



## Collaborate Counseling: December 2019 Newsletter

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Happy Holidays!

The year is coming to a close which is unbelievable to me. For many, it is a break from school, work and a chance to see family. For others I appreciate and validate, it is stressful, lonely, and sometimes freighting. Their has also been extreme loss and this Christmas might be the first without

[THE 5 Love Languages](#)

Many of you might have heard of Gary Chapman's love languages and some couples bring

a loved one for your family.

Resiliency,, strength, hope take time, as the new year is around the corner. As the season is upon us, give a moment to reflect, and as I say in sessions, just "sit" in whatever may come up for you. This is healing, loving yourself, and being kind. Whether it is joy, happiness, grief, expectancy, longing. Be mindful of each moment, it will pass, and we have a new moment soon.

Enjoy your season, whatever it may be, look for that specific gift that it brings. Sometimes we do not find it for years. That has been the case for myself!

Carolyn

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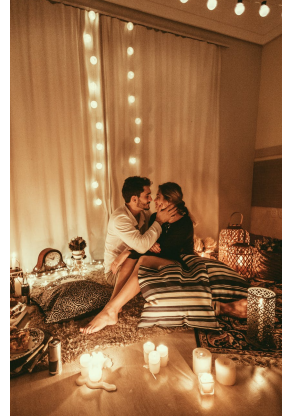


**Thank you for your service!**

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

**FORGIVNESS:** Is it really possible, and how do we do it?

Rick Hanson has a great website that you can follow with simple daily truths for living life to the fullest, take a look and join if you would ([Rick Hanson's website](#)). I have

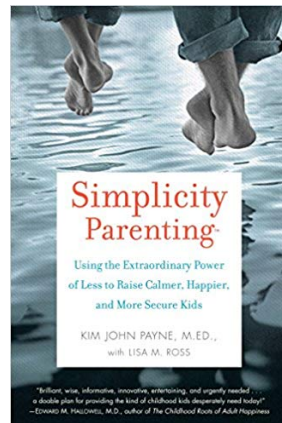


who explains what his languages are all about simply! I believe it is basic building block for couples!

[amazon: the 5 love languages](#)

The Key to love languages is both knowing your OWN love language so that you can communicate how you feel and need to receive love, but also How your partner receives and needs to be shown love. The mistake that partners make is that we tend to love our partner in our own language and we wonder why our partner is not receiving it the way we would? If this does not make sense, lets talk!

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### THE BOOK CORNER:

I love this book! I work with so many kiddo's experiencing anxiety, night terrors, social issues, etc, and the reasons can be

many! However, there are "simple" things that parents may not be even aware of innocently, that could change your child's behavior and even childhood! Letting our children experience childhood as an 8 year old for example is important, not letting them over hear about your work struggle, or global warming, or the tension in Politics, etc, could be a new start for simplifying YOUR CHILDS life.

These seemingly OK topics could be stressing out your little ones. Read on, it

reposted his latest blog on forgiveness because during this season I think it is a great topic to consider and one that comes up a frequently.

What is Forgiveness? He describes two different concepts:

- To give up resentment or anger
- To pardon an offense; to stop seeking punishment or recompense

He goes on to discuss anger and its meaning with forgiveness: *"focusing on the first meaning, which is broad enough to include situations where you have not let someone off the hook morally or legally, but you still want to come to peace about whatever happened. Finding forgiveness can walk hand in hand with pursuing justice.*

*Second, there is sometimes the fear that if you forgive people, that means you approve of their behavior (like giving them a free pass for wrongdoing).*

*Actually, you can both view an action as morally reprehensible and no longer be angry at the person who did it. You could continue to feel sad at the impacts on you and others – and to take action to make sure it never happens again – but you no longer feel aggrieved, reproachful, or vengeful.*

*Third, forgiveness can seem lofty, like it only applies to big things, like crimes or adultery. But most forgiving is for the small bruises of daily life, when others let you down, thwart or hassle you, or just rub you the wrong way.*

