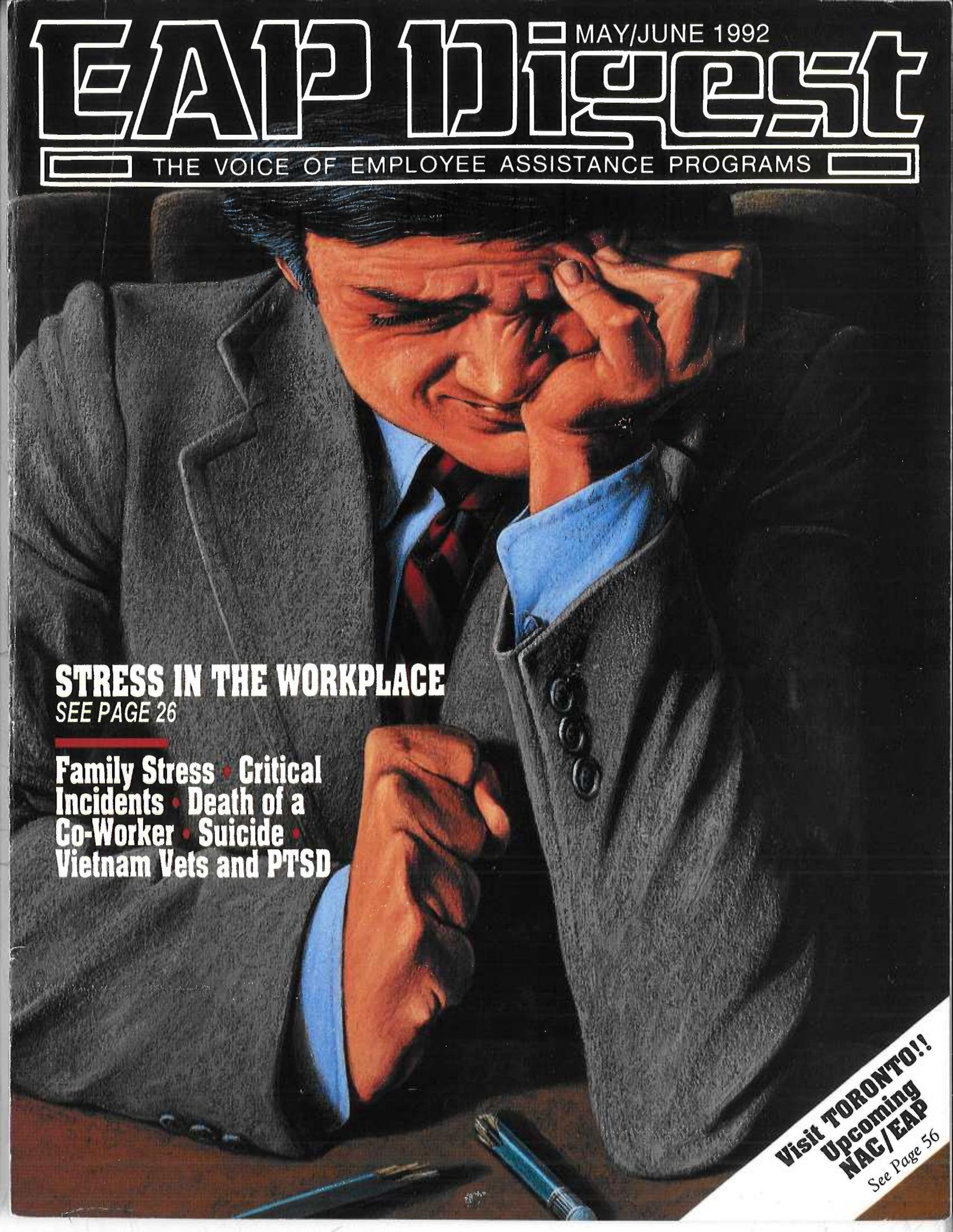


EAP Digest

MAY/JUNE 1992

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STRESS IN THE WORKPLACE

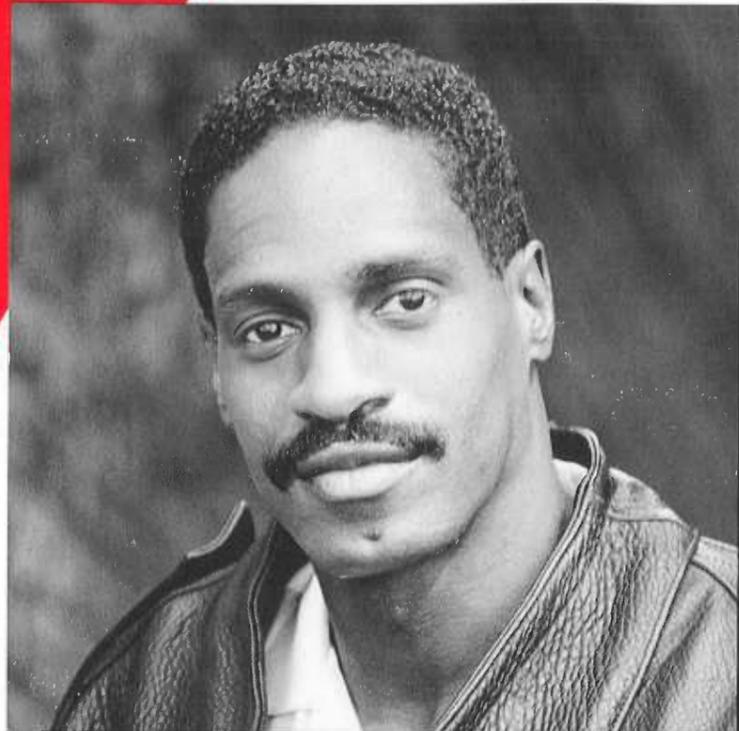
SEE PAGE 26

Family Stress • Critical Incidents • Death of a Co-Worker • Suicide • Vietnam Vets and PTSD

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See Page 56

