



Collaborate Counseling: January 2022 Newsletter

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(Photo by Jill Wellington from Pexels)

Happy New Year!

Every year I suggest to people in my life, clients and family to think of your "word for the Year", what would that be?

Mine is JOY for 2022. Joy can be elusive, fulfilling and bring so much meaning to our day to day life. But really what does it mean and how do we achieve true Joy?

As I have gotten older, joy versus happiness are so intertwined, but JOY is satisfying, settling, and builds stability, I believe.

Here is a definition of my word for the 2022 year; without definition, it is hard to understand the detailed meaning of any word, so here goes:

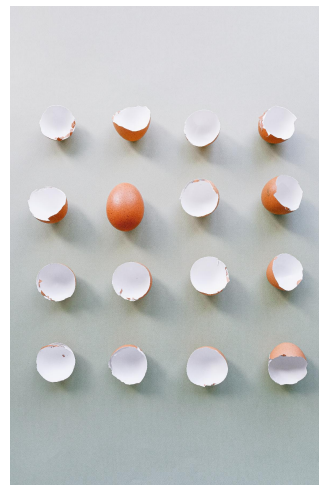
JOY:

noun

the emotion of great delight or happiness caused by something exceptionally good or satisfying; keen pleasure; elation:
She felt the joy of seeing her son's

success.

a source or cause of keen pleasure or



[WALKING ON EGGSHELLS!](#)

Photo by Anna
Shvets from Pexels

Great article
on a topic that
most of us
have
experienced at

some level in our lives. However, there are individuals, maybe yourself who are constantly walking on "eggshells".

If you are tired of living in a constant state of hypervigilance, anxiety and fear around someone you love or interact with on a daily basis, there is a way out. It takes some work, action to break this cycle.

A piece of breaking the cycle is beginning to understand where this defense mechanism came from, i.e. childhood, abuse, trauma or an adult relationship or interaction.

delight; something or someone greatly valued or appreciated:
Her prose style is a pure joy.
the expression or display of glad feeling; festive gaiety.
a state of happiness or felicity.

verb (used without object)
to feel joy; be glad; rejoice.
verb (used with object)
Obsolete. to gladden.

Have you chosen your Word for 2022?
Perhaps meditate on it, chose wisely, it can come true.



[New Research on Teens: 2 step](#)

[process can help eliminate depression and anxiety.](#)

Teens and young adults have realized more anxiety, trauma, and change than most of us. Anxiety, depression, suicide are rising among this age group. Therapy offices are overloaded with this age segment.

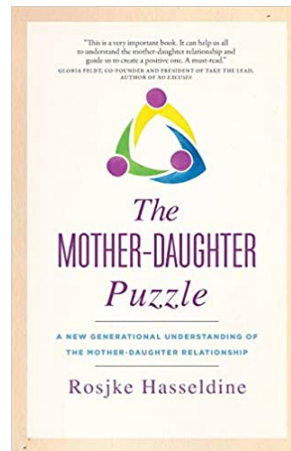
Therapy is important but the latest research offers two thought shifts, that can help reduce overall anxiety in our teens.

Here is what author,

"the first teaching "behavioral activation" (the idea that taking positive action can boost your mood), and the second teaching "growth mindset" (the idea that depression symptoms and personal traits are changeable). They were recruited for the study via social media (Instagram) and came from all 50 U.S. states.

The author outlines a process that can begin your journey of "breaking a few eggs".

[Break a few eggs](#)



THE BOOK CORNER:

[Mother Daughter Puzzle](#)

During the American Association of marriage and Family therapists national conference, 2021, I was able to listen to this author speak about a joyous yet in many cases, a difficult relationship throughout the generations.

And, one that is not been discussed or studied but offers tremendous healing and change for our generations to come. This review sums up the impact of this book:

SERENA SIMMONS
Chartered Psychologist, Senior Lecturer in Psychology, Nottingham Trent University

"Rosjke Hasseldine has unique insights into the complex, hidden, and deep-rooted dynamics of mothers and daughters. This book enables readers to understand many of the generational issues, values, traditions, and personality variables that impact the mother-daughter relationship. The Mother-Daughter History Mapping tool helps women to sensitively examine their inherited emotional patterns and behaviors. The Mother-Daughter Puzzle is an important resource that energizes women to create greater joy, respect, and love." _



[Managing or Resolving Conflict, the Gottman Way!](#)

Conflict is a normal part of any healthy couple, or family system. How we get

there takes effort, understanding, strategies, love and effort!

Sound Hard? Yes, it can be. However, there are shifts that happen between partners, children and their parents and individuals that can be implemented on a daily basis, to help resolve and manage conflict.

Taking those hard or soft "breaks" when emotionally dysregulated, calming yourself and turning towards your partner in Clarifying and questioning this disconnect.

Its worth the effort!

Your [The Gottman's Marriage Minute: And its FREE!](#)

If you have not sign up for this FREE daily email from the Gottman's, the leading researchers on couples and what makes them successful, check it out. Daily nudges, ideas, questions to build intimacy, fun, and togetherness for your couple-hood and family!



(Photo by Andrea Piacquadio from Pexels)

Depressed? Struggling with Anxiety



[Motivation and ADHD: the link and how to help](#)

[achieve internal motivations that are long lasting.](#)

Did you know that as individuals, we cannot motivate anyone? Books are written on this topic, research is completed, but the truth is, only the unique individual in question can motivate themselves.

So, what do we do when we have a family member struggling with ADHD, and motivation? It can be trying, but there are steps, processes and suggestions made by this author!



[Podcast Favorite: On Being: WYNC](#)

If you are looking for in-depth conversations around beauty, poetry, mindfulness, the Fullness of things; listen to worldwide leaders discussing topics that create beauty and peace in the world.

This is one of my new favorites!

Creating connection

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!

is our most ancient survival code.

We can intentionally shape and repair our key relationships and stop paying the price for emotional isolation.

<https://drsuejohnson.com/>

Love Sense: The science behind love!
The developer of Emotionally Focused Therapy, Dr. Sue Johnson



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



Your copy should address 3 key questions: Who am I writing for? (Audience) Why should they care? (Benefit) What do I want them to do here? (Call-to-Action)

Create a great offer by adding words like "free" "personalized" "complimentary" or "customized." A sense of urgency often helps readers take an action, so think about inserting phrases like "for a limited time only" or "only 7 remaining!"