



Collaborate Counseling May 2023 Newsletter

Carolyn@collaboratecounseling.com

www.collaboratecounseling.com

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Hello Spring!

Our beautiful blue skies are here for awhile, it feels like change! Trees are blooming and time to plant flowers. If that is "Your thing".

Have you reconnected with your "Word " For the year? Mine was simplicity and I am still working on that! I just gave away 3 bags of clothes, and there is a feeling of release when we simplify, declutter and get ready for New things to have room in our life.

Carolyn

“DON'T BELIEVE
EVERYTHING
YOU THINK.”
-UNKNOW

www.pinkishblue.com



[How to Eat to improve your Mental Health!](#)

We are mind, body, soul creatures! How we live, think, eat, exercise have tremendous impact on our emotional health. Great newsletter on eating, cooking, and OCD, and other mental health issues.

(Photo by Adonyi Gábor:
<https://www.pexels.com/photo/variety-of-vegetables-1400172/>)



[Gottman Institute Articles! Take a look](#)

This link has so many great articles, emails, newsletters that you can use on a daily basis to improve, sex, intimacy's, communication, while providing in-depth prompts to begin conversations with your loved ones. Try it and see!

Remember intimacy means the following:

Taking Sexy Back

How to Own Your Sexuality & Create the Relationships You Want

ALEXANDRA H. SOLOMON, PhD
FOREWORD BY LORI BROTT, PhD

THE BOOK CORNER:

Taking Sexy Back: How to Own your sexuality and Create the Relationships you want!

Sex, Intimacy, relationship can get entwined with desire, want, and love. There are a multitude ways to be intimate. One of my favorite definitions of intimacy is as follows:

Intimacy: INTO ME YOU SEE.

The above highlighted book is just another option for building sex and INTIMACY. They are not the same, but can contain each other in your unique intimacy needs.

First we have to know ourselves, our bodies, our desires before we can give to another.



INTO ME YOU SEE!!

Let someone get closer and experience you.

Soothing the Threatened Brain!

Emotionally Focused Therapy: Sue Johnson's work and therapy.



(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)

Call the TMS Center Centennial or Rodney at 719-232 8556. We look forward to the consults!

**“The wound is the place where the Light enters you.”
— Rumi**



[MedAmour: Great pharmaceutical toys for all ages!](#)

I met the owner of MedAmour at the last AASECT,, association for sex therapists, etc. She was wonderful. Her site only sells and represents state of the art toys, oils, lubes for play. Try something new to create that eroticism most of us desire in our love life.



[Adult ADHD: Diagnosed and NOW WHAT?](#)

ADHD can wreck havoc on relationships. Promises not kept, duties neglected, broken engagements, work not done. If you are not the partner with ADHD, it can be frustrating, disappointment and resentments can build. For the partner with ADHD, it can feel like you will never be good enough, nothing goes right, etc.etc., etc.

The first step is understanding the symptoms and how to change behavior, and discuss the impact this diagnosis has on all around your family system. It can change everything to have a diagnosis, that at least lets you begin to grasp the

behavior, fears, and feelings that you may have been living with. It is an executive function disorder that does not go away, but we have years of reserach on how to mitigate the pieces that are unwanted.

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
www.collaboratecounseling.com

(720) 708-4865
carolyn@collaboratecounseling.com



Collaborate Counseling | 2101 S. BlackHawk St, Ste 240, 2101 S. BlackHawk St, Ste 240, Aurora, CO 80014

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