



# EFAP

## THREE TRAILS EFAP

FALL 2012

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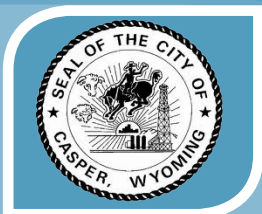
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## Parenting Moments



*by Christy Jindrick-THoll, LPC*

I have referred to myself as a "Love and Logic Parent" for several years now. The introduction of just small pieces here and there left me wanting for more. Eventually, I sought out training by the creators themselves, Jim Fay and Foster Cline. At first, my husband was a little leery of the program, thinking I was once again bringing home my counseling hocus-pocus. However, after seeing results with our daughter, he too was sucked in.

To share one of my favorite stories of a time we had a "Love and Logic" moment in our home, I will first have to describe a usual situation with our, then, 11 year old, full of pre-teen rolling of the eyes and the often what's in it for me attitude.

After some time grocery shopping on a summer afternoon, we had the task

before us to bring in all the goodies upon our arrival home. With our car full of bags in the back and her baby brother in his car seat, my daughter simply got out and stood at our front door waiting to be let in. Oh, she was a sight! Completely oblivious to the world around her with her ears plugged into her infamous ipod, she stood there, arms crossed and foot tapping. No offer to help. No care if the rest of us got out of the car.

I looked over and fantasized about all that I wanted to say to her. "Get your butt over here and help me.....What do you think you're doing..... After all I do for you...." wanted to ooze out of my mouth.

And then a little voice in my head reminded me of Love and Logic and I told myself to bite my tongue for a little bit. [...CONT. AT PARENTING MOMENTS...]

# Rules for Co-Parenting After Divorce

*Reprinted from Connections Newsletter, Summer 2003, Vol 5, Issue 2. Written by Russ Webb, formerly of Tumbler Ridge, British Columbia, it provides excellent advice to divorced/divorcing parents.*



## Three Trails Tips!

### ■ New Office Hours

Monday 9:00am - 6:00pm  
Closed during noon hour  
Tuesday 9:00am - 7:00pm  
Closed during noon hour  
Wednesday 9:00am - 6:00pm  
Closed during noon hour  
Thursday 9:00am to 7:00pm  
Closed during noon hour  
Friday 8:00am to 1:00pm  
Closed after 1:00pm  
Saturday Closed  
Sunday Closed

### Findings from a Families and Work Institute National Study

- Less than one third of employees (28%) today say their overall health is "excellent"—a significant decline of 6% from 2002.
- 41% of employees report experiencing three or more indicators of stress sometimes, often or very often, which is a significant increase from 2002.
- Work-life conflict increasing, especially for men.
- One in three employees experiences one or more symptoms of clinical depression.

For more interesting facts visit our website at:  
[www.threetrailsefap.org](http://www.threetrailsefap.org)

### **I will not "bad-mouth" my former spouse in front of or to my kids**

I recognize that I am really hurting my child(ren) when I speak negatively about their other parent. I understand that if I bad-mouth my former spouse that, in fact, I am hurting my own relationship with my child(ren), as they will resent my bad-mouthing. I understand that keeping my personal feelings private about my former spouse helps to keep healthy boundaries between adults and children. I will endeavor to allow my kids to develop as positive a relationship as possible with my former spouse for their best welfare.

### **I will not send messages of any kind to my former spouse through my children.**

I fully recognize that I need to talk directly with my spouse about any issues that specifically relate to our child(ren) and not pass verbal or written messages through them to my former spouse. I acknowledge that this activity over empowers children, forcing them to be involved in adult business rather than being allowed to just be kids. I will talk directly to my spouse about our children related issues to ensure healthy parent-child boundaries.

### **I will not quiz or dig for information from my kids about my former spouse.**

I recognize how this places my kids in the middle of my relationship with my co-parent and that my kids want to keep loyalties with both parents. Thus, I will endeavor to talk to my kids about what is important to them and not "dig" for information on my former spouse, as that will hurt my kids and my relationship to them.

### **I will deal with my former spouse in a respectful, business-like fashion.**

I recognize that we do not have to agree in order to have a business relationship. I will endeavor to not get into personal issues with my former spouse (unless agreed upon through counseling together) but, rather, will endeavor to address issues which are about the best welfare of our children.

### **I will keep adult information private from my children.**

I realize that telling my kids about the details of our relationship or details of the separation agreement really hurts them. I will refrain from telling them about court dates, custody issues or any money issues I may have with my former spouse, as this is adult information only and my children need experience being loved without having to try and emotionally deal with adult issues and adult information.

### **I will get my emotional support from other adults and not my children.**

I recognize that I (as do all adults) need emotional support in my life; however, I realize that it is not healthy to try and get that emotional support from my children. They need emotional support from me, not the other way around. I will endeavor to be responsible to take care of myself by finding my own adult emotional support systems.

### **I will not automatically believe everything my children say.**

I recognize that kids have their own agendas and that they can become over empowered when they learn how to pit one parent against another. This "divide-and-conquer" strategy may get my kids what they want from me and/or my former spouse, but I recognize that in the long run it is not in their best welfare and hurts our ability to parent effectively. Thus, I will be cautious when my kids "bad-mouth" my former spouse because they may be using it to get more out of me. I will endeavor to check out and clarify my children's stories with my former spouse when I feel there is a possibility that I am being pulled into my child's agenda.

