Feeling stressed?
Worries keeping you awake at night?
Having a conflict with a co-worker, family member, or partner?

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
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](http://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

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.

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