



## Collaborate Counseling: December 2021 Newsletter

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

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

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

(Photo by Askar Abayev from Pexels)

Happy Holidays and Merry Christmas!

I wish everyone hope and peace during this next month and into 2022. It has been an up and down two years, but strength and resilience are winning!

For some, the Holidays are not easy, bringing up memories of the past which have been hurtful, abusive and isolating. It is also difficult for some young couples torn between family obligations, new family responsibilities, as well as their own personal desires and choices for their Holiday.

Whatever your situation, you are not alone, there is HOPE, and a process to work thru! I look forward to seeing you during this season and discussing your unique story.

Carolyn



[Tough topics at the Dinner table and Holidays!](#)

(Photo by Askar Abayev from Pexels)

Family gatherings, dinners and conversations. Sound scary?? How do we have conversations with people closest to us while keeping our boundaries, joy, and emotions in check?

  
when  
you  
CHOOSE  
joy  
You feel good  
& when you feel  
good, YOU do good  
& when YOU do good  
it Reminds others  
of what joy feels like  
& it just♥  
might inspire  
them to do  
the same.



### [Strengthening the Gratitude Muscle:](#)

Holidays are wonderful...for some of us, and not so wonderful for others. Family memories, both enjoyable, peaceful, and fun are hopefully yours.

There are many who this was not their experience. How do we get through, enjoy as adults, our Holiday season with past memories or current struggles?

I believe Gratitude for what is present, for the good we have in our life today is one of the biggest strengths we can develop.

*Christa Banister wrote her blog from  
The Meadows,  
Gratitude muscle.*

# Taking Sexy Back

How to Own Your  
Sexuality & Create the  
Relationships You Want

ALEXANDRA H. SOLOMON, PHD  
FOREWORD BY LORI BROTTO, PHD

## THE BOOK CORNER:

I just completed the annual American Association of family therapists. I was able to join a webinar, training with D. Solomon and she offered new insights into the intricacies of our sexuality. Here is what Amazon wrote, I love this quote:

*"Groundbreaking guide to deepening your connection to yourself, honoring your desires, and cultivating authentic intimate connections. On these pages, you'll discover how to deepen your sexual self-awareness, and use that awareness to create experiences that not only pleasure, but elevate, expand, and heal you. You'll learn to understand your boundaries, communicate what feels good, and bring mindfulness and self-compassion to sex. Most importantly, you'll embrace your sexuality as an evolving, essential, and beautiful part of your life."*

*Sex is about more than what your partner enjoys or finds sexy. It's about more than having an orgasm or finding the "right" positions. It's about you. It's time to take your sexy back!"*

[https://www.amazon.com/gp/product/1684033462/ref=ppx\\_yo\\_dt\\_b\\_asin\\_image\\_o03\\_s00?ie=UTF8&psc=1](https://www.amazon.com/gp/product/1684033462/ref=ppx_yo_dt_b_asin_image_o03_s00?ie=UTF8&psc=1)

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**“THE BEST  
CHRISTMAS GIFT  
IS TO REALIZE  
HOW MUCH YOU  
ALREADY HAVE.”**

**125 INSPIRATIONAL QUOTES ABOUT  
CHRISTMAS**



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!



[ADHD and the Holidays: No excuses for judgement](#)

ADHD can look and feel like a discipline issue, lack of control and many other descriptions that are just not true. When visiting or engaging with family members who do not understand the neuro-divergent implications of this type of brain, hurtful comments, unsolicited parenting suggestions and unwanted emotional disconnects can happen.

Great article on what to say, do and think about ADHD during the Holiday's.



(Photo by Andrea Piacquadio from Pexels)

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

**New Blog** I have found and really



**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!**

enjoying! If you have a favorite blog, let me know. Whether fun, engaging, relationship improvement, I do not care. There is so much information, new creative thinking that I want to know about If only more time...

So many times in sessions I have stated this concept of we need to take care of ourselves, put on our own oxygen mask, before we can serve others:

**Seth Godin's: Putting on the oxygen Mask:**

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)



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!"