Be Transformed
Caring for the Body

How to Select a Christian Counselor

The key criteria for selecting a Christian counselor involve the counselor's credentials and faith.

Ask questions to help you decide if a particular therapist is a good fit for you:

- What type of license do you have? The most common types of licensure include: Licensed Professional Counselor (LPC), Licensed Marriage and Family Therapist (LMFT), Psychologist, and Licensed Clinical Social Worker (LCSW).
- Where is the license held? Which state? The license should be from a state licensing board, not simply from a professional or national counseling association. The counselor's license should also be from the state where the therapist is currently working, not just from any state.
- Is your degree from an accredited university?
- What other credentials do you hold? Professional memberships?
- What type of problems have you worked with?

Here are some questions to help determine a therapist's level of faith:

- Are you active in your faith?
- Is she recognized and recommended by the local church community?
- Does she attend church regularly? What activities is the counselor involved with at church? Does she teach a class or participate in service activities?
- Who is the counselor's pastor? Does the counselor feel uncomfortable with the prospect of you talking to her pastor?
- Does the counselor have a statement of faith? Do her beliefs conflict with yours?
- Does the counselor use prayer and Scripture in her practice?

If a counselor seems uncomfortable in answering these questions, feel free to seek other recommendations from trusted Christian advisors such as church leaders, staff, Sunday school teachers etc. Be sure to pray for guidance along the way, and listen to that still small voice!

> "Trust in the LORD with all your heart and do not lean on your own understanding. In all your ways acknowledge Him, and He will make your paths straight." Proverbs 3:5-6

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