.

Worried about memory issues? Many of us are watching parents or ourselves suffer. Find your baseline and begin to build your memory strength.

**Call today for more information or try your free assessment, its fun!**

[TRY a assessment question! Get your results back.](#)

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)

