



Christian Counseling for Individuals, Couples & Families



I provide Christian counseling for individuals, couples, and families for a variety of issues, such as anxiety; depression; mood disorders; grief; marital problems; academic and behavioral problems for adolescents; and career exploration. I also administer a wide array of psychological assessments.

For those of us who are Christians, it is important to view our struggles through the lens of our Christian faith. In my counseling with Christians, it is important for me to be sensitive to their Christian belief system. To assist us in the counseling process, I will use the teachings of the Bible, prayer, and readings from devoted Christian writers, from the writings of the Early Church Fathers and Mothers, and from the Celtic Carmelite tradition, as well as appropriate general psychological techniques.

In my view of the counseling process, my role is to help you to discover the answer which God has for your life and to help you to learn ways to implement this answer. This answer can usually be found through submitting yourself to God, through meditating on His Word, and through prayer, fasting, and almsgiving. I do not view my role as one of telling you what you should do. I will encourage you to examine your view, as well as other ways to view the situation, but ultimately it is up to you to decide what you want to do with your life and the problems which you face. I will strongly encourage you to explore your view of the role of God in your life and His purpose for your life.

I have two goals for my Christian counseling work with people. If you already know Jesus Christ as Lord and Savior, I want to encourage you to make the pursuit of God “your primary concern” and to practice the summary of the law.

In the ancient view of pilgrimage, hardships or challenges are not seen as accidental occurrences. Hardships are a part of the journey itself. If we look carefully at the hardships in our lives, we generally find that they come to us with a message, something which God wants us to learn in order to live more meaningful lives. The challenges of life are often out of our control. This allows us to see that the idea of being in control is largely an illusion anyway.

In the dark times of our lives, there are occasions when we begin to sense that there is no escape in this life from pain and suffering. No matter how diligently we try to draw closer to God, problems are still a part of our lives. Jesus addresses this situation in John 16:33, where He says: "I have told you all this so that you may have peace in Me. Here on earth, you will have many trials and sorrows. But take heart, because I have overcome the world." (NLT).

What all of us are really seeking is a relationship with God. We must come to the place at which we can genuinely believe that knowing God is more important than anything else. Dr. Larry Crabb says: “God yearns to be known by us more than we want to know Him. His great work in us is to increase our passion for knowing Him until it is stronger than all other passions.” This is a life-long journey, but it is infinitely worth it. The pursuit of God is more important than

anything else toward which we could imagine directing our energy. As we pursue God, we find that the importance of our circumstances pales in comparison to the glory of God.

I look forward to the opportunity to be of service to you on your Christian journey.