"Thanks to my EAP and Insight, my treatment was tailor made for me."

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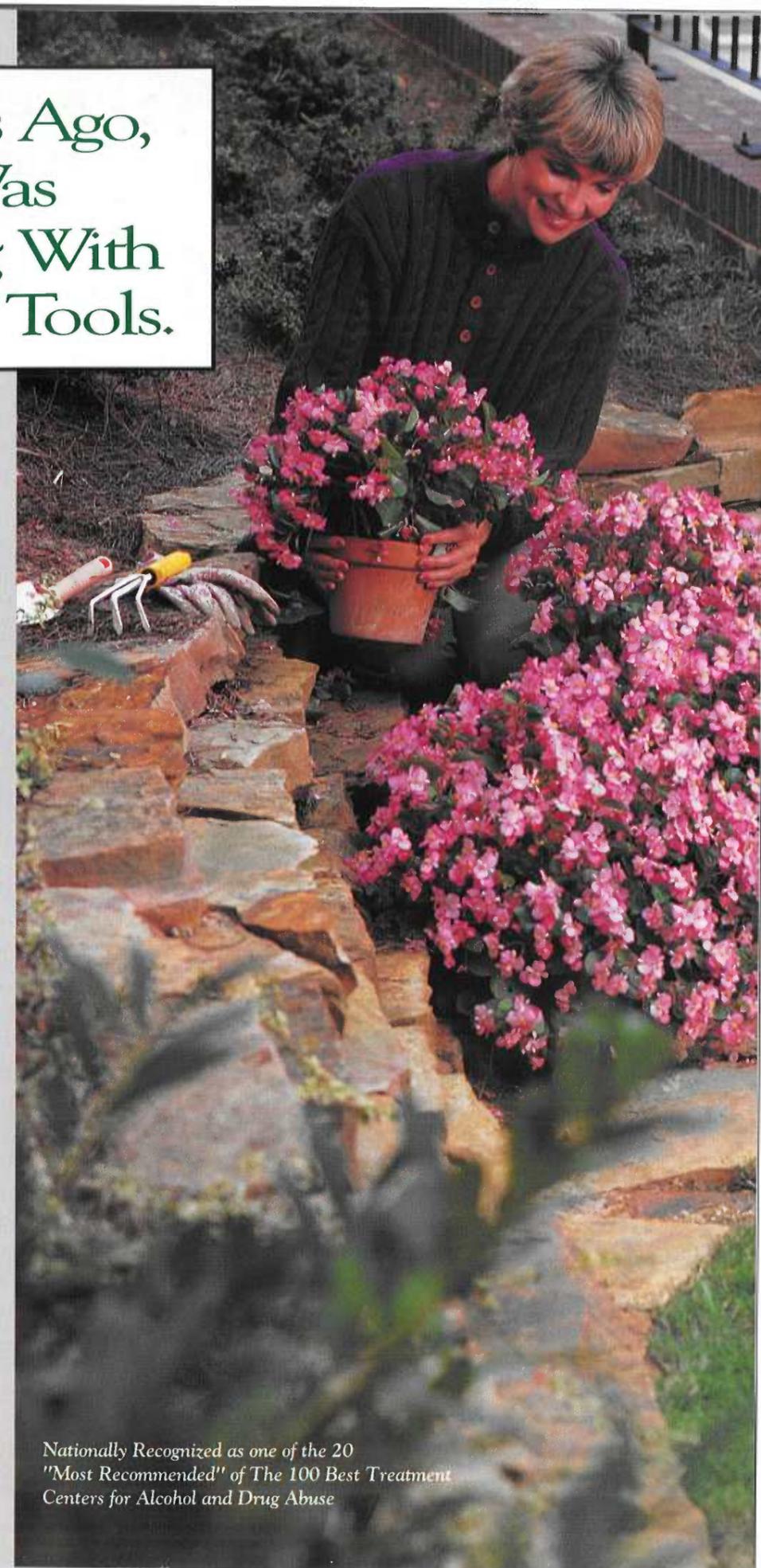
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Guilt raged within June until she entered Willingway Hospital. "Now I see the beauty of all that is around me and my life is positive. I am so thankful Willingway had the answers to change my lifestyle."

