

What We Believe

- There is one God who exists in three persons: Father, Son and Holy Spirit.

- Jesus Christ (the Son of God) was born of a virgin, was sinless, performed miracles, died on the cross as an atoning sacrifice for our sins, and rose again. He ascended into heaven and will return in his glory and power.

- A person becomes justified by grace through faith in Jesus Christ.

- The Bible is the infallible, inspired, inerrant and authoritative Word of God.

- The Holy Spirit indwells the believer and regenerates sinful humanity, gives illumination to the Word of God and convicts people of sin, enabling the Christian to live a godly life.

- Humanity (male and female) was created by God in His image and, as a result of sin, we do not enjoy the life or relationships that God intends for us.

- Membership in the family of God and His church is important for fellowship, belonging, encouragement and accountability.

- **The Church:** We approach counsel without preference to any denominational teaching on topics outside salvation (by grace through faith in Christ), and we recommend that certain topics be discussed with their pastor and research in the Word.

- **The Family:** We hold to the biblical understanding that a marriage union is between a man and a woman. As ministers of reconciliation (2 Cor. 5:18-19), we seek to help couples unite and reconcile when possible.

- **Competence:** We commit to continued training and competence in Scripture and in the application of Scripture to mental health and relational issues affecting modern society. We recognize that when Scriptures are introduced to our lives and in the lives of those served, it must be done with grace and humility.

How We Help Pastors

– Professional Counseling –

Our counselors have years of experience counseling and we delight in helping meet the needs of those struggling within the church.

– Accountability –

We encourage members of a local church to be under the spiritual protection of their pastor and elders. Therefore we desire that the Pastor have knowledge of the client's participation with us. This may include the specific issue, the goal of counseling, specific scriptures addressing one's need, or the termination of counseling.

** Please Note: We request that church members complete a release form prior to counseling.*

– Reasonable Rates –

The typical rate for counseling is \$75.00 per counseling hour. The rates for church members are reduced if the client's Church is one of our *Ministry Partners* by financially supporting this ministry.

MINISTRY PARTNERSHIP

We offer 3 levels of partnership with the local church:

- **Level 1:** A participating church donates \$500 annually. This level reduces the counseling fees approximately 30% to \$50 per session (A potential savings of \$1,300 per year for your member).

- **Level 2:** A participating church donates \$1,500. This level of participation reduces the counseling fees by 40% to \$45 per session (A potential savings of \$1,560 per year for your member).

- **Level 3:** A participating church donates \$2,500. This level of participation reduces the counseling fees approximately 50% to \$37 per session (A potential savings of \$1,976 per year for your member).

** Figures based on regular weekly visits (1 visit per week) for one calendar year (52 weeks).*



OUR SERVICES

We offer several different counseling services:

- Family Therapy
- Individual Therapy
- Group Therapy
- Adolescent Therapy
- Military Support
- Pre-marital Therapy
- Parenting
- Blended Families
- Spirituality
- Life Coaching
- Divorce
- Trauma
- Anxiety
- Depression
- Grief & Loss
- Design/Sexuality

We specialize in the ministry of helping those who are in conflict with their gender and/or sexuality.

The **inCourage Counseling Center's** relationship with the local church is extremely important: we assist pastors in the spiritual care of their flock. Pastors often have excessive demands placed upon them, often expected to be everything for everyone within their congregation. Often, the counseling needs exceed the time and energy available in the pastor's already-filled schedule, leaving little time for the pastor to spend time with family or in reading the Scriptures.

We seek to lighten the pastor's burden by fulfilling the counseling needs of the congregation.

? Do I need to be a Christian to receive counseling at inCourage?

No, you do not need to be a Christian to receive counseling. However, our counsel is based on the Bible and the Gospel. We believe that Jesus Christ is the Way, the Truth, and the Life.

? Do I Really Need Counseling?

Counseling is for people who have enough strength and humility to realize they need a helping hand when facing difficulties in life. You are taking responsibility by accepting where you're at in life and making a commitment to overcome obstacles by seeking out godly counsel. Christian Counseling can provide long-lasting benefits and support.

? How Can Counseling Help Me?

A number of benefits are available from participating in Christian counseling. Many people also find that Christian counselors can be a tremendous asset to managing personal and spiritual growth, interpersonal relationships, family concerns, marriage issues, and the hassles of daily life.

Christian counselors can provide a fresh perspective on a difficult problem, help you understand the situation biblically and help you to change the heart. The benefits you obtain from Christian counseling depend on how well you use the process and put into practice what you learn. Some of the benefits available from counseling include:

- Attaining a better understanding of yourself, your goals and values
- Developing skills for improving your relationships
- Finding resolution to the issues or concerns that led you to seek counseling
- Managing anger, grief, depression, and other emotional pressures through a relationship with God
- Improving communications and listening skills
- Changing old behavior patterns and developing new ones
- Discovering new ways to solve problems in your family or marriage
- Grow in your relationship with the Lord

? What Is Counseling Like?

Every counseling session is unique and caters to each individual and their needs as well as their personality. It is standard for Christian counselors to discuss the primary issues and concerns in your life and faith during counseling sessions. It is common to schedule a series of weekly sessions, where each session lasts approximately one hour, however others schedule bi-weekly appointments. Counseling can be short-term, focusing on a specific issue, or longer-term, addressing more complex issues or ongoing personal growth.

There may be times when you are asked to take certain actions outside of the counseling sessions, such as reading a relevant book or keeping records to track certain behaviors. For counseling to be most effective you must be an active participant, both

during and between the sessions. People seeking Christian counseling are willing to take responsibility for their actions, work towards transformation and work to develop a greater understanding of their faith amidst their struggles. Here are some things you can expect out of counseling:

- Compassion, respect and understanding
- Biblical perspectives to illuminate persistent patterns and feelings
- Real strategies for enacting positive change
- Effective and proven techniques along with practical guidance

? Is Counseling Confidential?

In general, the law protects the confidentiality of all communications between a client and counselor. No information is disclosed without prior written permission from the client. However, there are some exceptions required by law to this rule.

Exceptions include:

- Suspected child abuse
- Threat of bodily harm to another person
- Threat of self harm

? Do You Accept Insurance?

We do not accept insurance at this time. We will, however, give you a receipt upon request to submit to your insurance carrier. It is the client's responsibility to contact the insurance company prior to any appointment to determine eligibility for insurance coverage.

We do our best to keep rates as low possible to help the most people we can. We reduce our rates for eligible low-income families through the gifts of friends of the ministry and our ministry partners.