



COUNSELING MODEL

Please read the following before becoming a participant in counseling.

If you agree with this statement, please sign and call 770-716-5742 to schedule your appointments. Please bring this form with you.

1. Our counseling comes from a scriptural/spiritual perspective. Thus it is designed for those who have, by faith, received Jesus Christ as their personal Lord and Savior – or those who are spiritually seeking and open to beginning a personal relationship with Christ.
2. Counseling at Heritage Christian Church is based on a model referred to as “The Exchanged-Life.” We help people discover what God wants to do in their lives and the power that God has to heal of our hurts and struggles. In this model of counseling, we assume that you want to grow in Christ and have a deeper spiritual walk with Him. Our belief is that underlying every problem is a spiritual issue. Therefore, the focus of our counseling is not on behavior change but on spiritual transformation of the individual.
3. More specifically the process involves clarifying the problems, establishing goals, getting a personal history including a history of the problem. This information is utilized to identify current false beliefs and defeating behaviors. You will see a chart of these patterns.
4. We will examine the spiritual solution. Scripture assignments will be offered to assist in contrasting the old patterns with the truth of God’s word. The basis of the solution is understanding one’s identity in Christ and focusing on Christ’s ability and willingness to meet all of our physical, emotional, and spiritual needs and learning to let go of our old ways. Many areas will require personal “brokenness” – realizing our powerlessness and surrendering them to God. The final part of the solution is learning to abide in Christ through daily circumstances.
5. The process usually lasts from 6 to 10 sessions. Homework is an integral part of the change process. Counseling will not be effective if the homework is not completed. Come prepared to read recommended books and Bible verses.
6. Those who decide to come for marriage counseling, must understand that one spouse is not to participate as a result of an ultimatum given by the other spouse. Both must agree to our stated perspective. It must be understood that in marriage counseling, the solution will not include giving hope that the other spouse will change.
7. While we will work with families, we will not participate in child custody issues or any issues that involve us as participants in court proceedings or may result in court proceedings in the future. In these circumstances, referrals will be given.



Those who participate in counseling are required to:

1. **Attend** all sessions. If schedules make it necessary to cancel an appointment please give the counselor as much notice as possible and initiate the call to reschedule.
2. **Be on time.**
3. Have a desire to **know Christ and to grow in your relationship with Him.** The Spiritual focus is on **change of the PERSON and being transformed by the renewing of the mind.**
4. Understand that behavioral changes such as **communication skills, problem-solving techniques, and anger management strategies** will not be considered the **primary solution to your problems.** Personal transformation in Christ is first and foremost the answer and hope for relational and personal issues.
5. **Do not expect your personal healing and peace to depend on your circumstances or spouse or another person changing.** Your healing can only be found in understanding and experiencing God's grace, your identity in Christ, and pursuing an intimate relationship with Him.
6. **Complete weekly homework.** Homework may include reading, writing, listening to audiotapes and/or viewing videotapes, doing relational exercises, or all of the above.
7. **Do not come to a session unless homework is completed as assigned.** Each session builds upon the previous session and *upon the homework.*
8. **Refrain from discussing with anyone else, outside of counseling sessions, your problematic relationships.** We will be working on understanding these issues from scriptural perspective that may be brand new. Hearing non-Christian counsel or counsel from a different perspective will be confusing and will slow the process.

9. Do not participate in counseling to please anyone else. Participate if you have a desire to experience personal change through knowing Christ.

10. Realize that the purpose of counseling **will not be to change another person** with whom you are in a relationship.

I understand the conditions of participating as a counselee in counseling, and I agree to the expectations listed above:

Signed _____



Information Notice and Confidentiality Statement Of Heritage Christian Church Counseling Ministry

Methods - Information about our methods and techniques of counseling is available to those who wish to have it. Our counseling is Christian Counseling, based on the Exchanged Life model of dealing with issues. Counselees are encouraged to raise any questions they may have. Length of counseling is usually 6 to 10 weekly sessions, unless the counselor deems it necessary to go beyond ten sessions. Counselees are free to end counseling at any time before that if so desired. We do request a final session in person.

Lay Counseling Credentials - Counseling may be provided by a Lay Counselor under the supervision of the Lay Counseling Servant Leader and Directing Pastor of Heritage Christian Church. The Lay Counselors have received training in the Exchanged Life model of counseling and in listening and helping skills from Christian professionals trained in individual, marital and family counseling. The Lay Counselors are not professionals in the psychological counseling or psychiatric therapy and are not licensed. They do receive supervision and ongoing continuing education.

Missed Appointments - If a counselee is unable to keep an appointment please call your counselor to cancel. **Failure to do so may result in termination of counseling.** The Lay Counselors freely volunteer their time to this ministry and travel is often required. We appreciate your cooperation in this matter.

Confidential Statement - The communication between you and your Counselor is considered confidential except as required by law, i.e. where there is a threat of serious harm to self or others, as in the case of child abuse, suicide, or homicide. To aid the supervision of your Counselor, you agree by signing this document that written or taped records of your counseling sessions may be read or listened to by your Counselor's Supervisor or other counselor in the ministry. With your consent, you may have a co-counselor.

Books and Tape Policy - Books and tapes related to your counseling are available for loan. Some may be purchased through the church's bookstore. Should you choose to borrow, the following policy will be applied: "As a condition of counseling, I agree to return all books by deadline or pay for the materials. Otherwise, I understand that counseling may be delayed until the material is returned."

I HAVE READ THE PRECEDING INFORMATION, UNDERSTAND MY RIGHTS AS A CLIENT, AND GIVE PERMISSION FOR MY COUNSELOR TO RECEIVE SUPERVISION REGARDING MY CARE.

COUNSELEE'S SIGNATURE

DATE