

The Faculty & Staff Assistance Office

is a confidential
counseling and referral
service available to
faculty, staff, and their
families on the
Charles River and
Medical Campuses.
The FSAO is available
for consultation
on a variety of work
and personal issues.
All services at the FSAO
are free of charge.

Using the FSAO

When in doubt about the wisest course of action, you may call the office for information or consultation.

Please call **617-353-5381** or e-mail **fsao@bu.edu** to schedule an appointment.

Please visit our website:
www.bu.edu/fsao



Boston University Faculty & Staff Assistance Office

270 Bay State Road, B-30
Boston, Massachusetts 02215
Phone: 617-353-5381
Fax: 617-353-7970

Faculty & Staff Assistance Office
at Boston University Medical Campus

General Clinical Research Center
88 East Newton Street
Evans 8 (Evans Building, 8th Floor)
Phone: 617-353-5381

♻ Please recycle.

Boston University's policies provide for equal opportunity and affirmative action in employment and admission to all programs of the University.

0409 975297



Feeling **stressed?**

Worries keeping you awake at night?

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

family member, or partner?

www.bu.edu/fsao

**BOSTON
UNIVERSITY**

Workplace Issues

Work life can bring great rewards, but along with them there can come challenges and problems—some common to most work environments; others unique to an educational setting.

The FSAO can help you develop effective coping strategies and solutions through consultation, counseling, and training.

The FSAO can assist with:

- Managing Change
- Balancing Conflicting Demands
- Distressed or Troubled Employees
- Supervisor/Supervisee Issues
- Career Enrichment
- Workplace Conflict

The staff at the Faculty & Staff Assistance Office conducts a number of trainings throughout the year; most can be found under the Work, Health, and Life Series at www.bu.edu/hr/training. We also customize trainings and seminars for individual offices or departments.

Trainings include:

- Difficult Conversations
- The Troubled Employee
- Stress Management
- Business Etiquette
- Coping With Loss
- Resources for the Elderly



Personal Issues

Employees and their families may have personal, emotional, or relationship difficulties apart from the work environment. The FSAO can help you identify and work through problems or help you find resources in the community. We can help with:

- Anxiety and Stress
- Family and Relationship Issues
- Depression
- Addictions
- Anger Management
- Lifestyle Issues

Meet Our Staff

Bonnie Jean Teitleman, LICSW

Director

Bonnie Jean Teitleman is a licensed independent clinical social worker. After receiving her MSW from Boston University, she worked at Beth Israel Deaconess Medical Center as a medical and psychiatric social worker. 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.

Thierry Guedj, PhD

Associate Director

Thierry Guedj completed his doctorate in clinical psychology at Boston University, where his training included a specialization in community mental health and child psychology. Thierry currently works with adults, families, children, and adolescents. In recent years, he has developed an expertise helping people with leadership, career, and workplace challenges. Thierry also consults employees and managers on organizational dynamics and leadership. He is a native of Paris, France, and is fluent in French and Spanish.