

Streams Counseling Center at First Evangelical Free Church

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I hope this disclosure will provide you with a beginning understanding of how I offer counseling and counseling discipleship. Please contact me with your additional questions.

Nature of Counseling and Coaching

I see the nature of counseling and coaching as a part of the discipleship process including professionals, healthy community and for the purpose of healing for the whole person. Sometimes a need for vision, current mental illness, physical illness, pain, sadness, aloneness, or an accumulation over time of such brings about a need for an objective professional to offer care, direction and tools. Once professional counseling is complete, you may continue the healing process with your community.

I often work collaboratively with followers of Christ of all ages individually and in groups. Some are in a time of transition and benefit from coaching towards a vision. Some are living with chronic or an acute issue or illness and benefit from clinical Christian counseling. I regularly work with "creatives" (artists of different mediums) who include their art in therapy.

My focus areas are tying together the spiritual, relational and neuropsychological while working with topics such as *anger, anxiety/panic, brain healthy practices, bi-polar disorder, cross-cultural recovery, Crisis Counseling, depression, dissociative disorder, disordered eating and Body Image, emotional and sexual abuse, God-image/ Identity in Christ, grief, unresolved pain or loss, and vision drift related to ministry or professional careers*. I utilize theology, psychology and spirituality and will often work with a treatment team that includes medical professionals as needed. In the counseling world, what I practice is called Christian Psychology. I believe all true healing comes through Christ and will hope to resolve hindrances in your relationship with God and others. At your discretion we can include direct Biblical applications such as spiritual disciplines or practices. I use tools from several psychological theories: Cognitive/Behavioral, Systemic, and Object Relations theories with techniques from the Accelerated Relational Care Process of Intimacy Therapy; Play, Sand Tray and Art Therapies.

Your Commitment: My hope is we will work together as long as needed and then you will continue on with your support system. In counseling you have the right to refuse or negotiate modification of any suggestions. Your commitment continues outside of sessions as home-work might facilitate your progress. If you choose to end before we reach your goals please schedule one transition session.

Our Contact: Our relationship is strictly professionally therapeutic. If we encounter each other outside of sessions, I will wait for you to begin a conversation. Please do not ask me to relate to you in any other way than the professional relationship. Our contact will be limited to counseling sessions we arrange or you may contact me with questions (891-1651), an FEFC Pastor for prayer (891-1600), or in the case of an emergency call 911 or the MHMR Help Line (472-4357).

Appointments and Fees: Sessions are held for anywhere from an agreed upon 60 minutes to 4 hours for Mini-Intensives. *In the event that you will not be able to keep an appointment, please notify me 24 hours in advance at 512/891-1651. Scheduled appointments that are missed without notification may be charged half of the session fee.* Please see the Standards and Policies for additional information. Your payment for these services is expected with each appointment. Session fees begin at \$90/session and a sliding scale may be applied when available based on your current available income. If we agree to a fee below \$35/session, you will be asked to complete a Service Journal of your community or ministry service to complete payment for each session.