



THE LATEST NEWS AND UPDATES

## Message From The President

*by Charley Galassini, LCPC,  
CSADC, CEAP, LAP-C*



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I would like to thank all of you for making this year's annual conference a great success. It is amazing that it was the 40th conference. I would like to again congratulate Kathy Horton for being chosen as the NIEAPA Member of the Year and Maryann Shepard on being the NIEAPA Labor Person of the Year.

I would encourage you to save the date for the EAPA conference that will be held in Minneapolis, MN. All the information about the conference can be found on the EAPA website. The program committee has done an excellent job selecting presenters.



[EAPA 2018 Conference & EXPO Minneapolis](#)  
 Conference dates: [October 11-13, 2018](#)  
 Pre-Conference Training Courses: [October 9 - 10](#)

*continued...*



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## Message From The President continued...

It is my honor to recognize some members who have attained a significant milestone, being an EAPA member for 20 or 30 years.

### 30 Years – 1987

Michael Goldman, MA, CEAP, CRADC, PCGC, LPC

### 20 Years – 1997

Donna Herula, MS, LMFT, CADC, CEAP

Adrian Delgado, CADC, LCSW, CEAP

*Congratulations*

### 30 Years – 1988

Michael Garfield, BS

Chet Taranowski, Ph.D., LCSW, CEAP

Nancy Vaccaro, ACSW, LCSW, DCSW

### 20 Years – 1998

Kathleen Blaszkiewicz, LCSW, CEAP

Natalie DuBois, LCSW

Andrea Harkleroad, LCSW

Eleanor Miller-Stewart, CSADC,

Patricia Palmer-Thorsen, LCSW, CADC

I would like to remind you about our next Chapter Meeting. It will be Friday August 24, 2018 at Adler University 17 N. Dearborn in Chicago. This is a change from the original date. This is our annual business meeting. The title of the presentation is Robots are coming: What's inclusion go to do with it? Tatyana Fertelmeyster is the presenter and she has presented at prior chapter meetings and always does a great job. All the information about our Chapter Meetings can be found at [nieapa.com](http://nieapa.com).

Just a reminder all students can attend our Chapter Meetings for free, so I hope you will find a way to spread the news to any students, interns, and training programs, so we can pack the place with students.

If you are a member and you have not used your one time a year guest pass you still have time. We have chapter meetings remaining on August 24, October 19, and December 7.

This will be my last newsletter as your President and I would like to thank all of you for your support, kind words, and dedication to our profession by attending our chapter meetings and annual conference. The work we all do is important and meaningful. I would ask that you consider being a presenter at a chapter meeting and sharing your expertise in a certain topic area, joining a committee, or joining the Board when openings come available. It has been my honor and privilege to be your President.



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## A Psycho-educational “Toolbox” for Short-Term Counseling

After working in the Employee Assistance field for more than twenty years, I have become convinced that we EA Professionals are teachers, even more than we are psychotherapists. However, most of us had much more training in being psychotherapists than we have had in being teachers!

I am not talking about the skills of being trainers in wellness topics, as useful and important as those skills may be. I am referring to the skills of psycho-education with clients who seek assistance with life problems. It is interesting that this skill is often treated with something of a dismissive by faculty members in graduate programs in mental health. The emphasis is on psychotherapy, and the therapist’s use of self as a therapeutic instrument. This misses the point that most of us in the EA world spend the bulk of our time doing what the EAPA core technology labels “Short-term problem resolution.” Over time, I have observed that there are a few main topics that I find myself teaching clients about, as the most time-efficient and impactful way to assist them in solving problems. These fall into roughly ten main areas:



Paul Fitzgerald, Psy.D., LCPC, CEAP

1. Parenting (and responding more constructively to children’s misbehavior)
2. Relaxation and mindfulness
3. Assertiveness
4. Communication skills (Especially useful is David Burns’ “Revise your Communication Style”)
5. Conflict Resolution and “difficult people”
6. Self-management (time management, money management, personal effectiveness)
7. Coping with loss and grief as a “normal” process
8. Handling life transitions (“Passages”) as a normal and healthy part of adult life
9. Developing a “coping attitude” (or self-efficacy)
10. Self- and family advocacy (Being an advocate for yourself, your child, or your parent)

