

Covenant Counseling

What is Biblical Counseling?

The following are some facts about Biblical counseling at Covenant Counseling that will help you to know what to expect and what will be expected of you. After you have read this fact sheet, please sign a copy of it indicating that you have read it and bring it with you to your first appointment.

1. Biblical counseling is a ministry of the local church. All counselors are under supervision of the church leaders. The counseling ministry is neither a business nor a profit-oriented activity. Each counselor serves without any charge or fee.
2. We address a wide range of problems, including anger, worry, fear, depression, anxiety, alcohol and drug abuse, marriage issues, parent-child relationships, and any number of other problems that result in personal and interpersonal tension, turmoil, and distress.
3. The Biblical counselors are trained in the use of the Scriptures and the principles and practices of Biblical counseling. They are committed to the belief that the Scriptures provide the only authoritative rule of faith and standard of conduct for living. They do not base their counseling knowledge on their own opinions, experience, or concepts of behavior. They are not trained psychotherapists or licensed professional counselors, nor do they practice psychological therapy.
4. Confidentiality is respected. What occurs during counseling may be discussed with other counselors or the leadership of the church, but only to the degree necessary to find further biblical solutions to the problems presented and/or for training purposes. All such consultation will be conducted in accord with the highest standards of Biblical ethics.
5. Biblical counselors believe in the total health needs of the counselee. Your counselor may recommend that you have a full or specified medical examination. If medical assistance is required, counseling will continue whenever possible, at the same time.
6. Your counselor will use all of their ability, relying on the Holy Spirit of God, in applying biblical principles to help you in whatever problem deprives you of the peace and joy that God promises in His Word. Your counselor will concentrate on three basic principles from God's Word:
 - a. **Hope.** Because in Jesus Christ we have a great high priest who has been tempted in all things, yet without sin. Even though every sin common to man may be tempting to you, God has promised that He will not allow you to be tempted beyond what you can bear, but will provide for you the way of escape so that you will be able to endure it. (1 Corinthians 10:13; Hebrews 4:14-16)
 - b. **Change.** Because in Christ we can learn how to lay aside the old selfish ways of living and put on the new ways of living in a manner worthy of the Lord, to please Him in all respects, bearing fruit in every good work and increasing in the Knowledge of God. (Ephesians 4:20-24; Colossians 1:10)
 - c. **Homework.** Because we need to prove ourselves, lest we be merely hearers of the Word, forgetting and deluding ourselves. For only in becoming effectual doers of the Word shall we be blessed in what we do. (James 1:22-25)

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7. Normally, counseling sessions will last about one to t-and-a-half hours each week and will continue for eight to ten weeks. If you respond more quickly to Biblical admonition, the counseling sessions may last no more than 4-5 weeks. However, if the counselor does not observe definite change in the first few weeks, he will seek to identify the cause of the failure, discuss it with you, and help you correct it.
8. Appointments are to be made with the counselors directly. They will be your contact person for any questions or matters requiring immediate or emergency help between sessions. Most questions or matters should be recorded and brought to the next counseling session for discussion. If you are unable to come to the counseling session, please notify the counselor at least 24 hours in advance of the session whenever possible.
9. You will need your Bible and a notebook at all sessions including the first one. Be sure to bring them with you each time. Come with high expectations. You will find hope and encouragement even on your first visit. From then on, with your cooperation, we believe you will find a good and acceptable answer to the difficulty that prompted you to contact us.

I have read and understood this fact sheet for Biblical Counseling.

Name: _____ Date: _____