*Fourth, paradoxically, in my experience, the person who gains the most from forgiveness is usually the one who does the forgiving. One reason is that we often forgive people who never know we've forgiven them; much of the time they never knew we felt wronged in the first place! Further, consider two situations: in one, someone has a grudge against you but then forgives you; in the other situation, you have a grudge against someone but then let it go. Which situation takes more of a weight off of your heart? Generally, it's the second one, since you take your own heart wherever you go.*

*Fundamentally, forgiveness frees you*

helps the whole family system.  
[Amazon Simplicity Parenting](#)

**Child Therapist:**



**TMS Center  
Centennial and  
the  
Neurofeedback**

**Center :**

We have upgraded our **TMS, transcranial Magnetic Stimulation** technology.

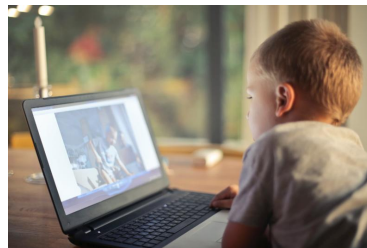
Insurance panels cover Major depression, but now we are able to offer a treatment for **OCD, Anxiety and PTSD** (Tricare actually covers PTSD!)

This technology is life changing. Please come in and talk about this for yourself or family members.

**Tricare is supporting Depression and PTSD for Military and Veterans!!**

*from the tangles of anger and retribution, and from preoccupations with the past or with the running case in your mind about the person you're mad at. It shifts your sense of self from a passive one in which bad things happen to you, to one in which you are active in changing your own attitudes: you're a hammer now, no longer a nail. It widens your view to see the truth of the many, many things that make people act as they do, placing whatever happened in context, in a larger whole.*

*And most profoundly, as you forgive yourself – which can coincide with serious corrections in your own thoughts, words, and deeds – your own deep and natural goodness is increasingly revealed.”* (excerpt from *Simple practices for resilient happiness* from [Rick Hanson, Ph.D.](#))



### [Dr. Russell Barclay: Top ideas on ADHD Expert!](#)

EXPERT: ADHD: Dr. Russell Barkley on how and what is ADHD and the most effective treatment. This is one of the leading experts..hear and see what he has to say. Fascinating and maybe you will hear something new to implement into your family and home life..



### [Strong families and Resilience: Protecting against](#)

#### [bullying!](#)

Bullying is prevalent at all levels of our children's lives..kindergarten thru high school. How do you as parents speak to and protect your children from this pervasive and disturbing action of others?

The latest research offers positive hope and advice for families (2016-2017 National Survey of Children's Health (NSCH). 4 suggestions follow and can be implemented in homes to help protect and alleviate bullying:

1. talk together about what to
2. work together to solve our problems
3. know we have strengths to draw on
4. stay hopeful even in difficult times

How families handle internal adversity and trauma directly impacts how their children experience bullying and life outside their homes.



The Brave Girl Project is so great! For you middle school girls

or 5th/6th graders, this is a wonderful site, offering videos, projects and talks about what its like being a strong girl in the world today: [www.TheBraveGirlProject](http://www.TheBraveGirlProject)

Laura Hayes, the founder of Brave Girls has a mission to support, and strengthen girls during this developmental time of their lives.



[Effects of Anxiety on Prenancy and Baby:](#)

24 weeks is

key when dealing with anxiety and the effects on the unborn baby. Researchers call this midterm versus late pregnancy and is when anxiety can affect the development of your baby. Anxiety control does impact the unborn and the mother. Cortisol levels are tested and results and areas of the infants brain dealing with speech and emotion can be effected by the mothers anxiety levels.

We can all learn anxiety control even for our new babies!(Photo by Garon Piceli from Pexels )

[Brave Girl Tracker: Gratitude Grow and Track for your girls!](#)

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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