

## Happy Holidays

We are grateful to all the people in our lives that have shared their time and energy in bringing joy to the lives of many.

Family, friends, colleagues and clients have taken the time in their busy lives to share knowledge, skills, willingness to connect with unconditional love and kindness.

Expressions of these health promoting attributes were sometimes challenged by difficult circumstance both personally and professionally.

Loved ones, jobs, friends, health; security and routines were “constants” that were lost in our life. The power of positive thinking, willingness to reach out to others and develop new strategies reinforced our spirit.

New routines born of the knowledge that change is constant, the world is a loving place and we may not have all the answers, brings forth a wealth of people and experiences into our life.

We are honored to be part of this positive energy to help ourselves and others meet the challenges of today’s societal realities.

This year our employees’ assistance services and private professional health services expanded.

Special thanks: To colleagues at the New York State Clinical Social Work Society for sharing and giving us the opportunity to contribute EAP educational seminars. Barbara Lucia-Aigen, RN, for contributions to our Newsletter and consultation. James Leathem, MST, Northport VA for sharing his education and compassion regarding Military Sexual Trauma. Brian Quinn, LCSW, Ph.D. for generosity in sharing expertise on Depression, Bipolar and more with our clients and colleagues. Merry McVey-Noble, Ph.D. for supervision and education regarding treatment of self-injurious clients and their families. Luanne Pennesi, RN, MS, Complimentary Medicine for providing education in alternative and standard care solutions to everyday and complex health issues. All added to our current *Energetics* workshops.

We continue to learn from the people who ask us for solutions to life challenges. While human beings are unique, our common denominator in health is living authentically. New Bridge EAS, LCSW, PC, Wishes You Happy New Year!

## Celebrating Our Spirit with *Energetics*

During the shortest days of the year, we are dedicated to celebrate the integrity of mind, body and sense of wellness. Promoting health is linked to our:

- Sense of connectedness
- Purpose
- Unconditional love and kindness
- Playfulness
- Spontaneity in expressing ourselves
- Focus; personal discipline and consistency
- Natural curiosity; sense of awe
- Passion to live life and leave a healthy legacy
- Capacity to learn life lessons

Other influences on our health include genetic constitution, structural trauma and environmental factors.

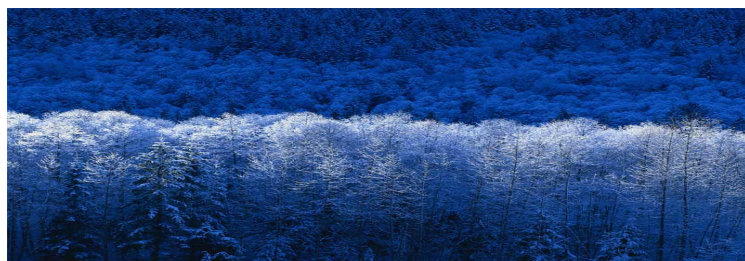
### *Beyond Cognitive Discord – Utilize the 4 Ps*

The process to heal starts when we identify that our experience is pervasively filled with negative emotions; such as anger, anxiety, guilt, worry, rage, frustration, fear, depression, grief, angst, jealousy and apathy.

The Four Ps helps us check if emotions are interfering with our life:

- 1) *Pervasiveness* - sometimes invasive thoughts that spoil a good time or prevent feeling okay.
- 2) *Persistence* - negative emotions persist for a long period of time such as 2-3 months.
- 3) *Proportion* - are negative emotions in proportion to the event; crying over spilled milk or a serious situation such as the death of a loved one.
- 4) *Performance* - are negative emotions interfering with your personal or professional life.

Unprocessed negative emotions can lead to physical symptoms and challenge the body’s innate ability to function. When we process emotions, they serve to motivate us. The present is empowering.



EAP helps organizations and individuals increase flexibility for life.

# Health Care Changes January 2011

## **Federal Mental Health Parity (FMHP) Act**

FMHP applies to all employer groups with 50 or more members. Collective bargained plans do not need to comply until the next bargaining agreement. Currently, members of Medicare are not subject to these provisions. Medicaid managed care plans are subject to the provisions and additional guidelines will be forthcoming from Centers for Medicare and Medicaid Services (CMS). Some employer groups have been subject to FMHP Act changes since July 1, 2010. If you are not clear, refer to your benefit plan and call the appropriate telephone number located on your health care plan card.

Employee assistance services can help you navigate with your health care provider to find out whether your condition meets medical necessity requirements.

## **James Zadroga 9/11 Health & Compensation Act**

After many years of passionate commitment of Americans, many of them first responders and relatives of those who became ill after breathing in toxins as they worked at the World Trade Center site in the hours, days and months after Sept. 11, 2001, have health care and compensation. The main goal of swift access to medications and treatment was finally achieved. With funding of \$4.3 billion, the bill provides 9/11 workers health care and compensation for five years.

# Care Giving

Caring for a child brings excitement, hopes and dreams about daily and future development. Caring for a loved one or friend who is ill is a much different experience, especially when the person you care for is in decline. In either case, there are new responsibilities and the need to gain support and connect with others. Ask New Bridge for help.

## **Consultation Contact Information**

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Email: [newbridge@eaplife.net](mailto:newbridge@eaplife.net)

New Bridge has online education and support information at [www.eaplife.net](http://www.eaplife.net). New Bridge clients have services available 24/7 days/week.

*Counseling is Confidential.*

Speak with New Bridge for more information.

# When Parents Live Apart

## **Let Your Child Know**

- Your relationship to each of your parents is separate and special.
- It's okay to say, "I don't want to talk about it," if one parent asks you about the other parent.
- It is important to tell your parent, counselor or an adult you trust about anything that hurts, confuses or bothers you, even when it is dad or mom you have to talk about.
- It is not okay for one parent to ask you details about your other parent's life. Such as, What is your mom (dad) doing? Who does she (he) talk to? What does she (he) wear?

Divorce and separation can breed bad blood between parents and children when one partner uses the children to target the other parent. Parental Alienation Syndrome - the parent/child disconnect evolves out of high conflict divorces. Who suffers the most? The child.

Richard Gardner describes this "syndrome" based on cases in which "the 'loved parent' is unable to tolerate separation from the child, programs the child, and uses the child to meet the loved parent's own emotional needs." Speedy intervention by therapists, attorneys and the courts can keep small problems from escalating into a cutoff in the relationship between parents and children. For more information refer to:

1. Baker, Amy J. L. (2007) *Adult children of parental alienation syndrome: Breaking the ties that bind*. W. W. Norton, New York. <http://www.amyjlaker.com/> (support for parent and child)
2. Gardner, Richard A. (1989) "The Parental Alienation Syndrome" Family Evaluation in Child Custody Mediation Arbitration and Litigation, Chapt. 6, 9 (Cresskill, NJ: Creative Therapeutics)
3. Lund, Mary, Ph.D., "Mediation and Parental Alienation Syndrome." Family Law Newsletter 15(1):17 (Spring 1992)



**The world can't  
weigh you down  
when you're  
standing on top of it.**

