

Chesapeake Current

December 2011

Merci! Hvala! Cheers! Danke Sehr! Joda!
Arigato! Gracias! Tack!

THANK YOU!

Can you believe 2011 is almost over? The holidays bring such a warm feeling. Some of the greatest elements of the season are driving through neighborhoods, admiring houses adorned with bright lights and decorations; going shopping and leaving the store with 10 things for yourself and 2 things for people on your gift list; observing the traditions of each winter holiday; and spending time with family and friends.

The holidays are a time of year to be thankful for so many things. As we look back on the past year, we begin to imagine the New Year and what we are going to do differently in 2012.

One resolution for myself, in 2012, is to tell people how much they really mean to me. I want to strive to not take any act of kindness for granted. Anytime someone helps me or someone else, I want to find a way to thank them personally. It could be as simple as an email, phone call, or a written note. This

task only takes about one minute, but makes such a big difference for the recipient. What a wonderful thing it is when someone truly appreciates you.

And on that note, on behalf of EAPA-Chesapeake, THANK YOU for being a member. THANK YOU for your continued support. It is because of you that we have such a wonderful turn out at every meeting, and are able to provide the types of trainings, amazing guest speakers, and fun events that we do. THANKS to our founding members; those that are serving on our current board; and those who have previously served on the board. Also on behalf of the EAPA-Chesapeake interns, THANK YOU for welcoming us into your chapter.

As John Maynard likes to remind us, "Without a professional organization there probably would not be an EAP profession."



Upcoming Events 2012

January 5th

SAP/DOT: An Update

Laura Dashner, LCSW, SAP, SAE

February 2nd

The EAP as Coach & Consultant

Tom Murphy, MS, LMHC(FL),
CEAP, NCC

March 1st

Tele-Health

Michael Lynch, Ph.D., ABPP

April

NO EAPA CHESAPEAKE
MEETING

Tuerk Conference April 17

Intervention in 2012- Current
Advancements

We Have an Email Address!!

Please contact us at
eapamd01@eapa-chesapeake.org

www.eapa-chesapeake.org



National Center for Tele-health & Technology (T2)- Virtual PTSD Therapy

T2 has developed a therapy model using virtual headsets to put service-members face-to-face with their experiences in combat.

"Treatment is customized to their memory, down to the day, time, weather conditions, location in the convoy or

combat stimuli themselves. The purpose is to activate the experience to increase emotional engagement, so they can process that memory," said Dr. Greg Reger.

Family members and friends can also use this technology to better understand what the

service member went through.

To read more about this therapy visit

<http://www.dcoe.health.mil/blog>

Please join us at March's EAPA Chesapeake meeting to learn more about Tele-Health.

Virtual Team: Kristy Gangaram, Katie Lumaro, Amanda Rutkowski, Janice Zimmerman