



## **What is Christian Counseling?**

Christian counseling integrates spiritual, psychological, social, physical, and environmental interventions. As a Licensed Marriage and Family Therapist, I use my education, training and the interventions of the profession as any competent counselor would. I am governed by the Texas Code of Ethics for Licensed Marriage and Family Therapists. In addition, I strive to remain faithful to the Biblical truths as the guide for belief and behavior and the agent of true change and fulfillment.

I practice according to the foundations of Christian Counseling, adopted from the American Association of Christian Counseling (AACC):

1st Foundation: The teachings of Jesus Christ (the "Wonderful Counselor") are the preeminent model for Christian counseling practice and ministry.

2nd Foundation: Christian counseling and individual counselors maintain an essential and intimate relationship with the local Church and are under the biblical authority of its pastor.

3rd Foundation: Christian counselors accord the ultimate authority to the Biblical revelation regarding all subjects, including human life, personhood, and the family.

4th Foundation: Christian counselors are dedicated to excellence in client service, to ethical integrity in practice, and to respect for others.

5th Foundation: Christian counseling, at its best, is an integrative synthesis of spiritual, psychological, social, physical, and environmental interventions.

6th Foundation: The biblical and constitutional right to Religious Freedom protects the Christian counselor's identity and spiritual practices in counseling.

7th Foundation: Christian counselors are mindful of their representation of Christ and His church and are dedicated to honor their commitments and obligations in all social and professional relations.

*For the Word Of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.  
Hebrews 4:12 (NKJV)*