



Tips for Choosing a Professional Counselor

There are several considerations before choosing a professional Christian counselor:

- What type of counselor do you think would be best?
- What kind of credentials does the counselor have?
- What experience does the counselor have in dealing with your specific issue?
- Does the counselor accept insurance?
- What is the payment structure? Is there a sliding scale based on ability to pay?
- Does it matter if you have a male or female counselor?

We highly recommend you set up a phone interview with the counselor before you start the counseling process and ask some of the questions listed below. You may call the counselor's office and tell them you would like to ask the counselor some questions before you set up an appointment for counseling:

- What is the counselor's general approach to counseling?
- What is the goal of their counseling approach?
- What role does Scripture play in the counseling process?
- Is Biblical prayer incorporated in the counseling process?

We pray for God's guidance and direction as you seek His will in your circumstances.