

Trauma Treatment

(from GoodTherapy.org)

Reach out to a trained therapist.

There is no magical treatment that will heal you overnight, nor is there one form of psychotherapy that is right for everyone. You should be able to find a therapist, as well as a therapeutic approach, that works for you. Healing is like a marathon. It requires preparation, repeated practice, courage, determination, and the support of others—including that of a professional coach or therapist.

When looking for a therapist, it is vital to keep in mind that, regardless of what type of psychotherapy you pursue, your therapist should empower you and welcome you as a collaborator in your therapy, not attempt to impose control over you. Individuals who are active participants in their therapy are more satisfied with the therapy. Additionally, it is crucial that you feel safe in your therapeutic relationship.

While there are numerous therapeutic approaches, the purpose of all trauma-focused therapy is to integrate the traumatic event into your life, not subtract it. Some of the therapeutic approaches include: behavior therapy, cognitive behavior therapy, E.M.D.R. (eye movement desensitization and reprocessing), hypnotherapy, group therapy, psychodynamic, and medication.

Your EAP can help you to find an appropriate therapist for your specific needs.



IAM Peer Employee Assistance Program



The heart and soul of the District 141 Employee Assistance Program is the local lodge EAP peer coordinators. These dedicated men and women volunteer their personal time to assist other union members and their families who are experiencing personal difficulties. EAP coordinators do not make clinical diagnoses or clinical evaluations, however, they are trained to make a basic assessment of your situation and refer you to an appropriate resource for a more detailed evaluation. EAP coordinators will follow up to ensure you have been able to access services that addressed the difficulty you were experiencing.

CLE IAM EAP Coordinator

Patty Levstik

E-Mail: pattylevstik@gmail.com

IAM EAP Midwest Region Representative:
Mark Sanderson
(773)-601-5081 E-Mail: msandersoneap@gmail.com

IAM EAP Calendar

2017 EAP I-IV

Classes

William W. Winpisinger Education
and Technology Center

EAP I

October 1-6

EAP II

April 9-14

EAP III

June 25-30

EAP IV

September 17-22