

# With Eyes Wide Open

Connecticut EAPA Chapter President's Message

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I'm writing this mid-afternoon on the day after the election and there's not a clear result yet. One thing is certain though, we have many nations beneath our flag. White and non-white, rich and poor, red and blue just about any contrast is becoming a new line in the sand to battle over. Diversity and inclusion workshops are now unable to be taught in Federal workplaces. The reality of how emboldened some factions are go against all the ideals that we were taught about America.

How this impacts Employee Assistance you might wonder. We, as the compassionate people we are, tend to absorb the vibes around us. Fear, anger, disappointment, heartache, are all taxing to our psyche. We can't not be affected. As EA practitioners, we have all been taught to meet the client where they are. Many clients will display a toxic behavior on top of the already full plate we're carrying. We'll need to plan for more mindfulness and grounding than ever before. I'd suggest that wherever we have found this personal healing before, that we arrange it and bake it into our schedule. If we can't help ourselves, we won't be able to help others. It's better to hand off your client than to drown alongside.

I have tremendous faith in and respect for my EA colleagues. I participate in the EAPA Wednesday Zoom gatherings and have seen the toll that COVID, the current need for social change and the national election is taking toll on our Members globally.

None of this looks to be ending soon. The level of heartfelt sharing during these calls is as intense as any group that I've ever been involved with. I'd recommend that if you possibly could schedule an hour from 12:00 until 1:00 on a Wednesday, to do it. You'll see me there, that's where I go to heal....