



WHAT IS PASTORAL COUNSELING?

Pastoral counseling is an approach that recognizes that body, mind, community, and spirit are all important in the healing process. In addition to being educated and licensed in a recognized mental health discipline, Samaritan's counselors value a person's faith perspective as a resource which can be used in the counseling process. We are respectful of each person's individual faith perspective and are open to making this a part of the counseling process if the person so chooses.

What problems are brought to a pastoral counselor?

All kinds:

- struggles with anxiety, depression, doubt
- anxiety due to peer pressure and school competition
- marriage and family conflicts
- stress related to job or vocation
- dilemmas of parenting, growing up or aging
- a sense of failure or lack of fulfillment
- concerns about chemical use and the effects on family life
- issues related to divorce, remarriage and step-family life
- emotional problems associated with physical illness or accident
- coping with loss or grief.

What happens during a counseling session?

The counseling session is an opportunity to explore your concerns, relationships or other issues. With increased insight and understanding you can clarify and be more able to move toward your chosen goals. This process will be facilitated by the caring concern, training and experience of your counselor.

Does counseling really help?

Client satisfaction with our pastoral counseling services was underscored when 91% of persons (responding to a confidential, post-counseling survey) indicated that they accomplished what they had hoped at Samaritan Interfaith.

What may I expect of the counselor?

You may be confident that in the counseling relationship, your counselor's first concern will be you. You may expect your counselor to be competent professionally - a person you can trust to share your private concerns.

What would the counselor expect of me?

Your desire for change must be strong enough for you to make the commitment of time, energy and personal resources. In order for significant change to occur, it will be important to meet regularly as agreed upon.

Is counseling confidential?

Yes. Every attempt is made to keep client treatment confidential. No information or material about you will be released without your written approval. Your counselor would explain and discuss any such release with you before asking you to sign.

How are issues of faith discussed?

If you choose to introduce faith issues, your counselor will respond in a thoughtful and informed manner. If you choose not to address faith issues, your counselor will respect your wishes. Our staff represents a variety of faith traditions.

How would the Center interact with my clergy, physician, previous counselors, or other members of the helping professions?

It is often helpful to contact persons with whom you have worked previously. Should you or your counselor feel it would be beneficial, a release would be signed.

How long will counseling take?

The number of sessions vary. Some problems can be dealt with in a few sessions while others may take longer. Long standing difficulties or major life transitions rarely yield to simplistic solutions. In the initial session or two, your pastoral counselor will gather information about you and the concerns you bring. Following this the counselor will share findings with you and make recommendations about how to proceed.

Ending Counseling

You may choose to end your counseling at any time. Because this is an important decision, we ask that you discuss it with your counselor in person

For more information please go to: info@samaritancenter.org