

Choosing a Counselor or Therapist

How blessed is the man who finds wisdom, and the man who gains understanding. – Proverbs 3:13

Ask your prospective counselor or therapist:

- What is your approach to understanding people's problems and helping them grow and change through counseling/therapy? Please describe this process.
- What are some books or other resources that you recommend on a regular basis or that have most influenced you in your approach to counseling?
- Are you a Christian? How does your faith affect your view and practice of counseling/therapy?
- Do you bring Christian truth into your counseling practice/therapy? How? What role does the Scripture play?
- Do you pray with those you counsel?
- What is your educational and professional background? What role does it play?
- Are you married? Do you have children? Have you ever been divorced? How does your marriage and family situation affect how you counsel people?

Remember . . .

Counseling and therapy are interactive processes. They are built, established, and maintained on the basis of trust. Open and honest dialogue between a counselor/therapist and a client is the most important component of building trust. If you cannot establish this foundation of trust early on—that the counselor/therapist will be wise, biblical, loving, and faithful in your interaction—you may need to look elsewhere. On the other hand, if you find a wise counselor/therapist who uses God's Word to help you grow in your Christian walk, in your marriage and in your family, Scripture says you will be blessed!