



# Biblical Counseling at HCC

Your Word is a lamp to my feet and a light to my path. Psalm 119:105

## FACTS ABOUT BIBLICAL COUNSELING

**THE CONCEPT OF BIBLICAL COUNSELING:** Biblical counseling is committed to the position that Scripture provides the only authoritative guide for what we are to believe and how we are to live (2 Timothy 3: 16, 17). The Biblical Counselor is trained in the use of Scripture and the principles of biblical counseling. He does not base his counsel on man's wisdom, opinions, experience, or concepts of behavior, (Isaiah 55: 8-11) but seeks to bring the full range of Biblical truth to focus on the counselee's need (Hebrews 4:12).

**THE SCOPE OF BIBLICAL COUNSELING:** Biblical counseling deals with the entire range of problems confronting mankind including: broken marriages, parent-child relationships, fear, depression, alcohol and drug abuse, tension, anxiety, worry and any other problems that may result in mental and/or physical immobility. In short, the Biblical Counselor is equipped to deal with any problem dealing with ourselves, our relationship to God or our fellow man (2 Peter 1:3).

**TEAM COUNSELING:** Counseling is done in teams. Normally, sessions are conducted with a lead counselor and one or two assistant counselors in attendance. (Proverbs 11:14; 15:22; 18:17; 20:18; 24:6; Matthew 18:16).

**MEDICAL NEEDS:** 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 in conjunction with medical advice.

**ELEMENTS OF BIBLICAL COUNSELING:** Your counselor will use all of his skill in applying Biblical principles to enable you to glorify God in your life and to enable you to gain victory over the problems that are depriving you of the peace and joy that God has promised to you in His Word. Your counselor will concentrate in three areas that are necessary for Biblical change to take place.

**Hope** – In Jesus Christ we have a great High Priest who has suffered and been tempted in all things, yet He never sinned. Because of Christ, even though you may be facing every sin common to man, you can have victory. God has promised that He will not let you be tempted beyond your endurance and that He will provide a way for you to have victory in the midst of your temptation. (1 Corinthians 13:13; Hebrews 4: 14-16).

**Change** – 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 Jesus Christ. We can learn to please God in every area of our lives. We can learn to live a godly life and to live in such a way that we will be increasing in our knowledge of God and our ability to relate to others. Biblical counseling will enable you to make practical changes. (Ephesians 4: 20-24; Colossians 1:10).

**Practice** – We need to prove ourselves to be doers of God's Word and not merely hearers of the Word. Only in the actual practice of the Scriptures shall we be blessed in what we do and only then will we please the Lord (James 1: 22-25; Proverbs 28:13).

**LENGTH OF COUNSELING:** Normally, counseling sessions will last one hour per week and will continue for eight to twelve sessions. If you respond quickly to Biblical counsel the number of counseling sessions may be lessened. 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 in order to help you to correct it.

**APPOINTMENTS:** Your appointments will be scheduled with your counseling team. If you are unable to attend a counseling session, please notify the counseling office at least 24 hours before the session.

**WAITING PERIOD:** If a counseling team is not immediately available, you will be counseled as soon as possible on a one-time basis. During this session, the counselor will provide a plan for you to follow while you are waiting for the regularly scheduled sessions. You may be asked to attend a Bible study or the Self-Confrontation course. You may be asked to listen to audiocassettes or to read a book or other materials related to your problems. This way you can begin to work on solutions to your problems immediately.

**LOCAL CHURCH INVOLVEMENT:** In order to achieve lasting victory over the problems of life, it is vital that each person become established in a consistent Christian walk. The Lord has provided the local church as the discipleship center (Hebrews 10: 24, 25). Therefore, it is important that counseling sessions be accompanied by church attendance, participation in a group Bible study and other discipleship activities in your local church. The counseling team may contact your church and request their assistance in involving you in these activities. One of your elders or deacons may even become part of the counseling team to provide the most effectual help for you. It is our commitment to do what will best bring about victory over your problems. \_\_\_\_\_(Initial)

**MATERIALS NEEDED AND EXPECTATIONS:** You will need a notebook and your Bible at all sessions, including the first session. Be sure to bring them each time. Come with high expectations. You will find hope and encouragement even during your first session. We are absolutely confident that the Word of God has solutions to all of life's problems (2 Timothy 3:16, 17; 2 Peter 1:3). \_\_\_\_\_(Initial)

**HOMEWORK:** Progress in counseling is dependant upon the faithful completion of assignments between counseling sessions. Therefore, one of the requirements for continued counseling is the completion of assignments given by your counselor. If you fail to complete your homework without good reason, counseling will be terminated until assignments are completed. It is suggested that you work daily on your assignments. Your counselor understands that each person learns at a different pace, with varying amounts of time, so if you are having difficulty completing you homework, please let your counselor know. \_\_\_\_\_(Initial)

I have read "Facts About Biblical Counseling." I understand and intend to comply with the counseling requirements I have initialed above.

Signature \_\_\_\_\_ Date \_\_\_\_\_



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## CONSENT TO COUNSEL

Through the Biblical Counseling and Educational Center

**Our Goal** - Our goal in providing Christian counseling is to help you meet the challenges of life in a way that will please and honor the Lord Jesus Christ and allow you to enjoy fully His love for you and His plans for your life.

**Biblical Basis** – We believe that the Bible provides guidance and instruction for faith and life. Therefore, our counseling is based on scriptural principles rather than those of secular psychology and psychiatry. Neither the pastoral, nor the lay counselors of this ministry are licensed as psychotherapists or mental health professionals.

**Professional Advice** - In the process of Biblical counseling there are often times when there is a need for significant advice with regards to legal, medical, financial or other technical areas. In those cases you will be encouraged to seek independent professional counsel. Our pastoral and lay counselors will be happy to cooperate with such advisors and help you to consider their counsel in the light of relevant scriptural principles.

**Confidentiality** – Confidentiality is an important aspect of the counseling process and we will carefully guard the information you entrust to us. There are four situations, however, when it may be necessary for us to share certain information with others; when a counselor is uncertain how to address a particular problem and needs to seek advice from another pastor or counselor; when a counselee attends another church and it is necessary to talk with his or her pastor or Elders; when there is a clear indication that someone may be harmed unless others intervene; or when a person persistently refuses to renounce a particular sin and it becomes necessary to seek assistance of others in the church to encourage repentance and reconciliation (see Matthew 18:15–22; 24:11). Please be assured that our counselors strongly prefer not to disclose personal information to others, and they will make every effort to help you find ways to resolve a problem as privately as possible.

**Resolution of Conflicts** – On rare occasions a conflict may develop between a counselor and a counselee. In order to make sure that any such conflicts will be resolved in a biblically faithful manner, we require all of our counsees to agree that any dispute that arises with a counselor or with the Center as a result of counseling, will be settled by mediation and, if necessary, legally binding arbitration in accordance with the Rules of Procedure of the *Institute for Christian Conciliation*; judgment upon arbitration award may be entered in any court having jurisdiction. (We will be happy to provide you with booklets that explain that Christian conciliation process and describe its benefits and procedures.)

Having clarified the principles and policies of our counseling ministry, we welcome the opportunity to minister to you in the name of Christ and to be used by Him as He helps you to grow in spiritual maturity and prepared you for usefulness in His body. If you have any questions about these guidelines, please talk with the Administrator. If these guidelines are acceptable to you, please sign below.

Dated \_\_\_\_\_ Signed \_\_\_\_\_