

ARE THE COUNSELORS TRAINED?

Biblical counselors at Three Rivers Church are trained in applying the Scriptures to life issues and the principals of biblical counseling. Those involved as counselors in the church are spiritually mature and thoughtful people who seek to honor God with their lives and who hope to influence others through counseling and discipleship. Those offering counseling services are not psychotherapists or mental health professionals. All of our counselors are under the authority of the leadership of Three Rivers Church.

WHAT WILL BE EXPECTED OF ME?

Counseling sessions at Three Rivers Church last roughly an hour to an hour and a half each week and may continue for 10-16 sessions. The goal and purpose of counseling is not to remain in counseling, but to grow and develop to move on from the challenge or crisis that first brought you to counseling. Counseling is solution-focused and aimed at helping you work through the issue(s) at hand. You will be expected to attend each session and give priority to the counseling program so that you may be successful. You should bring a notebook and a Bible to all sessions. The recommended (but not required) Bible translations for use are the NASB, ESV, and NKJV. While in counseling, you will be expected to attend weekly worship services. If you do not have a regular church home, we ask that you attend church with us throughout your time in counseling.

WHAT IF YOU CANNOT HELP ME?

Not every person is fully equipped to handle every situation. Depending on our personal experiences, talents, and limitations, counselors at Three Rivers Church may be best suited to help you or may not be able to. If we are unable to help you, we will utilize our resources to connect you with a person better suited to meet your needs. If we cannot help you, we will be honest with you and do what we can to help where we are able. Instances where our limitations may be observed include those issues best treated by medical doctors or psychotherapists for significant behavior problems or chemical imbalances.