

## F.A.Q.S

**Question:** As a church, we are skeptical about counseling. Is there anyone that I can speak to in order to learn more about the process of counseling?

**Answer:** Yes! You can contact our head CAP liaison and Clinician Stalin George. Please know that he is actively carrying a case load and he will attempt to get back to you.

**Question:** How do I obtain counseling services under the CAP rate if my church is already enrolled in the program?

**Answer:** Your church will have a staff member who is responsible for overseeing Heartland Christian Counseling CAP referral form. You will need to sit down with that specific staff member of your local church in order to get approval for services under the benefit. This will require a signature from the appropriate pastor or community ministry leader at your church. Once that form is filled out, it needs to be faxed to Heartland Christian Counseling a 515- 331-9086. Afterward, you will be contacted directly in order to set up an intake appointment with one of our clinicians.

**Question:** Is my church exclusively limited to only working with one therapist if we are enrolled in the CAP program?

**Answer:** No. CAP members can still schedule appointments with other therapist within Heartland Christian Counseling. All liaison services will be handled by your primary liaison.

**Question:** Where can I go in order to find out more information on a potential CAP liaison?

**Answer:** Churches are advised to start off by checking out our biographies of current available CAP therapist on the Heartland Website. Once you've identified a therapist that you're interested in meeting, contact our office for us to set up an appointment between you and the potential liaison for a meet and greet.

**Question:** How does "Christian Counseling" differ from regular counseling?

**Answer:** With standard counseling, a therapist is going to provide support from a theoretical approach that includes various **philosophical and research-based** approaches. Some of these approaches may include: Emotion Focused Therapy, Dialectical Behavior Therapy, Cognitive Behavioral Therapy, Acceptance and Commitment Therapy, Play- Therapy, Psychodynamic Theory. These are just a few of many different approaches to counseling.

**It's possible that the client and/or therapist may view "spiritual values or beliefs" as secondary to the nature of the presenting problem or the client may not be interested in addressing faith related concerns.**

Within the realm of Christian Counseling, **the therapist aims to utilize many of the same philosophical and research-based approaches** (See above). A fundamental difference is that a Christian Therapist may practice from a Christian worldview. Things such as prayer and scripture or devotional consultation may or may not be a part of that. **These Christian based resources are never in any way forced upon the client.** We believe in "doing no harm to the client." For this reason, clients (on case -by- case basis) are given the option of integrating conversations of faith into their therapy. We always strive to meet the client where they are at in their own growth.