

Welcome to FBC's Biblical Counseling Ministry.

"I am grateful you are here and I look forward to walking with you as you continue to grow in who Christ is and your relationship to Him. My prayer is that God will do great things in our time together as we seek Him. I desire to provide the highest quality, gospel-centered counseling through the framework of the story of God as revealed in the bible. We are Created in the image of our God and given dominion and honor in His image, but fallen from our original stature; fractured and needing rescue."

In order to be as clear as possible about the counseling and the administrative procedures used, please read the following information. Indicate your agreement to the policies by signing your name and the date at the end of this document.

What is Biblical Counseling?

Biblical counseling involves understanding the problems of living in a fallen world, and very practical solutions, from the perspective of Scripture. The Bible is used both to define the problems and to develop methods for solving them. There are certifications and seminary training involved in my biblical counseling, however, I am not a licensed psychologist and will not be prescribing any medication. I hold a Therapon certification, CBT and am devoted to ensuring the quality of the counseling offered.

Goals, Risks and Benefits:

There is always a risk of emotional side effects from counseling. Sometimes symptoms worsen before they get better. Often counseling brings up painful emotions. Our goal is to confront these issues and emotions together in order to work through them in a timely manner. Other types of counseling, such as support groups may also be appropriate in your situation. Together we will determine if one or more types of counseling are indicated and/or appropriate. If at anytime, I believe that I am not of benefit to you; I reserve the right to end our meetings. If you have any questions or concerns regarding me or our counseling process, please contact Chris Bruce at Chris@Firstbaptistlexingtontexas.org.

Confidentiality:

Confidentiality is an important aspect of the counseling process. I carefully guard the information you entrust to me to the fullest extent possible. However, I can not promise absolute confidentiality. I reserve the right to consult with the pastor of this church and my counseling mentor for the purpose of providing the highest level of care. In these cases, I will be careful of your identity whenever possible. Therefore, information will not be released about particular counselees except in the few situations required by the Bible or by the mandated reporting laws of our state. Those situations are: 1. When someone is in danger of being a harm to themselves or others. 2. When a child or elderly is physically or sexually abused. 3. Active suicidal thoughts or intentions 4. A crime has been committed.

In the case of marriage, family or youth counseling, there is limited confidentiality, meaning the confidentiality belongs to the relationship and not to the individual.

Client Expectations:

Please plan to arrive 5 minutes early so the session can begin on time. You may be asked to complete homework assignments or read in conjunction with your counseling. Your commitment to the counseling process will greatly determine the outcome of your experience. Homework is designed to facilitate personal time with God during the week, which is a critical part of the counseling process. Lack of participation can lead to the need to reevaluate/and or terminate counseling.

Length of Counseling:

This will be a joint effort on my part and that of my counselee, based on the unique strengths and weaknesses they bring to the counseling process, as well as, the nature of the problem addressed. You have the right to end counseling at any time. Counseling is voluntary.

Fees:

Counseling sessions will be 55 min. Long. Counseling sessions will take place in “The Living Room”. Together decisions concerning how often and how long you should come will be discussed.” Personal checks and cash are acceptable for payment. I do not file insurance. Payment is due in full the day of service. Regular sessions are 60 min. /\$45. Members of Lexington Baptist Church receive a \$5 discount per session. \$60 per session for couples.

*Scholarships may be available if qualifications are met.

Cancellation Policy:

Your appointment times are reserved exclusively for you and you will be expected to pay for the session at full rate if you do not show up or provide a 24 hour cancellation notice. (except for absolute emergencies) * In the event of an emergency contact 911.

Parent Consent signature for minor:

I, the undersigned, represent that I have legal authority as guardian/parent to acknowledge

And approve the counseling of _____(minor).

Signature

Date

Adult Consent Signature:

By my signature, I acknowledge I have read and understand and accept the guidelines stated above.

Signature

Date

