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How to Get the Most from Counseling

The counseling you are beginning is Christian, biblical (Bible-based) discipleship counseling. Providence Baptist Church (PBC), its elders, and its counseling staff ("PBC Counseling") are Christians who have had training in the Scriptures and their application to life. This counsel will not be based on the systems of men, or their own ideas. Their goal is to help you apply biblical principles to your problems and struggles. This will help you now and will leave you with biblical guidelines for problem-solving for the rest of your life.

Most problems people have involve relationships – a person's relationship to God is the most important. Unless that relationship is right, nothing else in life can be altogether right. If you are uncertain about your relationship to Jesus Christ, your counselors will be glad to speak with you about it.

The other problems that counselees have usually concern people. The Scriptures teach us how God can enable us to relate properly to Himself and to others. During the sessions, you and your counselors will talk about your relationship to God and to others.

Because it is foundational to all that is being done in the counseling session, we desire that you take time every day to read a portion of the Bible and to pray. We also require you to do your homework as assigned. Prayerfully ask God to give you the strength to do what you have been asked to do. Counseling is not magic that takes place during a one-hour weekly event, it is Biblical guidance for the rest of the week where change must occur. Within six weeks or so, your counselors are going to look for a definite change, and if there isn't real change, they will want to evaluate the situation to discover the reason.

If difficulties arise during the week:

1. Do NOT panic.
2. Write about the problem, specifically but briefly.
 - a. Write what you have done about it.
 - b. Write what the outcome was and what led to that outcome.
3. Bring this information to the next counseling appointment.

Counselors do not usually counsel on the telephone in between sessions. Advice given over the phone, without full consideration of all the circumstances, can be misleading. You need to sit down at a session to discuss the subject fully so that we can help you reach biblical decisions. Because of our small staff, we are not able to do crisis counseling, but if you have an urgent need to contact your counselor, call the church office.

At the end of each session, please agree on/confirm the schedule for your next appointment. If you need to change an appointment, please call as soon as possible so that we can rearrange the schedule. Since counseling hours are limited, we ask that you attend to come to every session until finished.

May God bless you as you strive, by His power, to follow His Word.