



## Case study

# Providing counseling support for struggling siblings

### Situation

A member was greatly concerned that her children, both young adults, were growing apart. The 2 siblings had been inseparable in their youth but, despite the member's attempts to mediate between them, she realized she needed help in order to rebuild their relationship.

The member turned to the Employee Assistance Program (EAP) offered by her employer, where an EAP professional directed her to no-cost family counseling support. The EAP professional provided a list of counselors conveniently located near the family, enabling the member to make a group appointment. Despite initial hesitations, the family was patiently guided by the counselor and began opening up in their counseling sessions.

### Outcome



Thanks to their counselor's ability to make everyone comfortable, the siblings began communicating with each other more openly



The counselor provided tools to help the siblings repair their relationship, ultimately strengthening their bond and improving their communication



The member is happy with the positive changes she has seen in both of her adult children

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