

EAP PHONE COUNSELING AVAILABLE

In addition to traditional face-to-face counseling, telephone counseling is also available through your EAP. Busy schedules, nervousness about going out in public, privacy considerations, and flexible availability are some possible reasons for using phone counseling services. Telephone counseling allows you to get the full benefit of a counseling session without having to go into an office.

Research has shown that phone counseling can provide useful and effective assistance. A study reported in the *Journal of Counseling Psychology* found that telephone counseling was beneficial, satisfactory, and provided specific improvement on the issue that lead to counseling.

Access to the EAP is as simple as calling 800-433-2320.

Benefits of Phone Counseling Include:

- You make the appointment that works for you. You don't need to take time off of work, contend with wicked weather, endure traffic jams, or arrange babysitters to get to a counselor's office.
- Therapy by telephone is convenient to your schedule. Scheduling a 45-minute appointment takes really more like 3 hours, once you factor in travel time and/or make childcare arrangements.
- Phone therapy is confidential and in the privacy of the location of your choice. Therefore, it may be easier for you to open up and trust more which may aid in accomplishing more in a shorter period of time.
- Phone counseling is flexible -- it happens wherever you are (i.e. in the comfort of your home, office, or while traveling in your car).

Phone counseling is just one of the services you can access through the EAP. Call us to find out all the EAP tools you have available.

Consult with Cascade EAP for recommendations and resources.

