

Faculty Staff Assistance Office

offers free and confidential consultation, counseling, and referral services to Boston University faculty and staff and their families. The services are for people who may be experiencing difficulties which affect their personal lives or work performance. The services are provided in a caring and respectful environment.

Using the FSAO

To schedule an appointment on either the Charles River or Medical Campus call **617-353-5381, 617-638-5381**, or e-mail **fsao@bu.edu**. You may also visit our website **www.bu.edu/fsao** and contact us via our online form.

If you are unsure of the best course of action, you can contact us by phone for a brief discussion of your needs before proceeding further.

Appointments are made Monday through Friday, between 8AM and 5PM.



Boston University Faculty & Staff Assistance Office

Phone: 617-353-5381
617-638-5381
Fax: 617-353-7970

Charles River Campus

270 Bay State Road, B-30
Boston, MA 02215

Medical Campus

Dr. Solomon Carter Fuller Mental Health Center
85 E. Newton Street, 10th Floor, M-1007
Boston, MA 02215



Feeling **stressed**?

Worries keeping you awake?

Having a **conflict** with a co-worker,

family member, or partner?

www.bu.edu/fsao

Working at Boston University can be rewarding. But challenging issues may arise which interfere with your ability to do your job well or intrude on your personal life. Personal satisfaction and productivity may suffer. The Faculty Staff Assistance Office can assist people in developing effective coping strategies or solutions with consultation, counseling or training. FSAO can also assist you in finding other qualified professionals.

Workplace Issues

- Supervisor/Supervisee Issues
- Managing Changes
- Burnout
- Balancing Conflicting Demands
- Impaired Work Performance
- Critical Incidents
- Difficult Conversations
- Work Conflict
- Managing Up
- Concerns about a Troubled or Distressed Co-Worker
- Retirement

Personal Issues

- Anxiety/Stress
- Depression
- Family and Relationship Conflict
- Addictions
- Harassment and Abuse
- Anger Management
- Trauma
- Grief and Loss
- Elder Care
- Parent Guidance
- Wellness/Self-Care



Trainings

The Faculty Staff Assistance Office offers a number of trainings throughout the year through the Office of Human Resources www.bu.edu/hr/training/. We also provide customized presentations to individual offices or departments. Examples of topics covered in the past include:

- Building Resilience: Turning Challenges into Success
- Workplace Conflict and Stress
- Thinking About Drinking
- Relationships: The Continuum from Healthy to Abusive
- Caring for Elder and Disabled People
- Understanding and Treating Compulsive Hoarding
- Coping with Holiday Stress
- Expectant Parents Program (with HR and Family Resources)
- Interpersonal Violence
- Mindfulness and Resilience

Meet our staff

Bonnie Jean Teitleman, LICSW

Director

Bonnie Jean Teitleman is a licensed, independent clinical social worker. After graduating from the Boston University School of Social Work, she worked at Beth Israel Deaconess Medical Center as a medical and psychiatric social worker and she was a Lecturer in Psychiatry at Harvard Medical School. Along with mental and behavioral health, Ms. Teitleman has additional training and interest in organizational consultation, workplace issues, mediation, couples therapy and elder care. She is also certified in Marriage and Family Counseling and consults on ethical issues for the Massachusetts Chapter of the National Association of Social Workers.

Karen Brouhard, LICSW

Counselor

Karen Brouhard is a licensed, independent clinical social worker who graduated from the Smith School for Social Work and has provided counseling, psychotherapy, consultation and training in a variety of settings. She has been a Lecturer in Psychiatry at Harvard Medical School and worked with victims/survivors of violence and abuse at Beth Israel Deaconess Medical Center's Center for Violence Prevention and Recovery. Ms. Brouhard has experience in working with physicians and other medical providers, in coaching, and in using mindfulness approaches in the workplace. She has contributed to leadership development programs and wellness initiatives here at BU and participates in the BU Network for Parents of Children with Disabilities.