



GHP Counseling Services
222 Government Ave, Suite E
Niceville, FL 32578

(850) 659-3550 www.GHPCounselingServices.com

About Biblical/Christian Counseling

The process of Biblical counseling may include, but is not limited to:

- Education and application of our God given purposes and identity in Christ
- Learning and applying new skills
- Identifying and repenting of sin
- Rejecting ungodly ways of thinking and behaving
- Gaining knowledge and insight concerning personal motivations
- Working through life's challenges and issues of giving and receiving forgiveness
- Learning to place your faith, trust and hope in God rather than in yourself or others.
- Biblical Counseling may also incorporate the use of Insight Oriented Therapy, Cognitive Behavioral Techniques, Psycho-educational Counseling, as well as the application of scripture and Biblical principles.

No guarantee is made that the counseling you receive will affect the desired results. Individual success largely depends on the intentional application of the insights, skill and knowledge the client gains through the counseling process and their willingness to be active, open, honest and as consistent as possible with their therapist. For the Christian, your success also depends on your personally seeking God for guidance.

No one else can solve your problems for you, but through gaining knowledge, insight, understanding and wisdom based on God's truth and developing an increasing reliance on God, you can experience increased success in your life and relationships.

What your therapist expects from you:

- Express concerns,
- Ask questions
- Complete assignments
- Come to counseling free from the influence of any substances
- Pay your fees upon arriving to your session (have checks made out in advance)
- Be on time for your appointments
- Cancel 24 hours in advance (by phone or email) unless you have a serious illness or emergency (No-shows and cancellations made less than 24 hours in advance are billed at the per session rate)

What is counseling like?

- A safe place where you will be accepted no matter what your struggle or difficulty
- An opportunity to grow personally and spiritually
- Personally challenging
- Teaches responsibility for the things you have control over
- Most sessions are approximately 1 hour in length, initial session up to 1.5 hours
- Couple's sessions may last 1.5 hours



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What to expect from your therapist:

- Return your calls within 24 hours in most cases
- Continue to update their skills and obtain ongoing training
- Treat you with kindness and respect
- Develop a plan with you to help you achieve your goals and objectives Discuss discharge planning with you as soon as clinically appropriate Seek confidential consultation with other professionals when appropriate Pray with you and for you
- Help you to find an appropriate referral if necessary
- Counseling may be terminated for consistent failure to complete assignments, failure to pay fees, and failure to consistently show for scheduled appointments.

Please sign to acknowledge we have completely reviewed this information and you agree to the terms therein. (Parent/Guardian name and signature if client is under 18 years old).

Printed Name

Signature

Dated

Witnessed by:

Printed Name

Signature

Dated