



Collaborate Counseling: November 2021 Newsletter

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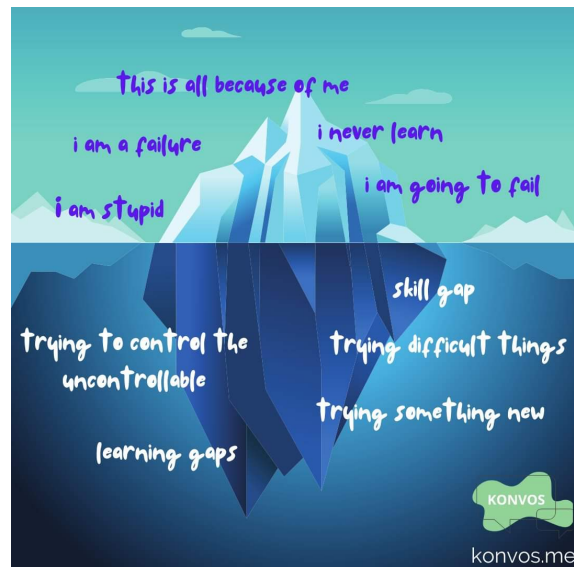
www.tmscentercentennial.com

Hello!

I have a multitude of interesting speakers, podcasts and books I have been resourcing and reading. There is so much information in the world it is hard to sypher through. The goal for me regarding this newsletter, is to expose or spark interest, information, and thought provoking ideas for my clients that they might not have access to.

Creativity, showing up in the world, mindfulness are many of the topics that have been infiltrating my space for the last few months. Seeking what is truly important in life, which can be very different for each of us, is a daily task. And this can lead to change, emotional regulation, and perhaps even joy!

Carolyn



[Mental Health Crisis in 2021](#)

This year has created many new changes, behaviors, and ways to look and explore our world. Personally, I have joined several small groups, become active in passions of mine, worked like crazy to move thru this new world.

New behaviors help us create meaning and understanding of the events we have experienced. This article describes how



[Enriching your Marriage: Shared Goals and Memories: The Gottman's](#)

For most, the idea of , partnering, raising your

family, doing your "chores", running kiddos back and forth to activities, building a career all seem to contribute to an emotionally stimulating life. However, many couples are sitting in my office wondering why they may be disconnected, grieving over lost intimacy and union.

Shared meaning in a partnership includes more than being successful at managing a great home.

"A successful marriage is about more than raising kids, paying bills, and getting chores done. It is also about building a meaningful relationship that has a spiritual dimension and is rich in [rituals of connection](#)." ([Terry Gaspard, MSW, LICSW](#) November 30, 2017)

NEW PODCAST FROM THE Gottman Insititue: Loving out Loud!

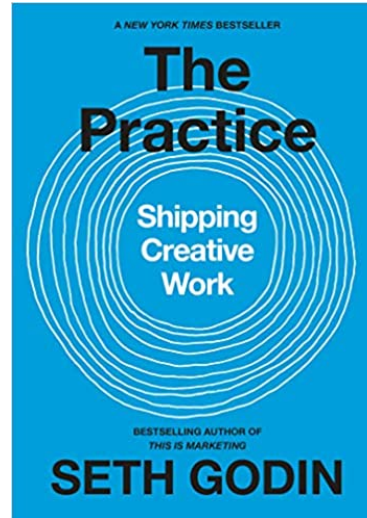
[Loving Out loud: The Gottman's](#)

"Loving out Loud! Share, show, and speak your love! Take your relationship off of auto-pilot and shift into loving out loud!

In this all-new series of exercises, activities, and videos, Drs. John and Julie Gottman can show you how to love your partner even better.

Upgrade your love life with this research-based series of conversations, skills, and practices designed to enhance the fondness and admiration in your relationship."

these behaviors, events have impacted us and the possibilities in front of families and individuals in 2021 and 2022.



BOOK CORNER:

I have been listening to a ton of

podcasts lately on very interesting and DIFFERENT topics then I normally would.

Creativity is something that I have not in the past always described myself as being. I am finding that I am more creative every day and more than I gave myself credit for in the past.

I heard Seth's podcast and was enthralled. I have started this book and find it fascinating, on creativity, how we "Practice" this in our life and how we stretch and commit to putting the best work out we can. I believe, no matter what kind of work we are creating!

Here is the amazon link and description:

[Seth Godin, THE PRACTICE, Shipping Creative Work.](#)

Blog: Seth Godin:

Read and listen to Set Godin's information whenever you want. blogging, podcasts, books.

[Set Godin's blog: Afraid!!](#)

Ester Perel's Podcast on



Adaptability, bending in relationship without breaking.



(Photo by Andrea Piacquadio from Pexels)

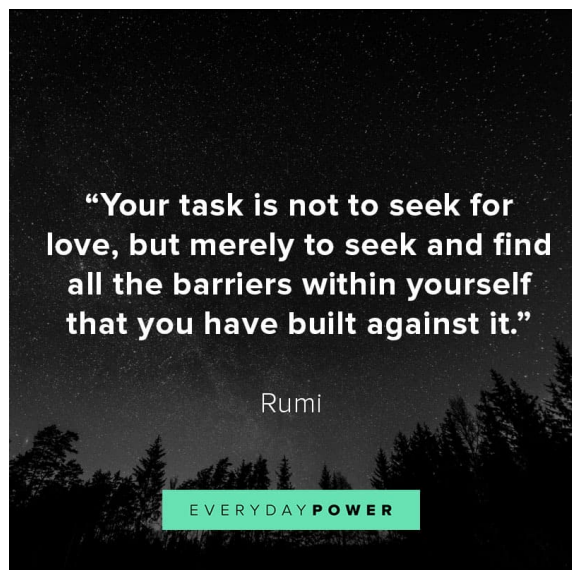
Depressed? Struggling with Anxiety for most of your life? Tried several Medication's with no results?

[WHAT IS TMS Technology: TMS/Brainsway?](#)(click here for more information)

If you or anyone you know is suffering from Deep, life-long Depression, there is an alternative to rounds of failed medications and invasive procedures, ie ECT, and lack of hope of a successful treatment.

www.tmscentercentennial.com offers a non-invasive, life changing solution for many who have been in our clinic and thru this treatment.

Call the TMS Center Centennial 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,

Carolyn Riviere-Placzek

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