



## Counseling Services

FLEXIBLE EA Services, LLC offers EAP Counseling, Assessment and Referral.

### **How Does EAP Counseling differ from other types of Counseling?**

EAP Counseling differs from long-term psychotherapy. Psychotherapy can last for many years and it is highly analytical. EAP Counseling is Directive, Brief and Solution-Focused. It uses CBT (Cognitive Behavioral Health Methods). Solution-Focused Counseling draws on the existing problem-solving skills of a person and helps apply these existing skills to the problem at hand ... the "Presenting Problem."

### **When is it time to call a counselor?**

It's time to call a counselor if you can relate to any of the following comments:

- 1.) I can't stop thinking about my problem. It often keeps me up at night.
- 2.) No matter what I try, the outcome always ends up the same – no resolution.
- 3.) The problem at hand presents continual conflict in my life.
- 4.) I can't eat or I can't control my eating.
- 5.) I feel like I never get enough sleep.
- 6.) I have uncontrollable crying spells.
- 7.) My friends and co-workers have noticed a real change in my attitude.
- 8.) I'm not as happy as I used to be.

Solution-Focused Counseling will help you find solutions for behavioral health concerns at school or at work. Assessment and Referral Services will direct you to Psychiatric Care, if needed.

### **Some of the Reasons for calling a counselor ...**

Job Changes or Supervisory Problems, Personal or Family Crisis Situations, Depression, Anxiety or Stress, Marital Problems, Substance Abuse or Dependency, Emotional, Psychiatric or Behavioral Problems, Divorce Issues, Problems with Children, Eating Disorders, Financial or Legal Concerns and Assistance in dealing with coworkers or management.

**Call for more information on rates or services: 888-428-4060 or 630-989-5121**