

That.Church Biblical Counseling FAQ's

What is That.Church Biblical Counseling?

Biblical counseling involves understanding the problems of living in a fallen world – and their solutions – from a biblical perspective. The Bible is used both to define the problems and to develop methods for solving these problems. That.Church Biblical counselors have received in-house training and monthly continuous education focused on biblical truth, goal oriented next steps and compassionate listening skills.

That.Church Biblical Counselors ARE NOT licensed professionals, but rather pastoral counselors and ministers who offer spiritual guidance and care.

What is That.Church Mentoring? *A That.Church mentor is someone who's "been there", a Jesus follower who helps others follow Jesus in a one-on-one setting. Mentors share stories, teach life lessons through the lens of God's word, and encourage the mentee to know Jesus more and more. Biblical mentoring is a form of discipleship and is based on Jesus' model of guiding his followers. Jesus regularly met with his disciples to discuss life, pray together, and learn His ways. That.Church Mentors follow this model and offer consistent connections that help mentees grow in their relationship with God and others.*

Mentoring is different from biblical counseling. Biblical counseling is a short-term connection that is focused on a struggle, habit or hang-up. The Biblical counselor and counselee meet short-term, until the problem is resolved.

Mentoring is for everyone! No one has it all together, everyone needs support, biblical truth, accountability and prayer as we grow in our relationship with God and others! If you are ready to build a healthy connection with one of our mentors and grow in your relationship with God, schedule your appointment today!

Follow my example, as I follow the example of Christ. 1 Corinthians 11:1 NIV

How do I set up an appointment?

Schedule online 1. Visit www.that.church/cares. 2. Choose the type of appointment needed (female, male, marriage, etc) 3. Use the drop down and choose a biblical counselor 4. Choose a date and time, input your info and click the green button! (you will receive a confirmation email, if not please call/text the office)

Schedule by phone: Call/Text 501-426-6722 and ask to schedule a biblical counseling appointment.

How often may I schedule an appointment? Appointments are scheduled based on spiritual growth plans and biblical counselor recommendations. We do not offer ongoing appointments without a biblical counselor recommendation. The client meets with the biblical counselor and then talks through goal-oriented next steps. After homework is assigned clients typically need more than one week to accomplish the action goals and next steps. If you have more questions about this policy please call the office. Sessions scheduled long-term without prior recommendations will be canceled.

Does That.Church offer Drug Counseling? That.Church Biblical counselors are **NOT** licensed therapists or certified drug counselors. Our ministry offers services for anyone with a habit or hang-up seeking biblical guidance and clear next steps during their recovery journey. If you are required to meet with a licensed professional please request a referral list by text/calling 501-426-6722. PLEASE NOTE: If you are over 18 and seeking a group connection check out Faith Recovery meeting each Monday at 6:00 at our Sherwood Campus.

Does That.Church offer biblical counseling for Kids/Students? That.Church offers limited appointments for Kids 7 and up. Students 13-17 should choose the "Youth" option. Appointments for 12 and under must be scheduled through the office. Limited biblical counselors are available to meet with Kids/Students and parents must be present at the first appointment. That.Church does not offer licensed therapy services. At times kids/students need services we are not equipped to offer. Therefore, if biblical counseling is not your best next step in your care journey a referral list will be emailed. For more information call/text 501-426-6722.

Cancellation Policy: Please email, call, or text to cancel your appointment at the earliest possible time. Not all Biblical Counselors are full-time staff and come on campus specifically for scheduled appointments. After two canceled appointments without notification appointments will need to be made by text/calling 501-426-6722.

How much does Biblical Counseling cost? That.Church Biblical Counseling is a free service offered to regular attendees and our local community.

How do I know which biblical counselor to choose? All of our Biblical Counselors are in-house trained and competent in providing biblical direction and goal-oriented next steps. If you would like help choosing a biblical counselor please call 501-426-6722.

Do you offer premarital counseling? Yes! We offer premarital counseling and teach using the June Hunt's Counseling Packet or SYMBIS assessment upon request. 4

sessions are required before a That.Church Pastor will officiate. Schedule your first premarital appointment to learn more or call/text 501-426-6722!

That.church/cares

****After your first appointment if** you would like a That.Church Pastor to officiate complete the Pastor Request Form below: <https://forms.office.com/r/1tyLmvi7F4>

What if I want to use a That.Church Facility for my wedding? Contact Chrystal@that.church for more information.

What is the difference between mentoring and biblical counseling? **Biblical Mentoring** is focused on growing spiritually, maturing in your relationship with God and learning more about the Bible. Mentoring is a long-term commitment to learn the foundations of faith, and the Mentor guides you in growing in your relationship with God and others. **Biblical counseling** focuses on a habit, hang-up, or problem the counselee is facing short term. The counselee attends a number of sessions to learn what the Bible says about the area of struggle. The biblical counselor and counselee meet short-term until the problem is resolved. While both biblical counseling and mentoring use similar skills, the relationship and focus of the sessions are different.

What are the limitations of Biblical Counseling?

We do not diagnose mental illness, prescribe medication, manage or advise about medications, get involved in legal/courtroom matters, or collaborate with professionals such as medical doctors and professional therapists.

Please Note: If your counseling subject requires any of the above services, counseling at That.Church would not be the best fit. This includes counseling subjects that require professional representation in a court setting by a counselor. We provide biblical counseling and spiritual support to support your spiritual growth and connection to God and others. We ARE NOT licensed therapists.

Do you have a referral list if I need to see a licensed counselor? Yes! We offer a list of licensed professionals upon request. This list is offered for you to choose the best fit for your life circumstances. We do not guarantee services, rather we provide options for you to have a next step in care.

Do you provide emergency services? NO! That.Church Biblical Counselors do not provide emergency services. If you are in an emergency please call 911 or your local police department. Once you have been helped through emergency services we are available for follow-up spiritual guidance and pastoral care.

Thank you for your interest in our That.Church Biblical Counseling Ministry. **If you have further questions please contact us at 501-426-6722.**

Please note these policies are subject to change at the discretion of leadership and direction of mission.

REFERRAL LIST FOR YOUR REFERENCE. That.Church does not guarantee service; the list below is a next step in your decision making process.

AJ McMahan, LPC: <https://www.mcmahancounseling.com/meet-us>

Bill Carpenter, LPC: <https://tchcc.us/>

Jasmine Bishop, LPC: <https://www.olivetreehealthllc.com>

Conya Spencer LAC:
<https://www.psychologytoday.com/us/therapists/conya-spencer-north-little-rock-ar/1540449>

Pinnacle Pointe Behavioral Healthcare: outpatient services: thepointebhs.com
<https://www.growinghopecounseling.com/>

Search Christian Counselors in your local area:
<https://www.psychologytoday.com/us/therapists/ar/sherwood?category=christian-counseling>

**Graduate students affordable counseling:
Little Rock Community Counseling Clinic**

10816 Executive Center Dr., Suite 104
Conway Building
Little Rock, Arkansas 72211

Phone & Email

501-219-9245

LRCommunityCounseling@jbu.edu

