The EAP Team
The counsellors of the EAP team have been chosen for their expertise in counselling in a wide range of areas and in occupational stress prevention and management. They have developed an understanding of the culture of the university which has assisted them in achieving many successful counselling outcomes for university staff.

They are all employees of the specialist stress prevention unit of CRS Rehabilitation. CRS has provided counselling services to the community for over fifty years.

Julie Russell
is responsible for coordination and policy development in the EAP. She has skills in resolving problems related to service delivery and would welcome comments from users of the service. Julie has a background as a Hospital Scientist, followed by 15 years in Human Resource Management. The last 5 years have been as a Regional Manager with CRS.

Counsellor Profiles

Tim Upsdell
has post graduate training in occupational and clinical psychology with special expertise in stress assessment and management. Tim's strengths are in the areas of organisational management and change and in counselling people about dealing about substance abuse and trauma.

Sandy Policansky
is a social worker with post graduate training in conflict resolution. Sandy has specialised in occupational stress and child, adolescent and family issues. Critical incident debriefing and trauma counselling are additional skills.

Diana Buratto
is a social worker with considerable experience in counselling. She has special expertise in interpersonal and family issues and in grief and loss counselling. Diana speaks fluent Italian.

Garry Newman
has a background as a psychologist, university lecturer, teacher and rehabilitation counsellor. In particular, Garry has developed expertise in relationship counselling and career planning.
EAP

The Employee Assistance Program has been available to staff of the University of Adelaide since January 1995.

The program provides free counselling assistance to employees experiencing personal difficulties at work or at home.

Work stress difficulties, such as resolving conflict, responding to trauma, relationship or bereavement problems, can also be addressed.

The EAP is confidential and anonymous, that is, no-one at the University need be aware that you have used the service.

The counselling is provided by an experienced and impartial team of counsellors who are employed by an external agency.

Staff may choose a particular counsellor or request one who specialises in:
- conflict resolution
- individual stress management
- career counselling
- family therapy
- grief and loss counselling

Procedure

Any staff member wishing to access an Employee Assistance counsellor can contact the service direct by phoning:

8402 4255 in business hours, or 041 982 0866 after hours (until 8.00pm) and all day on weekends and public holidays.

Referral to the program can also be made by a union or health and safety representative, supervisor or colleague with the consent of the staff member.

Participation in the Employee Assistance Program is free.

It is not necessary for a staff member to seek approval from the University or to notify anyone if they want to participate in an Employee Assistance Program.

Contact times and locations can be arranged to accommodate the needs of staff members.

This brochure was produced by The Personnel Services Branch of the University of Adelaide in April, 1998.

Your Guide to the Employee Assistance Program of the University of Adelaide

To contact:
Phone 8402 4255 during business hours or 041 982 0866 after hours (until 8.00pm) and all day on weekends and public holidays.

For further information, phone Tony Mitchell, Rehabilitation Coordinator, on extension 34641., or Julie Russell, EAP Co-ordinator, CRS Rehabilitation at 8402 4244.