

Problems! Problems! Problems!

"In each of us there is an urge to be free. To live without worry and stress and distress and pain. We all want to be free from frustration, guilt, resentment, blame, fear, anger, discouragement, worry, and freedom from unfulfilled desires..."

Sometimes it is necessary to seek the help of others to find freedom. However, finding the right kind of help can get confusing.

What is Counseling?

The ministry of Counseling is the Ministry of burden bearing (Gal. 6:2), Truth speaking (Eph. 4:15), and seeking the comfort of the Holy Spirit (Jn. 14:16-18) with someone who has a calling on their life from God (Eph. 4:11-13) "... to bear the infirmities (conflicts) of the weak, and not to please ourselves" (Romans 15:1).

Counseling in and of itself cannot change anyone or remove conflicts or help people find freedom. However, the Ministry of Counseling can equip Christians to change and overcome their conflicts, with God's help.

- * Proverbs 8:14 "Counsel is mine, and sound wisdom..."
- * Proverbs 12:1 "whoso loveth instruction loveth knowledge: but he that hateth reproof is brutish."
- * Proverbs 12:17 "He that speaketh truth sheweth forth righteousness..."
- * Proverbs 20:18 "Every purpose is established by counsel: and with good advice..."
- * Proverbs 24:6 "For by wise counsel thou shalt make thy [decisions]: and in multitude of counselors there is safety."
- * Isaiah 9:6 "...his name shall be called... Counselor, the Mighty God, The everlasting Father, The Prince of Peace."

How Do I Know If I need Counseling?

This question is not easy to answer because people may need help for various reasons. Here are some general guidelines.

First, seeking help does not mean a person is weak or incapable of overcoming conflicts on their own.

There are some Temperament types that do well without outside help. While others need help. The Ministry of Counseling is recommended for the following:

- * people who are suicidal or homicidal
- * people who are phobic
- * people who are depressed
- * people who are struggling with an unusual amount of anxiety
- * people with addictions such as drugs, alcohol, sexual, etc.
- * couples having marital problems, separated or contemplating divorce
- * parents having major problems with child rearing
- * people with ongoing personal and spiritual conflicts
- * children or adolescents having difficulties in school

Is All Counseling the Same?

Contrary to popular belief, the Counseling Profession is not standardized. Standardization in any profession means all training is the same. An example will illustrate. Suppose you broke your arm and went to a doctor in Memphis, Tn. That doctor would treat your arm the same as a doctor in Jacksonville, Fl., Texas, California,– any place in America. Why? The Medical Profession is standardized. All General Practicians receive the same training and are required to practice medicine according to how they have been trained. To practice any other way violates state laws, ethical and licensing requirements. This situation explains one reason the Medical Profession is highly respected so much.

Human motivation and behavior, on the other hand, is not an exact science as the study of the body or diseases.

Human motivation and behavior is directly linked to inner- emotional (Temperament), relational and spiritual needs as well as how a person thinks. Therefore, inner-emotional (Temperament), relational and spiritual needs are difficult to analyze using the scientific method of investigation used, by the Medical Profession.

Basically the Counseling Profession can be broken down into several broad categories. These categories are different schools teaching from a different perspective on how to help people. Dr. Archibald Hart has written a book entitled, "Coping With Depression In The Ministry and Other Helping Professions." In his book, he lists some of the main categories or schools of thought about Counseling.

First, there is psychoanalysis. This teaching, founded by Sigmund Freud, focuses on early development of a person's life and the control of unconscious factors. Psychoanalysis requires a tremendous amount of time in order to help someone to overcome their problems.

An example will illustrate. Suppose a couple, with marital conflicts, goes to see a Psychoanalysis Counselor. The Counselor will seek to "probe" into their past to see what went wrong during childhood. The Therapist will, also, bring to light unconscious factors. Years and years and thousands of dollars will be spent on Counseling that has been proven to not work. Do the research for yourself.

Second, Client- Centered Therapy developed by Carl Rogers, is a make-me-feel good approach to problem solving. Help the client to feel good and he can solve his problems better.

The same couple going to a counselor trained in Client-Centered Therapy will be made to feel good with very little dealing with real issues.

Third, Behavior Modification has been proven to be affective. This method was developed by B.F. Skinner. The same couple going to a Counselor trained in Behavior Modification will be shown how to deal with their conflicts by changing their behavior. However, very little is done to deal with internal conflicts such as anger, hatred, lust, unforgiveness, pornography, jealousy, etc. This method helps some, but is very limited.

