

What to expect from Biblical/Christian Counseling

The process of Biblical counseling may include, but is not limited to:

- Education and application of our God given purposes and identity in Christ
- Learning and applying new skills
- Identifying and repenting of sin
- Rejecting ungodly ways of thinking and behaving
- Gaining knowledge and insight concerning personal motivations
- Working through issues of woundedness and unforgiveness
- Learning to trust more in God rather than yourself or others

Biblical Counseling may also incorporate the use of Insight Oriented Therapy, and Cognitive Behavioral Techniques, Psycho-educational Counseling, as well as the application of scripture and Biblical principles.

No guarantee is made that the counseling you receive will affect the desired results. Individual success largely depends on the intentional application of the insights, skill and knowledge the client gains through the counseling process and their willingness to be active, open, honest and as consistent as possible with their therapist. For the Christian, your success also depends on your personally seeking God for guidance.

No one else can solve your problems for you, but through gaining knowledge, insight, understanding and wisdom based on God's truth and developing an increasing reliance on God, you can experience increased success in your life and relationships.

What your therapist expects from you:

- Express concerns and ask questions
- Ask questions and be open and honest
- Complete assignments
- Come to counseling free from the influence of any substances
- Pay your fees upon arriving to your session (have checks made out in advance)
- Be on time and leave on time for your appointments - other clients may be waiting
- Cancel at least 24 hours in advance** (by phone, text or email) unless you have a sudden serious illness or emergency (No shows and cancellations made less than 24 hours in advance will be billed at the "hour per session" rate)

What is counseling like?

- A **safe place** where you will be accepted no matter what your struggle or difficulty
- An opportunity to grow personally and spiritually
- Personally challenging and yet rewarding
- Teaches responsibility for the things you have control over
- Most sessions are approximately 50 minutes in length. Initial session last up to 1.5 hours
- Couple's sessions generally last 80 minutes

What to expect from your therapist:

- Return your calls within 24 hours in most cases
- Continue to update her skills and obtain ongoing training for herself
- Keep all information confidential** - UNLESS you are hurting yourself or others, or are engaging in illegal activity. (She is required, **by law**, to report this type of activity.)
- Treat you with kindness and respect
- Develop a plan with you to help you achieve your goals and objectives consultation
- Seek confidential consultation with other professionals when appropriate
- Pray with you and for you
- Help you to find an appropriate referral if necessary

*Counseling may be terminated for consistent failure to complete assignments, failure to pay fees, and failure to consistently show for scheduled appointments.

Please sign and date stating you agree to the items outlined on this page: _____