



UBHC
UNIVERSITY
BEHAVIORAL HEALTHCARE

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Services

- Employee Counseling
- Supervisory Training
- Supervisor Consultations
- Substance Abuse Services
- On-site Seminars
- Crisis Debriefing

Timely Communication Tips:

1. Choose a time to have the discussion - make it an appointment. Avoid those times when either of you are fatigued, ill, or under pressure.
2. Be specific: take time to reflect on what you are upset about and focus on specific actions, feelings, and attitudes.
3. Listen carefully. Allow each individual uninterrupted time to explain his/her viewpoint.
4. Work on one issue at a time. Decide what the uppermost concern is and discuss it.

Timely Topics

*Building Healthy Relationships**

One of the most common presenting problems encountered by an EAP involves problems in relationships. Most of us yearn to be in a relationship with a partner in which we feel supported, gratified and able to express our emotional vulnerabilities within a trusting, non critical bond. Unfortunately, these kinds of relationships tend to be special in by their absence and to prove to be a rarity. What is unfortunately more common is that a partner feels not emotionally supported, gratified or able to fully trust their significant other.

Fortunately, we have the ability to identify what factors act to impede forming healthy relationships. Many times these factors involve not being aware of and confronting our fears of intimacy. As a result we cannot communicate these fears to our loved ones so they can be resolved. Here are a few examples of common fears:

1. *Fear of becoming known as we really are.* Opening ourselves to others and their reactions is not only difficult for us, but it puts a demand on others to be likewise.
2. *Fear of pain and disappointment.* Mass media and advertisers have tried to convince us that we should be 100% happy 24 hours a day. Hurt, pain, disappointment, and loneliness are not comfortable feelings, but they are human. Without the risk of experiencing them, one can never experience loving and being loved.
3. *Fear of losing our freedom.* Can I risk giving up some of mine to care about you without you wanting to take it all away? Can I be both close and separate with you?
4. *Fear of being a taker as well as a giver.* It is difficult for most of us to receive, yet if we don't, no one can experience the joy of giving to us.
5. *Fear of judgment.* People are reluctant to disclose themselves because they dread the moral judgment of their friends, family, minister, and the law.
6. *Fear that showing love and affection is not proper.* This is especially true for men, but NOT restricted to them. Somehow we have been convinced that this is a sign of weakness rather than a sign of courage.
7. Once you begin to face your fears of intimacy, you can progress to forming healthy relationships by communicating your fears and concerns to a loved one.

*Adapted from Building Healthy Relationships <http://www.uwec.edu/counsel/pubs/bhr.htm>

EAP SERVICES

Did you know that anyone who lives in your household is eligible to use the EAP? They do not have to be related to you. Anyone residing in your household can call today and make an appointment.

All services are free to you and household members. Your employer has already provided this benefit for

you and your household members.

All services are confidential. No information is shared with anyone without a written release from you.

We see individuals and couples for a variety of reasons such as personal difficulties, relationship concerns, anxiety, depression, grief, stress and substance abuse.

We can help with family issues such

as parenting, single parenting, blended families and elder care.

Whatever your concerns, we are here for you.

**Don't forget that
we are always here for you.
We're a phone call away.**

1-866-EAP-UBHC