

## How do I find a Christian Counselor?

For many people, making the decision to seek professional counseling can be difficult. Just because you can't fix the situation alone does not mean that you've failed. Help is available, and God desires to bring healing through this support.

**When seeking out a counselor, here are some suggested guidelines:**

1. **Pray for God's wisdom, discernment, and sensitivity.** Ask God to direct you to the right person for your situation. Draw near to God, dig into scripture, attend church, and keep connections with other healthy people—inviting them to be praying for you as you pursue this support.
2. **Seek personal understanding of your situation.** The more you understand the problem, the more you will be able to promote spiritual growth in your marriage and/or family. It's also very important to examine your own contributions to the issues that you are facing.
3. **Choose one or two individuals to speak truth to you during this season.** Agencies with Christian licensed therapists will ask if you would like to incorporate prayer, scripture and other God-centered care into your time with the counselor. This is highly-encouraged. Trust the care that God will provide through the therapy you prayerfully pursue.

## How do I best prepare for my call to the counseling agency?

1. Identify the problems you are dealing with.
2. Commit to the therapist you are given for at least three to four sessions prior to acting on any doubts. (If you are unhappy with the therapy you're given, contact your counselor or the clinic's Patient Care Coordinator.)
3. Know the type of insurance and policy you carry.
  - In order to get the best benefit from your insurance provider your therapist must work at a Rule 29 mental health clinic and be a licensed mental health therapist.
  - Prior to your initial visit the agency will contact you if they need more information or have any questions.

May God bless and lead you as you seek help. If you have any further concerns, comments, or questions, please call us at 651.429.9227.