



Collaborate Counseling: October 2021 Newsletter

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Fall is here!

My favorite season brings change, renewal, expectations, perhaps even healing. Seasons are varied across the United States, but when we can experience all 4 seasons, I believe we live in an environment that can actually teach us about how we also go thru seasons of

life. Life, birth, death, joy, anger, success are just a few of the multitude of feelings and seasons we may all go thru in any given day or year!

Learning is such a potential in each one of these phases, seasons that we all must go through. What's your story, season of life in this present moment? Have you considered what you are experiencing and why? What learning and teaching could you take from this particular season.

Let me know your insights, progress and assumptions that you are expressing.

Thank you,
Carolyn

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Ester Perel is one of my favorite Therapist! "We only know ourselves thru relationships". Relationships are fundamental to how we move, think, and relate to ourselves and others. Quality of our relationships determine the Quality of our lives!(Perel)



[Cyber Bullying in Schools, a new approach and](#)

[research base.](#)

(APA journal article)

Technology is prevalent in almost every aspect of our life. Cyberbullying is not new but perhaps additional research and new approaches can help.

Competencies targeted in school programs suggested below, can help:

"self-awareness, social awareness, self-management, and social relationships—differentiated associations with 'adolescents' cyberbullying victimization experience.

Lack of self-management was a stronger risk factor for cyberbullying victimization among female students than male students; lack of responsible decision-making was a stronger risk factor for high school students than middle school students. Students' perception of a more positive school



[Research on New approach to](#)

[medication combinations for ADHD:](#)

(Photo by Alena Darmel from Pexels)

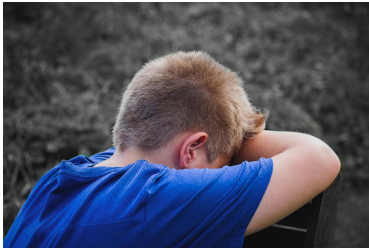
If you are still suffering with your child regarding the wearing off of medication by end of school day, persistent symptoms while using your current medication, this latest research might be encouraging.

Dr. [Oren Mason, M.D.](#) stated in the article the following:

"I discovered "combination therapy" by accident. The term refers to using a stimulant and a non-stimulant to reduce ADHD symptoms. There were no lectures in medical school on this therapy and no studies of it yet, in 2000, when I started my ADHD practice. I learned about it from my patients, who noticed that it did a very effective job of helping them manage symptoms."

climate intensified the negative association between self-management and cyberbullying victimization; however, perception of a more positive school climate mitigated the negative association between responsible decision-making and cyberbullying victimization. "

Lets start the school year off with new information, skills and tracking to stop Cyberbullying.



[Separation Anxiety in our children due to the past year](#)

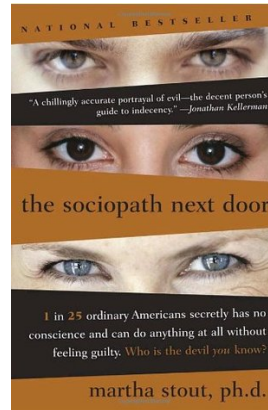
[and half of living:](#)

Adults have seen unprecedented change over the last year and half. From working at home, losing jobs, becoming "teachers" in their own homes, it can be easy to miss how much these same changes have affected the children in their lives.

The increase in anxiety, depression, fear in everyone has increased dramatically but for our children it has been exponential. Now that the world could be settling down somewhat, schools are in person, friends can come over and play, some children and families are experiencing lingering effects. If anxiety is showing up in your home, it may not be that unusual, for any age. The following article provides in depth information on what could be happening:

The author defines Separation Anxiety as the following:

"Separation anxiety is a common developmental challenge among toddlers and babies and can often be a sign of a secure attachment (Berger, 2011). Separation anxiety generally begins around nine months of age as babies are able to experience and express fear



BOOK CORNER:

Fascinating research and insight into 4% of the population. We throw out the label or sociopathy out frequently, but it

truly is frightening to be living with, working with, or engaging with a true Sociopath/PsychoPath. Here is what the author's review writes:

"Who is the devil know? Is it your lying, cheating ex-husband? Your sadistic high school gym teacher? Your boss who loves to humiliate people in meetings? The colleague who stole your idea and passed it off as her own? In the pages of , you will realize that your ex was not just misunderstood. He's a sociopath. And your boss, teacher, and colleague? They may be sociopaths too. We are accustomed to think of sociopaths as violent criminals, but in , Harvard psychologist Martha Stout reveals that a shocking 4 percent of ordinary people—one in twenty-five—has an often undetected mental disorder, the chief symptom of which is that that person possesses no conscience. He or she has no ability whatsoever to feel shame, guilt, or remorse. One in twenty-five everyday Americans, therefore, is secretly a sociopath. "

https://www.amazon.com/gp/product/0767915828/ref=ppx_yo_dt_b_asin_title_o06_s00?ie=UTF8&psc=1

(Berger, 2011). According to Schaefer and DiGeronimo (2000), Separation anxiety is not developmentally typical in older children; however, people all over the world are living in uncommon times."

"Separation anxiety is a typical developmental stage from 9 months in older children with separation anxiety, likely as a result of the COVID-19 pandemic. "



(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)

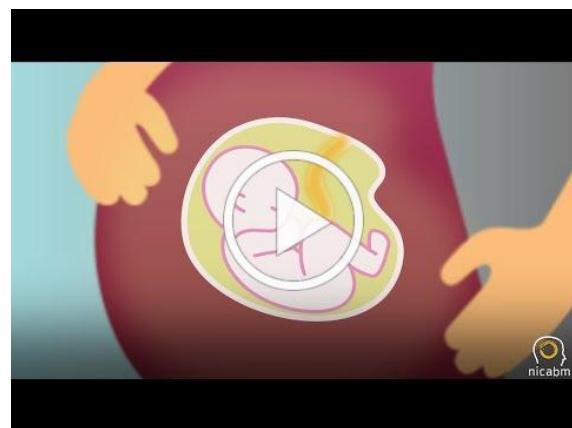
If you or anyone you know is suffering from Deep, life-long Depression, there is an alternative to rounds of failed medications and invasive procedures, ie ECT, and lack of hope of a successful treatment.

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!

Happiness is a choice,
not a result. Nothing will make
you happy until you choose to
be happy. No person will make
you happy unless you decide to
be happy. Your happiness will
not come to you. It can only
come from you.

-Ralph Marston



How Trauma Can Impact a Child in Utero, with Allan Schore:

Trauma affects every aspect of our life, from DNA, to relationships, and abuse we experience in our life's.

Parents have a major impact on their child's life, even in Utero.

More information below from a medical perspective:



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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