

GOLDEN HILLS COUNSELING CENTER

FREQUENTLY ASKED QUESTIONS

WHY THERAPY? ISN'T GOD ENOUGH?

God made us and God mends us. He does this in many different ways. Sometimes He uses medical doctors to help facilitate healing in our physical bodies. Sometimes He uses trained Christian counselors to help facilitate healing in our emotional selves and in our relationships. In 2 Corinthians 1, Paul talks about God bringing people into our lives to walk with us through the dark times. Gifted Christian counselors can be those people.

HOW LONG DOES IT TAKE?

Only God really knows. However, like in the medical field, healing from simple injury/ trauma happens more quickly than healing from severe or chronic Injury/ trauma. Some issues can be resolved in a very few sessions; others may take months or even years.

HOW DO I GET STARTED?

You can call our Counseling Center during business hours at (925) 809-1888 x7162 and ask for either Kristin or Sally. These two women are gifted at their jobs and will help to get you scheduled with the counselor best equipped to work with you and your problems.

WHAT ARE THE QUALIFICATIONS OF OUR COUNSELORS?

Our Center is a professional clinical counseling center with therapists who are working on or have completed a Masters Degree in Psychology, and are either licensed or working towards state licensing.

DO I HAVE TO BE A CHRISTIAN TO RECEIVE COUNSELING AT YOUR CENTER?

All of our counselors are Christian; however clients don't have to be Christian nor do they have to attend Golden Hills Church to receive counseling here.

CONFIDENTIALITY

The client's presence at our center, even including his inquiring into our center is held in strictest confidence. Clients are not acknowledged outside the center unless initiated by client.

FEES

Golden Hills Community Church has remained committed to its belief that everyone should be able to afford the counseling that they need. To that end our fees are very affordable, and some sliding scale counseling is available for those who qualify. Some benevolence is also available in extreme cases for those who qualify for additional assistance.

Fee Schedule:

Practicum Student - \$45 per 50 minute session

Registered Associate - \$60 per 50 minute session

Licensed Therapist - \$90 per 50 minute session

Our fee is due and payable at the beginning of each session, in cash, check or card.

We don't accept any insurance but can provide receipts for the client to submit to their insurance for possible reimbursement.

CHILDCARE

We unfortunately cannot provide childcare. It is our policy that children cannot be left unattended in the waiting room while parents/guardians are in counseling. If a child accompanies a client, the counseling session will be cancelled for that day. And since that hour had been scheduled, a fee for a missed appointment will be incurred.

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OUR VISION

Our purpose is to be an expression of the healing presence of Jesus in the East County Community thru:

- 1) Counseling individuals, adolescents, children, couples, and families
- 2) Training Marriage and Family Therapists, Associates and Trainees; ministerial staff as needed
- 3) Consulting with ministries as a resource center

OUR WORK

Issues and Situations we help others face: Anxiety, Grief & Loss, Shame, Depression, Self-Image, Boundaries, Communication, Marital/Couple Issues, Parenting, Teen Struggles, Family Problems, Phobias, Trauma, PTSD, Stress, Life Transitions

OUR THEME

2 Corinthians 1:3-4

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God.

OUR PRACTICE

2401 Shady Willow Lane, Brentwood CA 94513

925-809-1888

www.goldenhills.org/counselingcenter

We are located in the farmhouse on the church property, on the corner of Shady Willow Lane and Lone Tree Way in Brentwood.

GOD MADE US AND MENDS US

GOLDEN HILLS COUNSELING CENTER exists because of the vision and heart of Pastor Larry Adams and the elders of Golden Hills Community Church. In the early 1990s they became more and more aware of the people in the congregation and in the surrounding community who were struggling with various issues in their lives and who needed some type of individualized professional help in order to work through these problems. They also realized that such help was often beyond the reach of those who really needed it.

God has blessed their vision and the Counseling Center has grown from a couple of part-time counselors in 1990 to 18 full and part-time counselors currently. The purpose has remained constant throughout this time - to provide professional, affordable Christian counseling to those that need to experience the healing touch of Jesus.

We strive to be an expression of the healing presence of Jesus in the East County Community through counseling, training and equipping those people whom God brings for His touch.

We believe that *God made us, and God mends us.*