



Collaborate Counseling: January 2021 Newsletter

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(Photo by Karolina Grabowska from Pexels)

I am excited for 2021 and all that it brings. I have already seen and experienced some of these changes in Denver.



[think about!!](#)

This weekend I heard a lecture on the new year and the speaker had a great idea: Pick one word to focus on for your intentions for 2021. I loved this idea! So many times we put together a long list of "resolutions" which hardly get noticed after writing them. We have good intentions, but for most people, these resolutions become hopeful notes, saved for a later day.

However, this idea of a "2021 Word" and the intention results it could open up in your life, maybe more obtainable on a daily basis.

The lecturer's word was "momentum": ***force or speed of movement; impetus, as of a physical object or course of events.***

Whatever your word may be, we can create MOMENTUM this 2021. Whether it is emotional, healing, relationship rebuilding, parental and child issues, momentum to change, heal and listen is paramount.

No matter what you experienced in 2020, I hope that a NEW momentum will take over and propel all of us into 2021 with renewed hope, laughter, and healing.

Carolyn

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PS We are still providing TMS and Neurofeedback! Call for information



[Sex and Sexual fantasies explained by Ester Perel:](#)

I love how Ester speaks and writes. She discusses sex and the

impact on ourselves and lives:

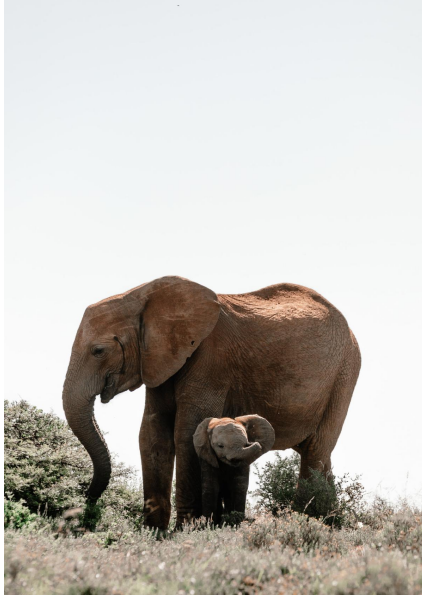
" The difference between dreaming and sleeping is also the difference between sexual fantasies and sex lives. Sexual fantasies are the varied scenarios we imagine that make life more pleasurable and intense. It can be as simple as the time of day, the temperature, the quality of the breeze or as complex as the power dynamics or transgressions that turn us on. Our sex lives, on the other hand, are more of a ledger: good or not well or not at all. And yet we're more likely to talk about our sex lives than our sexual fantasies. Why? "

Read on to find out more.

BOOK CORNER:

[Helping your Anxious Child](#)

I am reposting this book because so many



[What makes you a good mom? Not housekeeping! Great news for many and especially moms who suffer with ADHD!](#)

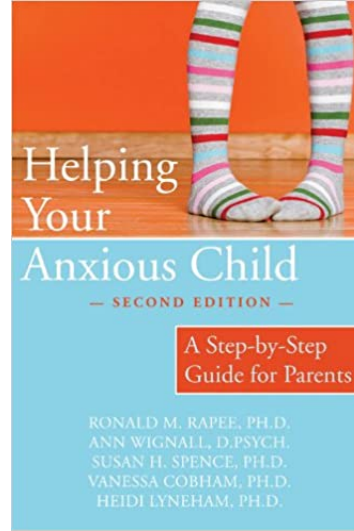
Although household chores do keep us organized, and fed for most, it is not the defining moment of motherhood. IF you are working in the home (parenting) it is sometimes easy to forget the qualities that make us good parents. After, dinner, dishes, laundry, cleaning, it seems like that could be it!

In a short article, the author details the more intricate nature and qualities of the mother child relationship. NO matter if the dishes are done!



[Defensiveness in Relationships and conversations: Taking responsibility for your words, actions and behaviors can go a long way!](#)

If you struggle with quick, escalated responses, defensiveness and regret in the words and actions chosen in a heated moment, listen to what the Gottman institute suggests. Great 2 minute tips that you can get emailed to yourself everyday.



children, young adolescents are sufferings even more from the past 12 months. IF you have a child or teen in your family who is anxious,

or becoming more anxious day by day, this is a great parenting book for yourself and for your child. Worksheets, strategies that I use everyday in my office are available for home use.

