



Collaborate Counseling
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Newsletter

Carolyn@collaboratecounseling.com

www.collaboratecounseling.com

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My favorite season of the year has started; the weather is cooler and the mornings are darker. There is CHANGE in the air, and I get very excited about "Possibilities". What would you like to see changed this season of the year and life?

What steps have you taken to achieve that desired level of Change and outlook on your own life?

The beautiful changing of the leaves in Basalt/Aspen Colorado is awe inspiring and the question to potentially ask ourselves this "season" of life, is what changes are you willing to step into that will impact yourself and others.

Carolyn

"Every New Season of your life will be an opportunity to learn and grow. Don't Celebrate the good without Celebrating the bad Because they both work together to prepare you for the next season of life." (happy organized life, FB)

[The New Gottman Relationship Advisor!!](#)

Engage with the Gottman's! There resources are amazing, engaging, and encouraging and backed by 30 plus years of evidenced research on couples and what successful ones do to maintain relationship.

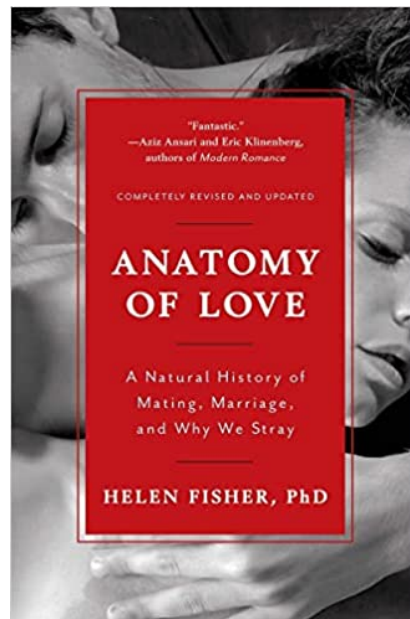


[Passion Triangle Are you keeping](#)

[the Intimacy, passion and thrill in your partnership?](#)

The Gottmans are experts on Relationship, intimacy and long term partnership. Here is a great quiz you can take and discuss with your partner. So many of my clients come into session as "friends" who have lost the thrill, passion or eroticism they experienced at the beginning of their relationship. This takes concerted effort, time, commitment to maintain, BUT it is not only Possible, but healthy.

Take the quiz, to see where you and your love end up, and lets discuss how to improve this score if needed??

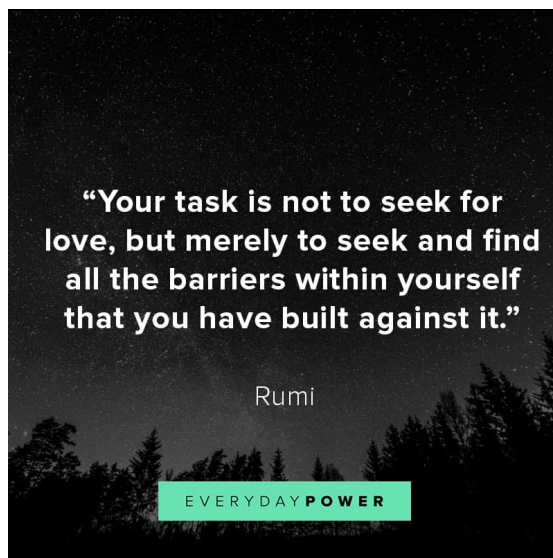


Depressed? Struggling with Anxiety for most of your life? Tried several Medication's with no results?

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!



THE BOOK CORNER:

Just completed a training on Millennials, love and relationship. The trainer, discussed this book and Helen Fischer, whom I have done several trainings on trauma, love, and relationship.

Understanding yourself, your 20 something adult child or your partner, the author, her research and writings can provide insight into the generational love languages we all present.

"From love at first sight and infidelity to hook-up culture and "slow love," Dr. Helen Fisher, the biological anthropologist and "renowned expert on the science of love" (Scientific American), explains it all in this thoroughly revised classic on the evolution and future of human sex, romance, and partnership. Examining marriage and divorce in 58 societies and adultery in 42 cultures, she argues that we are returning to patterns of business, sex, and love that echo our ancient past . . . and she is optimistic about our future" Amazon's description, great resource!

