

Maximize Your EAP Counseling Experience

Congratulations! You did it, you called and scheduled your appointment. That **IS** definitely the hardest part. Now, let us help ease your worry of what happens next. Here are some tips so that you can make the most of your EAP counseling experience:

Tip # 1: Be Honest

You have nothing to lose by being honest. The counselor works under strict confidentiality requirements and will keep everything you discuss private (unless you are a danger to yourself or others.)

Tip #2: Identify Counseling Goals

Figure out what goals you'd like to work on. Focus on what you most want to talk about in your sessions, and keep track of your progress.

Tip #3: Prepare for Sessions

Use a journal to write down all of your questions about the counseling process, your goals, reflections on what you've been working on, or where you're stuck, as well as to record your progress and any questions you may have for your counselor.

Tip #4: Prepare to feel some discomfort

You may have some feelings of emotional discomfort as you learn to approach problems in ways that might be new for you. This is normal and will ease as you begin using new techniques and strategies.

Tip #5: Communicate about your care

Speak up if you are thinking about ending counseling, whether it's due to making the progress you wanted, time commitments or if the counselor isn't a good match.

Tip #6: Give the process a chance, it's not a "Quick Fix"

When you're hurting and feel like you've run out of options, you want relief as soon as possible. Be patient. Be realistic about the timeframe.

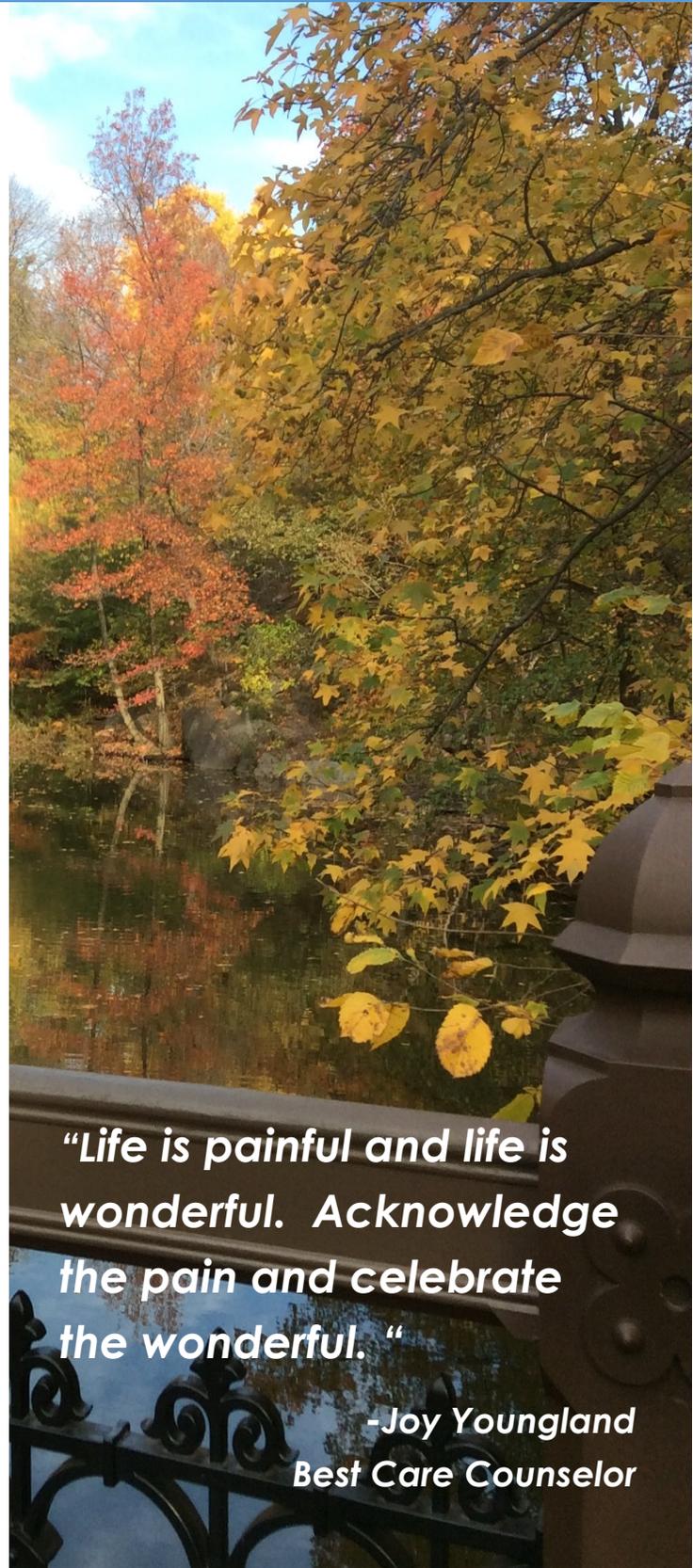
Tip #7: Be Proactive

Try not to wait until there is a crisis to use your EAP counseling service. While a crisis is motivating, you can also attend counseling before your relationship or health is at a crisis point.

Good counseling is all about helping you find your own solutions so you can face future challenges with confidence.

Again, congratulations on taking that first step by setting up your first session. We'll see you soon!

If you have any questions before your session—give us a call at **402-354-8000** or **800-801-4182** or email **eap@bestcareeap.org** and we'll get right back to you!



“Life is painful and life is wonderful. Acknowledge the pain and celebrate the wonderful.”

***-Joy Youngland
Best Care Counselor***



BEST CARE EAP