Anxiety can be helped, reduced and eliminated from childhood!



[ADHD? Worrying or thinking you or a relative might have symptoms of this disorder? Check and find out the next steps! Simple and easy and then you can move forward.](#)

So many times the diagnosis or symptoms of ADHD/ADD are thrown around without a proper diagnosis and understanding of the brain differences between an ADHD brain and a brain that does not suffer from ADHD.

The first step is diagnosis by a expert in the field and moving forward with the strategies to help overcome the struggles associated with ADHD. There are resources, strategies and in some cases medications that are life changing. Adults can be diagnosed at any age!

It is a relief to finally understand what many adults have suffered with their whole life, and no answers.

Responsibility for our actions, even when we make mistakes is a big step in healing old wounds and protecting your loved ones and yourself.



[Gottman Marriage Minute: Advice for Holidays and](#)

[moving forward!](#)

The Gottman's are leading couples researchers and provide many free or almost free resources for daily interactions and thoughts. They offer a 30 day marriage email program for \$30 which is relationship changing. Take a look at this daily minute and perhaps use it as a discussion and intimacy builder with your partner.



[Gratitude Journal for Kiddos: Start the year off right.](#)

Gratitude, paying it forward, other focused is a life learned trait and ability. Start young, at any age! The benefits of an attitude of gratitude range and documented relief from anxiety, depression, and it fosters relationship.



[Girls in 5th to 8th grade and Parents: Take a look at this great website supporting developmental and emotional issues our](#)

[girls experience!](#)

This age group, 5th to 8th grade can be wonderful and challenging. Girls go thru dramatic changes, middle school and all that entails. The author of the site has worked with girls for over 25 years and a Masters in school counseling.



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!

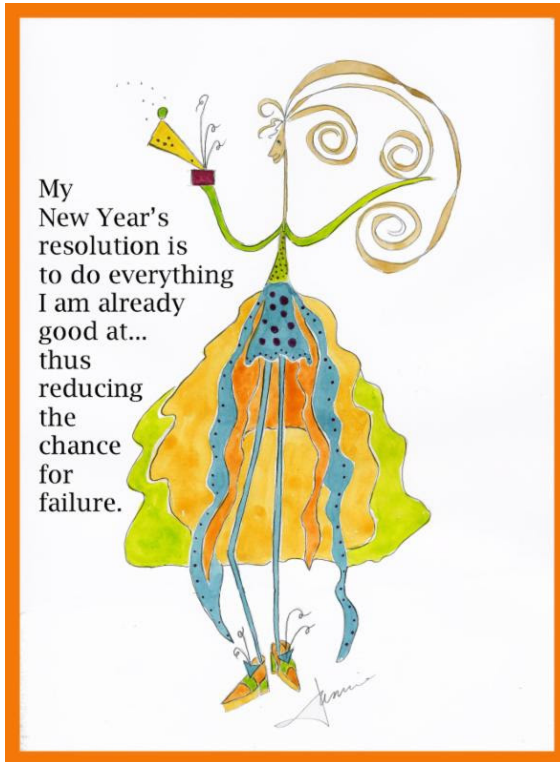
In addition, with the high stress and anxiety



NEW SERVICE:
Cognitive/Emotional/MEMORY
Assessment: Cambridge Brain Sciences
(CBS), ages 6 to 92.

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!



A message from one of my favorite, fun artist and person of inspiration!

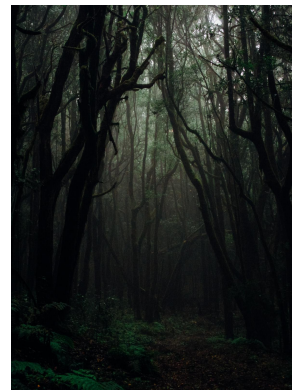
*"I know this has been a trying year for all of us. I hope 2021 shall be a brighter year.
Warmly, Janice
www.iZoar.com"*

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.

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.](#)



[Depression: Defined, explained and a treatment option if you have a history of failed medications, persistent and chronic depression.](#)

If you are struggling or know someone over the age of 18, read this article. It gives a in-depth review of depression, what it is, possible causes and a potential life changing treatment. Overall, knowledge is key!

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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