

# UCLA STAFF AND FACULTY COUNSELING CENTER

*Insight that Moves You Forward*



**T**oday's fast-paced and complex world is full of opportunities and expectations, stressors, and personal and job-related challenges. The Staff and Faculty Counseling Center can help you navigate through uncomfortable situations and feelings, so you gain the insight you need to move forward.

## About Us

**Meeting self-expectations, as well as the expectations of others, can at times feel overwhelming. Focusing on self-care, work-life balance and emotional wellbeing often get overlooked amidst a busy life. The Staff and Faculty Counseling Center (SFCC) is there to help employees achieve increased engagement, satisfaction, fulfillment and growth in their personal and work lives, and to function optimally as a productive member of the workforce. Our highly skilled and bilingual team of licensed behavioral-health professionals will make your experience at the Center personalized and confidential, while moving you towards an effective action plan. The Center's counselors have decades of experience and are knowledgeable about the UCLA environment and culture.**

## Our Philosophy

When you choose the SFCC for employee assistance program counseling, consultation, or coaching services, you are treated with dignity and respect in a safe and welcoming environment.

Our philosophy includes:

- Enhancing problem-solving skills to explore all feasible and constructive options.
- Building personal resilience to better handle stress and improve emotional well-being.
- Developing new perspectives that can enhance positive outcomes.
- Offering practical tools that can assist you in taking constructive action to improve interpersonal relationships.

## Confidentiality

The SFCC places a high priority on confidentiality. All information shared is completely confidential to the full extent provided by law.

## Eligibility

Up to three free counseling sessions per problem are available for UCLA faculty, staff and their immediate family members/significant others. Referrals may be made to community therapists and services for ongoing counseling and assistance. Management consultations, coaching and departmental training are also offered at no cost to departments.

## Counseling, Consultation & Coaching

You and your family members/significant others have access to experienced, licensed counselors who can assist with a myriad of personal, interpersonal, family and work-related challenges. The SFCC can help with concerns about emotional wellness, such as depression and anxiety, and substance abuse. The Center also assists with building and enhancing skills proactively to help prevent or ameliorate problems. Coaching is available to develop communication, emotional intelligence, parenting, stress management and biofeedback skills.

## Crisis Management

If your department experiences a stressful event or tragedy such as a death or is dealing with violence-in-the-workplace concerns, the Center is available to help manage these incidents.

## Management Consultation & Coaching

As a leader, you may need to seek creative and effective solutions to difficult work-place situations from time to time. The Center provides consulting and coaching services that can assist supervisors and managers in developing effective interventions. The SFCC is available to support managers in improving work relationships, building effective teams and addressing organizational change.

## Work-Life Resources

Balancing work-life issues can be time consuming and demanding. The SFCC can direct you to applicable and useful resources.

## Departmental Training & Support Groups

You can participate in training sessions and support groups that will help you develop and enhance your skills in areas such as communication, conflict resolution, change management, emotional intelligence, teamwork and resilience. The SFCC provides departments with specialized workshops and retreats upon manager's request. In addition, the Center periodically offers educational support groups on such topics as elder care, pain management, diversity awareness, leadership, communication, and work and life transitions.

## Contact Us

For appointments, call **310.794.0245**

Office hours are 8 a.m. to 5 p.m., Monday - Friday. Evening and early morning appointments are available upon request. Visit the SFCC website at:

**[www.chr.ucla.edu/employee-counseling](http://www.chr.ucla.edu/employee-counseling)**