



Collaborate Counseling February 2022 Newsletter

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

(Photo by Jill Wellington from Pexels)

Happy February 2022,

I hope you are continuing with your New year's word for the year and at least a few, of your resolutions for yourself and families.

RE-connecting, healing, building, expanding, and reaching for goals and desires we may have not believed could be true, all seem to be a possibility with a new year, new beginnings.

Daily we can look at our schedules, activities, thoughts and feelings and make or take a new direction if needed. There are so many paths, resources and ambitions that we could pursue if we spent a few minutes daily considering.

That is why or how I put this newsletter together every month. The potential to reach one person with a new thought, a healing moment or a resource of value is my motivation!

I hope you find something, or someone today or even in this newsletter that can

[Ester Perel on Improving your listening skills, do you listen??](#)

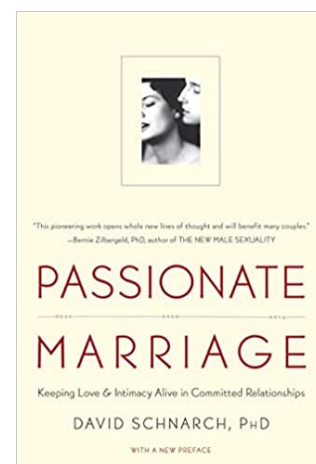
Do you think you are a good listener? Are you thinking about what to say next, how to respond properly, or even how to defend your partners criticism or attack?

If so, delving into what true listening is and the skill might be helpful.

THE BOOK CORNER:

[The Passionate Marriage](#)

Please read description under SEX.



grab your attention, and add a new dimension to your experience that you began anew today.

Carolyn



[What is ADHD and Symptoms](#)



The Gottman Research and Relational experts!

How do you find the TIME for Date night?

I hear this question so often in sessions, especially with young families. My response is typically, How can you NOT find time for your marriage and family. Couple-hood is a priority for not only yourselves as the parents or partners but for you children!

They need you both to have a strong, healthy relationship that is demonstrated on a daily basis. You are their model for what they might expect and hope for, or in some cases, what they do not want.

WOMEN and ADHD/ADD, there is a difference!



Lets talk about SEX!

There is a book on my office Shelf called, "The passionate Marriage". It is a difficult book for most therapists to get through but it offers intense detail and exploration of how to achieve long term sexual intimacy. (See Book Corner!)

Here is an excerpt from Dr. David Schnarch that summarizes what he has worked on with couples for 30 years:

22 Date Ideas in 2022

- | | |
|---------------------------------|-----------------------------------|
| 1 Start a new hobby together | 13 Look through old photos |
| 2 Play tourist in your hometown | 14 Start a two person book club |
| 3 Go camping or hiking | 15 Hit up the local arcade |
| 4 Play a board game | 16 Visit an art gallery |
| 5 Go to the movie theater | 17 Try the Gottman Card Decks app |
| 6 Have a spa night | 18 Take a class together |
| 7 Attend a concert | 19 Go get ice cream |
| 8 Bake a cake together | 20 Cook a meal at home |
| 9 Go to the farmer's market | 21 Volunteer in your community |
| 10 Take dancing lessons | 22 Try a new outdoor activity |
| 11 See a comedy show or musical | |
| 12 Go window shopping | |

The Gottman Institute

"The sexual crucible provides an "abnormal" solution for a "normal" problem that affects "normal" people with "normal" neuroses. But the process is difficult and often excruciatingly painful for both patients and therapist alike. The essence of sexual intimacy lies not in mastering specific sexual skills or reducing performance anxiety or having regular orgasms, but in the ability to allow oneself to deeply know and to be deeply known by one's partner. So simple to articulate, so difficult to achieve, this ability of couples to really see each other, to see inside each other during sex, requires the courage, integrity and maturity to face oneself and, even more frightening, convey that self—all that one is capable of feeling and expressing—to the partner.



[Middle School girls resources!](#)

Our middle school girls are experiencing monumental

change at every level! Mind, body and spirit conversations are so important to continue from an early age all the way though adulthood.

The pressures of being a young woman developing into her own, along with the societal messages and pressures of what that might mean can be overwhelming. On top of that, the last two years that we have all experienced have taken a toll on our young girls in unique ways.

I love this resource and blog. Many activities are presented and discussed to be shared with your daughter. I hope Laura can provide some fresh resources for your family.



(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

Within this model, adult eroticism is more a function of emotional maturation than of physiological responsiveness. And, conversely, becoming capable of sexual intimacy is a path to personal growth and individual maturity, a means to achieving a freer, more adult sense of who we are and what we want—what family therapist Murray Bowen called the solid self in his theory of differentiation. A solid self is completely different from self-image, which is what most of us like to present to others as our real selves, authentic or not. During sexual intimacy, the differentiated, grown-up person with a solid identity can reveal her- or himself to a partner and accept the consequences, including the possibility that the other might not respond with empathy, affirmation, approval and delight.



[Are you filling your Partners Emotional Bank:](#)

[Out of Network Therapeutic services and Processes:](#)

This is great resource for figuring out how to potentially get reimbursed for out of network therapeutic services. Consider that each insurance plan is different and is purchased by yourself or company who you work for.

I provide the superbill for you if requested to resubmit to your insurance company!

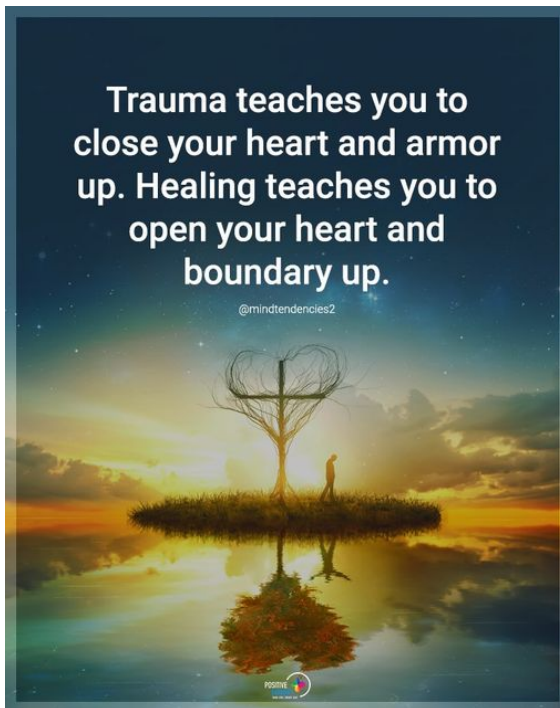
[How to repair and handle Conflict:](#)

hope of a successful treatment.

<https://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!

Repair and managing conflict is a leading predictor of long term success or failure of a relationship. There is a way out of conflict, it takes practice and commitment but it can become a part of your life.



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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