I’m sure there are others, but these seem to come up over and over again. In fact, even as a therapist, I would add one other skill that can help clients: Learning not to follow your first impulse and not to trust your mind when it wants to lead you astray (for a great example, see the website of our past presenter and colleague, David Carbonell, who teaches clients about the “Anxiety trick”). Whether the problem is OCD, addictions, manic episodes, or eating disorders, treatment always seems to involve building self-monitoring ability and the ability to stop harmful or destructive thoughts.

So I’m glad to be a teacher, in my EAP role as well as my graduate training role!



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Photos from the June NIEAPA Conference are now available on the [NIEAPA website](#). Many thanks to Chris Drake for taking the time and effort to not only photograph the event, but to also edit the photos to make us all look our best!



## Chapter Meeting Information

**Robots are Coming: What's Inclusion Got to Do with It?**

**Presenter:**  
**Tatyana Fertelmeyster,**  
**MA, LCPC**



**Location Sponsor**



17 N. Dearborn | Chicago, IL

**Food Sponsor**



[MORE INFORMATION](#)

**FUTURE CHAPTER MEETING DATES**  
**October 19 & December 7**

**REGISTER HERE TO ATTEND**



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## Want to get more involved?

### Submit your resume to join the Board

Is the time right for you to grow your professional experience by becoming a NIEAPA board member? According to our bylaws, it is time for a few of our dedicated board members to step down to allow for new members to step up! The benefits are valuable and the commitment is worth the time and effort. If you are considering this opportunity and have questions, please contact one of our current Board members.

## Executive Committee

### President

Charley Galassini, LCPC, CSADC,  
CEAP, LAP-C  
IBEW Local 701  
superbowl1996@sbcglobal.net

### Secretary

Kathy Horton  
Employee Resource  
Systems, Inc.  
khorton@ers-eap.com

### Vice President

Paul Fitzgerald, PsyD, LCPC, CEAP  
Adler University  
pfitzgerald@adler.edu

### Ex-officio

Rick Kronberg, LCSW,  
CSADC, SAP, CEAP  
Behavioral Health Concepts  
kronbergrd@comcast.net

### Treasurer

Steven B. Uhrik, ACSW, LCSW, CEAP  
aeap04@gmail.com





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## Board of Directors

**Marie Apke, LCPC, CEAP, SAP,  
PCGC, ICGC**

Ieso Digital Health

marieapke@gmail.com

**Peter Bradley, MA, LPC, CADC**

IL Institute of Addiction Recovery

peter.bradley@unitypoint.org

**Elizabeth Crowe, LCSW, CEAP**

Chicago Fire Department

Elizabeth.crowe@cityofchicago.org

**Scott Cullen-Benson, LCPC,  
CEAP, SAP**

Illinois Professional Health Program

s.cullen.benson@gmail.com

**Carole Hoffman, PhD, LCSW,  
CAADC**

Illinois Professionals Health

Program

choffman@illinoisphp.com

**Lois Kenyon-Severson, LCSW,  
BCD, MAC, CEAP, SAP**

Everett McKinley Dirksen

U.S. Courthouse

Lois.kenyon-severson@foh.hhs.gov

**Marie McKenna, LCSW, MSW,  
MPS, Ph.D (cand.)**

Catholic Charities

mmckenna@catholiccharities.net

**Don Mitckess, LCPC, CRADC**

Banyan Treatment Center-Chicago

dmitckess@banyantreatmentcenter.com

**Amy Ponce**

Turnbridge Addiction Treatment

aponce@tpaddictiontreatment.com

**Sunette Thompson**

The Spirit Within Coaching, LLC

thompsonsunette@gmail.com