"At Willingway, people understood me, loved me and accepted me. They knew what was wrong with me. They told me I had an illness called alcoholism, and that I could recover." Today June focuses on a new program of living that allows her to accept the things she cannot change.



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On the Cover

Stress and trauma in the workplace highlight this issue of EAP Digest. From factory floors to office hallways to retail counters, stress is taking its toll on the workforce. For EAP professionals, awareness of the problem is a first line of defense.

Features

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Stress in the Workplace

A worker's poor nutritional and exercise habits, an organization's culture or management style—stress may seem an inherent part of work. It doesn't have to be. Learn how to identify and address stress in the workplace.

Thomas W. Miller, PhD, ABPP, Douglas Jones, MSW, and Jeanne M. Miller, BS (cand.)

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Family Stress and Employee Productivity

It's a fundamental EAP principle—problems at home most often spell problems on the job. A look at some of the stressors facing today's families and how these may impact employee productivity.

Joan Krusor, M.Ed., and James A. Blaker, MA

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Critical Incidents and Traumatic Events: The Differences

A review of current theories used to distinguish critical incidents from traumatic events.

CarolAnn Frolkey, MA, CEAP

39

When a Co-Worker Dies on Duty

Upon the death of a co-worker, an organization's position is often to serve the living through 'business as usual.' The author suggests, however, that the means for grieving and addressing the lesson(s) of the loss be allowed.

Marianne L. McManus, PhD

41

Assisting Families with the Trauma of Suicide

Some 1.25 million Americans will attempt suicide this year. Some 30,000 will succeed. The author offers useful information as to why some choose suicide, how to intervene, and how to assist those touched by suicide.

John Hipple, PhD

46

Identifying PTSD Among Vietnam Veterans

It was from the experience of war that traumatic reaction—known as Posttraumatic Stress Disorder (PTSD)—was first identified. Issues for assessment and referral with PTSD-affected Vietnam veterans are presented.

Rita A. Chaney, MS, CEAP

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Plus . . .

Make My Life Easier, in Guest Commentary. A message to treatment providers marketing to EAPs.—page 18

What Every Supervisor Should Know About the EAP. Steps for enlisting supervisory awareness and support for the EAP.—page 48



Greenleaf is ready to serve you with ETHICAL, CARING TREATMENT

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TO be honest in all public statements, advertising and publicity. To avoid misrepresentation of any kind, recognizing that therapeutic and professional relations can be maintained only on a basis of honesty and integrity.

TO make available clear and understandable information to individuals and families concerning treatment plans, cost obligations and outcome expectations.

TO refer individuals or families to another professional or program for treatment when it is in their best interest.

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