

*A few words from St. Louis EAPA President - Ellie Saitta*

**August 1, 2010**



I have been contemplating the importance of what we do daily as EAP professionals. This contemplation reminded me of an experience that was shared with me by my daughter in law. Jamie is the Manager of Recreation for the City of Bozeman, Montana. One of the challenging tasks is to organize the annual Easter egg hunt. Jamie's well-trained staff and volunteers hide over 9,000 eggs for up to 1,000 children. The task involves cleaning, filling and hiding the plastic eggs. You can only imagine the orchestration behind such an undertaking. This year when all the eggs were hidden, Jamie added one more task. As the sun rose over the Bridger's mountain range, Jamie "breathed it all in". She paused looking out over the sea of eggs, their colors glistening in the sun. Jamie allowed each of her senses to capture this moment.

Today, I invite you to pause. Think about all of the lives you have touched and that have touched you. All of the companies you have improved, all those moments you changed and impacted. In our work we are honored to interact with others with a variety of needs and a variety of strengths. It is in those needs and strengths that we help guide people back to a road of recovery, improved marriages, improved health and a better quality of life. It is easy for our lives to get so hectic that we forget to pause and look at the beautiful "sea of human kind eggs" that we touch daily. So for today, take a moment.... pause.....breath..... and be assured the work you do matters.

Fondly,

Ellie Saitta, LCSW, CEAP

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**THE ST. LOUIS EAP ASSOCIATION**

Fall Conference 2010

**Understanding and Treating the Self Injurer:**

**Once an Obscure Psychiatric Symptom, Now an Alarming Mainstream Problem**

**By: Wendy Lader, Ph.D.**

**Date:** Wednesday, September 15, 2010

**Registration & Breakfast:** 7:30 AM – 8:30 AM      \* \*      **Program:** 8:30 AM – 3:30 PM

**Location:** Mercy Conference and Retreat Center, 2039 N. Geyer Road, St. Louis, MO 63131

**REGISTER EARLY!**

**Pre-registration - \$100.00\*    Door registration - \$115.00    Students - \$50.00**

If you have 3 or more in your group from the same organization, cost is \$90.00 per person, when mailed together.

**Attendees earn 6 PDH/CEU contact hours      (CEU Cost: \$15.00, PDH: Free)**

**Contact EAPA at 636-230-9199 for Registration Information**

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Dr. Lader, founder and clinical director of the S.A.F.E. (Self Abuse Finally Ends) Alternatives® Program. An internationally recognized expert on the treatment of self-injury, she lectures extensively on the subject and is co-author of the book, *Bodily Harm: The Breakthrough Healing Program for Self-Injurers* as well as *Self Injury: A Manual for School Professionals*. She is the founder of the Self-Injury Foundation and a founding member of the International Society for the Study of Self-Injury.

In affiliation with the S.A.F.E. Alternatives® Program, Dr. Lader has been featured on a variety of TV programs such as *Dateline NBC*, *20/20*, *ABC World News Tonight*, *CNN*, *Good Morning America*, *The Today Show* and *CAPA TV (Paris)*. In addition, she is cited frequently as an expert by the media, including *The New York Times Magazine*, *The Chicago Tribune*, *Counseling Today*, *Teen People*, *Newsweek*, *Time*, *U.S. News and World Report* and *Marie Claire (Paris)*.

## 2009-2010 EAPA

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## CALENDAR OF EVENTS

### LOCAL EVENTS

September 15, 2010 - 8:30-3:30

EAPA Conference - Mercy Retreat Center

### Meetings

November 12, 2010 - 8:30 - 10:00

St. Anthony's - Hyland Center

December 10, 2010 - 8:30 - 11:30

St. Anthony's - Hyland Center

### NATIONAL EVENTS

October 6-9, 2010

2010 World EAP Conference

"New Strategies; Emerging Opportunities"

Marriott Waterside Hotel &amp; Convention Center

Tampa, FL

October 5 &amp; 6, 2010

(Pre-Conference Trainings)

## EAPA Membership

### **Thinking about EAPA Membership?**

***Join the St. Louis Chapter of EAPA***

For a minimal investment you'll receive excellent benefits that will enhance your training and networking opportunities and help you grow as a professional. Whether you're interested in acquiring certification, staying connected to developments in employee assistance, or seeking to build industry relationships, you'll find value in EAPA membership. Get started today expanding your knowledge base and network of colleagues.

### **NEW CEAP CERTIFICATION REQUIREMENTS NOW IN EFFECT:**

There are two different tracks for earning your CEAP:

If you have a graduate degree in an area that is directly related to EAP work (such as psychology, social work, or counseling), you qualify for Track II. The requirements are:

- A minimum of 1,000 documented hours of paid employment in an EAP setting of some type that were earned over a minimum of 1 year within 10 years of the date of EACC exam application;
- A minimum of 20 Professional Development Hours (PDHs) in specified domains: 10, 7, and 3 in Domains I, II, III, respectively (see handbook for explanation);
- A minimum of 12 hours advisement over a minimum 3-month period with a currently certified CEAP advisor; advisements must be acknowledged and approved in advance;
- Sit for and pass the CEAP exam.

If you DO NOT have a graduate degree in an area that is directly related to EAP work, you qualify for Track I. The requirements are:

- A minimum of 1,000 documented hours of paid employment in an EAP setting of some type that were earned over a minimum of 1 year within 10 years of the date of EACC exam application;
- A minimum of 60 Professional Development Hours (PDH,) in specified domains: 10, 20, and 30 in Domains I, II, III, respectively (see handbook for explanation);
- A minimum of 12 hours advisement over a minimum 3-month period with a currently certified CEAP advisor; advisements must be acknowledged and approved in advance;
- Sit for and pass the CEAP exam.

Please Note: All new CEAP candidates applying for initial certification after July 1, 2010, must have completed at least two (2) hours of Domain I ethics training as part of their PDH eligibility requirement. This training must have been specifically approved by the EACC to meet this requirement.

For a complete and detailed explanation of the certification process as well as all the forms you need, the CEAP Candidate Handbook is accessible at no charge under the heading, "Credentialing/CEAP Certification," on the EAPA web site.

If you have any questions, contact Shirley Springfloat, Director, Credentialing - 703-387-1000 Ext. 311 [certdir@eapassn.org](mailto:certdir@eapassn.org).