

FIRST BAPTIST CHURCH

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COUNSELING AGREEMENT

If you are interested in receiving biblical counseling at First Baptist Church, please read and sign the following statement.

The biblical counselors at FBC are available to take a limited number of counseling cases. Our counselors (by design) are not certified by the state of Indiana; rather, they have received or are receiving extensive training in biblical counseling. Our primary counselors are certified by or are in the process of becoming certified by the National Association of Nouthetic Counselors.

If you seek counseling at FBC, we want you to know that **all counseling will be conducted in accordance with the counselor's understanding of the Scriptures.** Your counseling will be **biblical**, meaning that the Bible will be the authority in all cases. If you are not sure that you will be interested in biblically based counseling, you may first attend one or two sessions to better understand what biblical counseling is like. If you are unwilling to use the Bible as the final authority or are unwilling to do the assigned homework, the sessions will be terminated.

If you attend a church other than FBC, we encourage you to invite your pastor or another leader from your church to accompany you to the counseling sessions. We recognize and respect the authority and discipline of your church. The attendance by your pastor or other leader will make the transfer back to the pastoral care of your church much easier. If you are not attending a church, or if your pastor or another leader from your church does not accompany you to the counseling sessions, or if your church is not structured or willing to provide the kind of counseling received at FBC, we will expect you to attend FBC on a weekly basis while you are in counseling here. Lasting change is more effectively realized when people also receive help from the church's ministry of preaching, teaching, and fellowship and when those ministries complement the help given in counseling.

Confidentiality is practiced in our counseling sessions; however, absolute confidentiality is not scriptural. In certain circumstances, the Bible requires that facts be disclosed to select others (Matthew 18:15ff). If your church leadership should inquire, we will disclose to them only the information that we believe is necessary for them to effectively and biblically fulfill their responsibility to shepherd you. If you have a problem with this procedure, please discuss your concerns and reasons for those concerns with your counselor.

At any time during the counseling, either the counselor or the counselee—for reasons sufficient to himself or herself—shall have the option of terminating the counseling.

FBC currently does not charge a fee for counseling. However, there are costs associated with maintaining this ministry. If you would like to express your appreciation and make a contribution, please make donations to First Baptist Church (counseling ministry), not to the counselor. Also, you may be required to purchase homework materials in the course of counseling.

Biblical counseling involves giving scriptural teaching and making practical application to the counselee. **The counselee is held fully responsible for how he implements that counsel.**

First Baptist Church is also committed to training biblical counselors. This means that one or two people may sit in the sessions with the counselor for training purposes.

We are confident that the Bible has all the information necessary for life and godliness (2 Peter 1:3). There are no problems between persons or in persons that the Bible fails to address either generally or specifically. Our counselors are not infallible, nor do they pretend to know all there is to know about biblical teaching and its applications to life. But they are well-equipped and competent to help people change. They will make a point to differentiate between God's commands and their suggestions. Counselors will also honestly tell you if they are stymied and will seek help. Please note that we do not give medical or legal advice.

If a conflict should arise between the counselee and the counselor, both parties agree to resolve the dispute outside the secular court system. Conciliation will be sought under submission to and at the direction of the elders of First Baptist Church, Carmel, Indiana.

If you are willing to enter into this kind of counseling, please sign below and mail this form along with your completed PDI.

I have read the conditions for counseling set forth in this document and agree to enter into counseling in accordance with them:

Signed: _____ Signed: _____ Date: _____

PERSONAL DATA INVENTORY (PDI)

IDENTIFICATION DATA:

Name: _____ Phone: () _____ - _____
Address: _____
Occupation: _____ Business Phone: () _____ - _____ Sex: M F
Education: (last year completed) _____ Other training _____
Birth Date: ____/____/____ Age: ____ Separated: ____ Divorced: ____ Widowed: ____ Single: ____
Going Steady: ____ Married: ____
Referred here by: _____ Phone: () _____ - _____
Email address: _____

MEDICAL HISTORY:

Have you had any of the following physical problems? Please check:

Heart Problems ___ Liver Problems ___ Visual Problems ___ Sensory Distortion ___
Weakness ___ Problems Walking ___ Unusual Hair Loss ___ Parkinson's Disease ___
Blackouts ___ Amnesia ___ Impotence ___ Physical Change ___ Constant Hunger ___
Food Cravings ___ Headaches ___ Dizziness ___ Stiff Neck ___ Bulimia ___ Anorexia ___
Hallucinations ___ Changes in Sexual Drive ___ Seizures ___ Brain Tumor ___
Multiple Sclerosis ___ Bowel/bladder ___ Nausea/Vomiting ___ Weight Change ___
Personality Change ___ Déjà vu ___ Changes in Consciousness ___ Lung Problems ___
Allergies ___ Cancer ___ High Blood ___ Pressure ___ Menstrual Irregularities ___
Kidney Problems ___ Head Stroke ___ Injury/Concussion ___ Fatigue ___ Rashes ___
Heat/Cold Sensitivity ___ Memory Problems ___ Episodic Disorientation ___ Pneumonia ___
Speech Problems ___ Incoordination ___

Rate your health: Very Good ___ Good ___ Average ___ Declining ___ Other ___

Your approximate weight: ___ lbs. Recent weight changes: Lost ___ lbs. Gained ___ lbs.