Last, there is Gestalt Therapy. This type of Counseling focuses on helping a counselee to achieve a stable internal structure while stressing an awareness of feelings as a central focus.

The same marital couple would be helped through methods of sharing their feelings to each other for a more balanced internal structure. However, complete resolution of problems would not be achieved because the main focus for the couple is expression/ awareness and not resolution.

Some Counselors rely on drug therapy. Pharmacological intervention is needed and beneficial on treating many of the symptoms people are facing– such as a lack of energy for people struggling with depression.

The same marital couple could be put on medicine to relieve some symptoms. However, the root issues are not dealt with. Drugs do nothing to repair or restore family relationships. Nor can they enable a husband to love his wife as Christ loves the Church.

Can Your Services Help?

People who call our offices are looking for hope and wanting to know if there is hope for them finding freedom.

Our Ministry of Counseling is built upon Scriptural principles Jesus used to help others. Jesus helped people who wanted His help and were willing to accept His Truth. Jesus states in John 8:32 “[a]nd ye shall know the truth, and the truth shall set you free.” He further states in John 14:6 “I am the way, the truth, and the life.” Truth is about entering into a deeper-intimate relationship with the One who is Truth such that He frees us through His power, over the Kingdom of darkness, from Satan’s lies about my identity in Christ. Albert Einstein observed “The significant problems we face cannot be solved at the same level of thinking we were at when we created them.” God, through the Holy Spirit, takes us to a deeper-spiritual understanding in which we are set free from the bondage of Satan’s lies that keep us from experiencing all the fullness in life He gives. Therefore, there is hope for resolving any conflict “...because greater is he that is in you than he that is in the world,” 1 John 4.

What About the Cost?

All of our Counselors have the latest, state-of-the-art training. Each counselor strives to put the counselee’s needs first and has a calling upon their life to help others.

We do things such as recycle, reuse and run our office in a very efficient manner. By doing so, it helps eliminate unnecessary expenses. Also, our Ministry of Counseling utilizes the services of volunteers to keep our costs more affordable.

Our fees are based upon the total family income and we are generally less expensive than other counselors. Even though we are private pay and cannot guarantee payment of insurance benefits, we gladly help you to fill out insurance forms for you to file with your insurance company. Thomas Paine said “That which he obtain too easily we esteem too lightly. It is dearness only which gives everything its value. Heaven knows how to put a proper price on its goods.”

Have People Really Been Helped By Your Services?

Even though we cannot guarantee that people will change, we do guarantee that you will be placed with a competent Counselor who has overcome his/ her own conflicts through God’s Truth. This counselor is one you can trust because they have been there and they have changed.

Someone once said “within each of us is a gate of change. Only we can unlock the gate. We unlock the gate when it is safe to do so.” We believe you will be safe and secure in God’s hands and following our Ministry of Freedom. Others think so, too as they have said the following:

Individuals–

- * “If you helped no one else but me, this Ministry has been worth it. God has used you. By the grace of God I am better.”
- * “I feel like I am happier now than I have ever been in my life. I have always felt like something has been wrong, but not anymore.”

- * "I'm still amazed at how God has worked in my life and the peace I've had two years. He knew we needed someone in this area to help His hurting people I thank Him continually for raising up you to do His work."
- * "You have shown me God's love. You are the only one who has shown me unconditional love. You know how to demonstrate God's unconditional love."
- * "There is no way I can repay your part. I know if you had not been here I would have been dead. God has put you here to help others."
- * "I believe in myself for once in my life."
- * "I am better since coming last time. I have not been crying so much over my son's death."

Marriage-

- * "We have been getting along better since coming for our first marriage session. Counseling has made a difference."

Depression-

- * "I am so glad God has sent me here – with someone who has been through it (problems) before."

Freedom-

- * "I almost lost everything because of Satan's lies, but I am thankful you have told me the Truth."

Counseling Center-

- * "I am thankful for your ministry. God has used you to save my life. I could not have gone another week."
- * "I am thankful your Counseling Center is here. You are the only Bible-based Counseling Services around."
- * "Your ministry is so balanced and effective."

Physical-

- * "My rash is gone since I have been coming for counseling. I had the rash for over 50 years."
- * "After going through the "Steps to Freedom" and getting free, I am closer to God than I had been in fifteen years."

Sexual Molestation-

- * "I thought I would never overcome this (sexual molestation at age 2-3) but the pain is gone. It feels good."
- * "I wish I would have started when I was young because I would not have gone through a lot of hardships."
- * "I feel so good. I have sought this peace all my life."