

## Finding a Faithful Christian Counselor

Here are a few wise guidelines as you look for a licensed Christian counselor:

### Begin with Prayer

Ask God for wisdom and discernment. Invite the Holy Spirit to guide you to someone who is a good fit: highly clinically skilled, a match for your temperament, values, and needs, and genuinely dependent on Christ in their work.

### Look for More Than a Label

Not everyone who lists “Christian” integrates faith into their counseling. You might ask:

- How does your faith shape the way you counsel?
- How do you incorporate prayer or Scripture, if a client desires it?
- How do you approach spiritual growth in the counseling process?
- How do you depend on the Holy Spirit during sessions?
- Are you actively involved in a local church?

A faithful Christian counselor will respect your spiritual life and be comfortable bringing God into the healing journey. You’ll often see this in how they integrate Scripture as a foundation for care, pray when appropriate, and humbly depend on the Holy Spirit, recognizing that true healing comes from God.

### Pay Attention to Fit

A counselor may be qualified and still not be the right fit for you. It’s okay to ask questions, schedule an initial session, and discern after 2-3 more. Then ask yourself:

- Do I trust this counselor?
- Am I making measurable progress towards my goals set during the process?
- Are my day-to-day coping skills improving in handling the distress of this issue?

If you’re unhappy with the care you receive, speak with your counselor or the clinic’s patient care coordinator. Healing often happens where there’s trust, safety, and honesty.

If you are experiencing abuse, addiction, or self-harm, we also encourage you to connect with a pastor for spiritual support *alongside* professional counseling.

## Preparing to Call a Counseling Agency

Taking the first step can feel overwhelming. A little preparation can help:

- **Identify the problems or concerns you’re facing.** This will guide the intake process.
- **Give counseling a fair start.** Assess if the counselor’s a fit after 3-4 sessions.
- **Have your insurance information ready when you call.** The agency will contact you if they need anything further before your first visit.

May God bless and guide you as you take this step toward healing.