List all important, present, or past, injuries or handicaps: _____

List previous surgeries (those which required anesthesia)

List all prescription and over the counter medications: Include diet pills, laxatives, birth control pills, cold and allergy medicines, and aspirin.

What is your average daily caffeine consumption? Include coffee, tea, chocolate, stimulants, and caffeinated soft drinks.

How many hours of sleep do you average each night? Have there been any recent changes? Is this sleep restful?

Have you or others noticed any changes in your personality (anger, mood swings, irritability, withdrawal) thinking and memory, or work habits?

Have you ever had a severe emotional upset? Yes ___ No ___

Explain: _____

Have you recently suffered loss from serious social, business, or other reversals? Yes ___ No ___

Have you recently suffered loss of someone who was close to you? Yes ___ No ___

RELIGIOUS BACKGROUND

Denominational preference _____ Name of Church _____

Are you a member? Yes ___ No ___

Church attendance per month (circle): 0 1 2 3 4 5 6 7 8 9 10 +

Church attended in childhood _____ Were you baptized? Yes ___ No ___

Religious background of spouse (if married) _____

Do you consider yourself a religious person? Yes ___ No ___ Uncertain ___

Do you believe in God? Yes ___ No ___ Uncertain ___

Do you pray to God? Never ___ Occasionally ___ Often ___

Are you saved? Yes ___ No ___ Not sure what you mean ___

How much do you read the Bible? Never ___ Occasionally ___ Often ___

Do you have regular family devotions? Yes ___ No ___

Have there been any changes in your religious life, explain: _____

If you were to die and stand before God and He asked you why He should permit you to enter Heaven, how might you respond? _____

PERSONALITY INFORMATION

Have you ever had psychotherapy or counseling before? Yes ___ No ___

If yes, list counselor and dates: _____

What was the outcome? _____

CIRCLE ANY OF THE FOLLOWING WORDS WHICH BEST DESCRIBE YOU NOW:

Active ambitious self-confident persistent nervous hardworking impatient impulsive moody
often-blue excitable imaginative calm serious easy-going shy good-natured introvert extrovert
likable leader quiet hard-boiled submissive self-conscious lonely sensitive. Add at least two
more _____

Have you ever felt people watching you? Yes ___ No ___

Do people's faces ever seem distorted? Yes ___ No ___

Do colors ever seem too bright? Yes ___ No ___

Are you sometimes unable to judge distance? Yes ___ No ___

Have you ever had hallucinations? Yes ___ No ___

Are you afraid of being in a car? Yes ___ No ___

Is your hearing exceptionally good? Yes ___ No ___

Do you have problems sleeping? Yes ___ No ___

Indicate which might have applied during your childhood and/or adolescence:

School problems ___ Family problems ___ Medical problems ___

Drug/alcohol abuse problems ___ Social problems ___ Legal problems ___

Please Explain: _____

MARRIAGE AND FAMILY INFORMATION:

Name of Spouse: _____ Address: _____

Phone: () _____ - _____ Occupation: _____ Bus. Phone: () _____ - _____

Spouse's age: _____ Education (yrs.) _____ Religion: _____

Is spouse willing to come for counseling? Yes ___ No ___ Uncertain ___

Have you ever been separated? Yes ___ No ___ When? From _____ to _____

Have either of you ever filed for divorce? Yes ___ No ___ When? _____

Date of marriage: _____ Ages when married: Husband _____ Wife _____

How long did you know your spouse before marriage? _____

Length of steady dating with spouse _____ Length of engagement _____

Give brief information about any previous marriages: _____

Information about children (PM=Children from previous marriages)

PM	Name	Age	Sex	Living Y/N	Education	Marital Status	Living with you
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_____ If you were reared by anyone other than your parents, explain

How many older brothers _____ sisters _____ do you have?

How many younger brothers _____ sisters _____ do you have?

OCCUPATIONAL HISTORY

What jobs have you held in the past? _____

Does your present work satisfy you? If not, please explain: _____

Present annual income _____

PLEASE ANSWER THE FOLLOWING QUESTIONS:

1. What is the main problem as you see it? (What brings you here) _____

When did it start? Please specify a date if possible: _____

Please describe any significant events occurring at that time. _____

2. What have you done about it? _____

3. What do you want us to do about it? _____

4. As you see yourself, what kind of person are you? (describe yourself) _____

5. Is there any other information we should know? _____

6. What, if anything, do you fear? _____