# Three Trails EFAP, a member of Insight EFAP International, provides integrated service



In today's highly competitive environment, many employees struggle to balance the increasingly complex demands of work and personal lives. In fact, in any given year, 15-20% of a work force experiences personal problems around issues such as:

- | workplace relationships | emotional stress | family conflict | relationship issues |
- | substance abuse | aging parents | parenting challenges | legal and financial problems |

If left unresolved, these everyday problems may lead to diminished personal well-being and compromised job performance. The Insight Employee and Family Assistance Programs/Assessment and Resource Services (EFAP/ARS) are an integral non-profit component of progressive employee benefits programs. The ARS is committed to providing direct and immediate access to trained counsellors who can assist employees and their families to address issues before personal, family or work life is seriously affected.

The mission of Insight EFAP International is to encourage, promote and support member organizations in enhancing employee and family wellness, through workplace and community health and safety initiative.

## Parenting Moments

### [...PARENTING MOMENTS...]

"Remember, Christy. Remember. No reminder. No nagging or complaining. No lecture. Let the consequence do the teaching."

With my son in my arms, along with the diaper bag, my purse, a couple of grocery bags dangling from my fingers and my keys in the other hand, I let us all in. She skipped down to her room. I had two more trips to make. After putting everything away, I reconsidered whether I wanted to bring her up and let her know how disappointed I was that she didn't even bother to help. I decided to wait until my husband got home and updated him on the latest of her teen moments. We both agreed to delay the consequence for another time she wanted something.

So I did. Days went by and she knew nothing about my plan. Everything went on as usual. Until one day... My daughter sauntered up to me and in her sweetest voice asked, " Moooooommm, can you take me and

my friend to the mall?"

I thought, "Ha! This is it! Perfect!" In my sweetest voice I replied to her, "Oh, honey, I've got bad news. Remember the other day when we came home after going to the store and I had to carry your brother and all groceries in by myself? Yeah. I am just too exhausted from that. It was really rough. And I'm just afraid that I don't have enough energy to take you to the mall today. Maybe next time."

And with the biggest grin, I walked off and left her stunned and speechless. (Side note – She is used to Love and Logic and knows that if she started to argue with me I would simply state, "Love you too much to argue." Over and over again.

Needless to say, and without any other discussion about this, she is now the first one grabbing bags out of the car after we go grocery shopping. And then I get to think, "Wow, what a nice young woman she is turning out to be!"



Christy Jindrick-THoll, LPC

*Christy graduated from the University of Wyoming with a Master of Science in Counselor Education in 2008. Christy is a Licensed Professional Counselor with the State of Wyoming and is a National Certified Counselor as well.*

# Becoming a Love and Logic Parent Training Course

Beginning **Tuesday, September 25 from 5:30 – 7:00 pm** and running for **7 weeks**, Christy Jindrick-Tholl and Three Trails EFAP will offer the Becoming a Love and Logic Parent training course. The location of the course is yet to be determined. The cost of materials is \$10 and checks are made payable to: Three Trails EFAP.

Please call **Lynette Cotton at 237-5750** for enrollment information and to be placed on the participant list.

The Becoming a Love and Logic Parent curriculum was developed by Jim Fay, Charles Fay, Ph.D., and Foster W Cline, M.D. of the Love and Logic Institute, Inc., in Golden, Colorado. Christy is an independent facilitator of the Becoming a Love and Logic Parent curriculum.



## Member Spotlight!

### CITY OF CASPER

**Three Trails EFAP would like to congratulate the City of Casper for being awarded a prestigious Psychologically Healthy Workplace Award from the Wyoming Psychological Association. The award is designed to recognize organizations for their efforts to foster employee health and well-being while enhancing organizational performance.**



The City of Casper was recognized for their excellent programs dedicated to the health and well-being of their employees. The City has an **Employee and Family Assistance Program** that focuses on the overall health of the employee and the employee's family. They have quarterly health initiatives, such as the Water Challenge and Summer Wednesday Wellness Walks promoting healthy physical activity for all employees and their spouses. They provide an annual health fair and blood draw screenings for employees on their health plan. They participate in a mental health counseling service that is available, for free, to all full-time employees, retirees and their immediate family members. The services

are offered through **Three Trails EFAP** and there is no limit to the number of times the service is used. Part-time and seasonal employees are provided with free counseling services on through Central Wyoming Counseling Services. The City of Casper has been nominated for a national Best Practice Award for their work on their Employee and Family Assistance program and Three Trails.

According to City Manager John C. Patterson "We are proud of where we are, and this award is a great launching spot to work from to further improve the lives of our employees. We care about our people in totality. The City will continue to do more and work harder to make sure we remain a positive and healthy workplace."

## Three Trails EFAP

Three Trails Employee and Family Assistance Program (EFAP) is a counseling agency designed to respond to the needs of eligible active and retired employees, spouses, and dependent family members of participating businesses and organizations.

Our mission is to provide professional assistance early and in a timely manner so that problems do not worsen. Such concerns may include workplace stress, marriage and family tensions, alcohol and drug abuse, and other difficulties that may impact individuals. Counselors at Three Trails assess the scope and nature of the presenting concerns and will either provide counseling or refer the individual(s) to specialized services as necessary.

Three Trails EFAP is staffed by three counselors and an office manager. For more information or to schedule an appointment, please contact us.



**LOVING**  
**CARING**  
**KIND**  
**FRIENDS**  
**SMILES**  
**HOPE**  
**SERENITY**  
**MORALS**