



## Collaborate Counseling March 2022 Newsletter

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Hello!  
March Is Women's History Month.

It is an interesting time we live in, with much progress achieved by women,. However, there is still along way to go for our daughters, granddaughters and partners.

In March, take a few moments to explore and research the impart women have had in our world, and the trials and struggles they have gone through.

Here is a statement from one of the Clearly Clinical podcast:

*"Let's talk numbers: As of February 2022, nearly two million fewer women were in the US workforce than in early 2020, with notably higher rates of unemployment among women of color and women with disabilities (National Women's Law Center, 2022). 42% of women have faced gender discrimination at work (Pew Research Center, 2017). One in four US women have experienced severe physical violence, sexual violence, and/or stalking by a partner (U.S. Department of Justice, 2014). 81% of*



The Blue Bench, metro Denver's only comprehensive sexual assault prevention and survivor support center, is hosting *Rise: First Friday Art Show* featuring art by survivors of sexual violence!

The show will kick off Sexual Assault Awareness and Prevention Month (SAAPM). The theme of this year's SAAPM is Building a Community of Care, and one of the building blocks of a caring community is supporting survivors on their healing journeys. We believe art has a way to transform the trauma of a survivor in a healing way.

  
the blue bench  
Ending sexual violence  
through prevention & care  
[www.thebluebench.org](http://www.thebluebench.org)



**April 1st: Art Show, presented by Blue Bench: Survivors of Sexual Survivors.**

**Honoring Sexual Assault Awareness and Prevention Month (SAAPM).**

[thebluebench.org](http://thebluebench.org)

**THE  
BOOK**

women have experienced sexual harassment  
(*Stop Street Harassment, 2017*).

*These staggering statistics merely scratch the surface of the prevalence of gender discrimination and sexism in our society."*

### [Women's History update, PODCAST](#)

This is just one of the many resources to explore, discuss and present to the people that make up your "Family". Find a voice or effort if desired to support the women in your life!

Carolyn



The number one SKILL for a healthy relationship: **REPAIR.**

**"A rupture is a break in the connection between two**

**people. Often caused by hurt and anger, ruptures are a normal part of all relationships. Sadly, when repeated ruptures occur without any repair, walls between people build up over time. Love gets replaced by resentment, causing a relationship to erode."**(Jul 1, 2020)

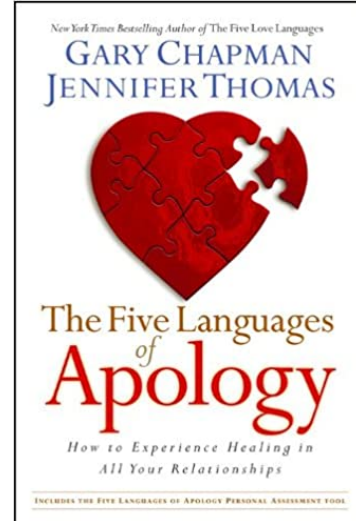
I have found over my life, personal relationships, and over 10,000 hours of therapeutic sessions conducted, that REPAIR and the ability to come together after a RUPTURE, is the top ability, skill, commitment in relationships. If there is no repair, the relationship will usually ERODE, disconnect and finally end.

This is a bold statement, but the research and outcome results are very real.

Here are the GOTTMAN's group discussing more this relevant topic of successful partnerships, or any kind of relationship.

## **CORNER:**

### [The five Languages of Apologies](#)



One of my clients introduced me to The 5 languages of Apology. Dr. Chapman's 5 love Languages book has been around for a decade and most couples can discuss their Love language. This next reserach and exploration of rupture and repair completes this cycle.

But now, the author outlines the details, and 5 types of typical apologies which can be life changing when offering to our loved ones, or ANYONE.



### [ADHD: Time management: How ADHD minds can find relief.](#)

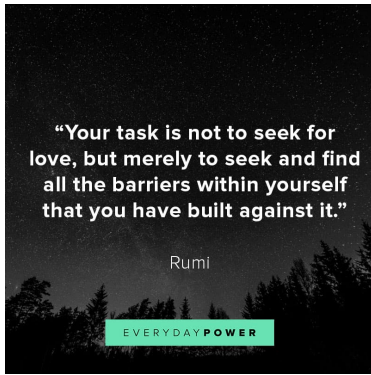
It must be tough to live in a world where your brain seems to work differently than others? You cannot seem to get work, or school, or friendships down as easily as your friends, classmates or even partners.

For some kiddos and adults I work with, failure, a sense or exasperation, unworthiness can begin to hamper your daily functions and relationships. ADHD/ADD is hard to live with: whether you are the person who has this disorder or you are related to a child or partner that does have it.

I truly believe, along with the research, that 90% of treatment is medication if you are truly diagnosed with this Executive

[Repair is essential for on going relationships: The Gottmans](#)

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(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. <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!

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Function disorder. In addition, behavioral therapy, parenting insights can then offer additional strategies for finding your unique way to live with ADHD.

The above article offers additional steps, strategies and thoughts on this important issue.

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**Lets talk about SEX!**

**[Intimacy, Closeness and Fusion: A dinner with Ester Perel](#)**

*"When intimacy collapses into fusion, it is not a lack of closeness but too much closeness that impedes desire. Love rests on two pillars: surrender and autonomy. Our need for togetherness exists alongside our need for separateness. One does not exist without the other. With too much distance, "*

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**[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.

You're at a point in life where you should remove yourself from people who hurt you more than they love you, drain you more than they replenish you, bring you more stress than they do peace and try to stunt your growth rather than clap for it. You've done enough trying to make it work with people.

Cici B.



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

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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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