[Anatomy of Love: A Natural History](#)



Are you or Living with a Co-dependent or Narcissitic person?

Codependent try to get people on liking them, what others want to their own demise.

Narcissitic people work or engage on what works for them.

Traits or persoanlity disorder, very rigid and does not change over time

Ester Perel on Change: Within yourself, and within Relationship.

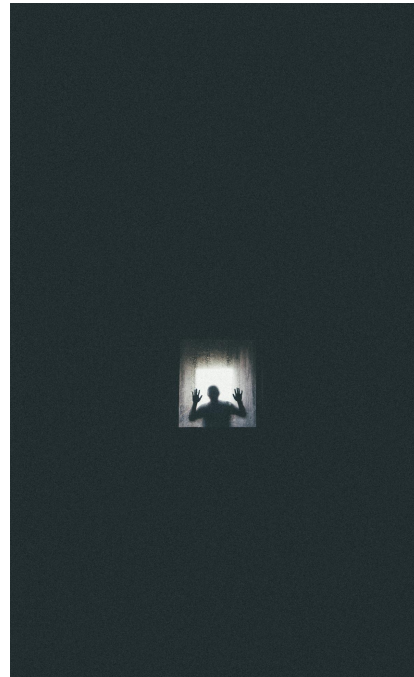
I love Ester and have had the opportunity to train with her several times. Many of my references during sessions, regarding intimacy, sex and lifelong partnership is based on her research and ideas! She is always right on, you will get something out of listening, guaranteed!

[Chronic Pain and a Potential Healing Strategy](#)

Here is a resource that I have found and believe in. Therapeutic Journaling, can help all of us but especially if you are struggling with Chronic pain.

[Generosity and Sleep:](#)

New Research is demonstrating even more so the importance of Sleep and an interesting connection between Generosity. Attitude of Gratitude, Generosity, Sleep! a prescription for health and relationships.



[What is Dysthymia? Are you depressed? Or life is just not at its Peak?'](#)

Many clients come into my office with similar thoughts and expressions listed below. Have you ever felt these or are currently living with a multitude of these thoughts? If so, there could be some treatments available which would allow you to move forward in life, in a happier, healthier way!

Here are some comments listed by the author (Dysthymia Wednesday, August 10, 2022, Article By Fred Lubin)

* have you suffered gentle, insidious repression leading to mild dysthymia, the active consequence of which has been the **evaporating of his interest in college and his life-long interest in marine biology.**

* Experienced intrinsic to a relationship/marriage: the dysthymic sense of 'lowered expectations.' always feeling you must **'settle': 'This is the best I can get.'**

* Client's dysthymic nature may for now be attributed to his parents' benign failure of empathy – **a failure to acknowledge and 'allow' his real self by virtue of idealizing him, seeing not him but their**

ideal.

* All jobs ‘start to seem like dead-ends.’ **Family history revealed causal themes of the client’s dysthymic character: alienation, suppression and under-stimulation.** His was not a family that talked about feelings. ‘My whole life was insipid and gray until high school.’ Earlier, he had ‘no hobbies, didn’t do anything. My parents left me to my lonesome.’

* Teenager has such a well-grounded and complacent dysthymic depression that nothing short of a middle-aged existential crisis is likely to question it. Client talks about his **emotional inertness.** ‘**I never tried to get anything from my parents,**’ he said, ‘**materially or emotionally.**’

* The dysthymic constricting of one’s world of interests and the effective ‘delusionality’ that could lead the client to ‘love’ or believe she loves typing.

* Statements such as: ‘**Sometimes I wish the little things in life were more important to me.**’ ‘**I wish I could be more connected to the world, though I feel being disconnected is more comfortable.**’ And, ‘**I’m incapable of caring the way other people are.**’

* . . . provisional diagnosis of dysthymia: feelings of: ‘**Is this all there is?**’
(photo by pexel: Zachary DeBottis)

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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