

Euporama



Your well-being is our challenge

Counseling: A mad idea?

Your Employee Assistance Program (EAP) offers you free access to Eupora's counseling services. Eupora's counselors can help you understand, manage and overcome many personal issues or just become healthier and happier in private and professional life.

Yet people often delay seeking counseling until their issue has grown into a much bigger problem. Why? Although perceptions are changing, there are still a lot of mistaken beliefs that inhibit people to access counseling.

What are these myths (and facts) about counseling?

Myth 1: 'Counseling is only for people in a severe crisis or for the mentally ill.'

Counseling just helps you deal with life's everyday issues, without waiting for problems to get out of control. You can speak openly to a counselor about your thoughts and feelings, without fear of being judged. Counseling can give you the tools you need to better handle any issue or challenge that comes your way. Whether you want to make a positive lifestyle change or address a specific issue, counseling can help you develop a better understanding of your situation and work towards your desired goals.

Essentially, problems do not exist. Only issues exist. Problems are the result of how people deal with their issues.

Although counselors are quite often psychotherapists, counseling is no psychotherapy. Counseling helps you to better recognize your strengths and weaknesses, to define your goals in private and professional life and to find ways to reach those goals.



Myth 2: ‘Everyone will know I’m seeking help.’

Counselors must comply with strong international ethical codes. Within legal limitations, EAP services are strictly confidential. The only people that will know you are seeing a counselor, are the ones you tell yourself. Your employer will never be told you are using EAP-services.

Myth 3: ‘Counseling will just make things worse.’

Many individuals who access counseling find that the open discussion with an impartial third party offers them clarity around their issues or goals. It helps them to develop a realistic plan for change or resolution.

Myth 4: ‘Counseling is for ‘weak’ people.’

It actually takes real courage to realize that you need help to resolve your issues. Reaching out for assistance before these challenges interfere with your life and work – or develop into a crisis – can be a quite effective way to handle life’s ups and downs.

Myth 5: ‘Someone who doesn’t know me, can’t help me.’

This is actually why counseling can be so successful. Help from a counselor with no personal connection to you, allows you to speak openly about your feelings without any fear. The counselor can offer non judgmental and impartial support. This often creates new perspectives on how to deal with your issues.

If you ever wonder whether you should go to counseling, it’s probably a good time to contact your EAP to learn more about it

Don’t let myths prevent you to deal with your issues proactively!

Remember, you don’t need to wait for issues to become crisis situations. By addressing issues or changes as you face them – no matter how big or small – you will become much more resilient to life’s many challenges.

Immediate and confidential help is available to help you discover resolutions to challenges you are confronted with and also proactively make lifestyle changes.

Should you have questions on this subject or like to discuss your personal situation with a counselor, do not hesitate to contact the EAP using the toll free number:

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