



Choosing a Counselor

Ask your prospective counselor:

1. What is your approach to understanding people's problems and helping them grow and change through counseling? Please describe this process.
2. 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?
3. Are you a Christian? How does your faith affect your view and practice of counseling?
4. Do you bring Christian truth into your counseling practice? How? What role does the Scripture play?
5. Do you pray with those you counsel?
6. Do you go to a church? If so, where and how long have you been a member?
7. What is your educational and professional background? What role does it play?
8. 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 is an interactive process. It is built, established, and maintained on the basis of trust. Open and honest dialogue between a counselor and a counselee is the most important component of building trust. If you cannot establish this foundation of trust early on—that the counselor 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 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!

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