

Questions to Ask When Choosing a Counsellor...

1. **Is God's Word the source of their counsel?** Is the Bible seen as being one truth among many other truths, or is it the most reliable place for real help? Find a counsellor that is convinced that real truth applied to real problems brings about real change. Lives are changed as the truth of God, as revealed in His word, is applied to the toughest problems.

2. **Is the counsellor biblically sound?** Most counselling errors stem from the fact that the counsellor has views of God, change, problems, etc., which are shaped more by culture and Pop-Psychology than by God's Word. Sound theology should shape their psychology rather than the other way around.

3. **Is the counsellor committed to growth and change, or are they more interested in endless discussions about the problem?** Many counsellors are good at "diagnosing" but don't have answers for change. What results is "Diagnostic Damnation." Seek out a counsellor that is more concerned with God honouring change, than with labels.

4. **Will the counsellor lead me to answers found in God's Word, or tell me the answers are within me?** Most of the 250 commonly used approaches to counselling assume "...the answers are found within." Find a counsellor who understands that the Bible teaches that we need outside counsel from God and His revealed truth. They should point people to real answers, not more self-focus.

5. **Is the counsellor well-trained?** Find a counselling center that is well-trained in Biblical counselling and involved in pursuing continuing education in addition to the degrees they have already received.

6. **Will the counsellor honour my marriage?** Much marriage counselling today is really divorce counselling. Counsellors split couples up to work on "individual issues" with the end result being the couple growing further apart. Ask the counsellor if they take seriously the commandment to "...not separate what God has joined together." Couples should be counselled together when possible and work toward real changes that will grow the worst marriages into marriages that sing.

7. **Will the counsellor honour my authority as a parent?** Some counsellors meet alone with children, and do not include parents in the process. Find out if the counsellor will counsel kids with their parents present as well, because we believe it to be the best way to implement real change. Biblical counselling equips parents to lead their children.

Taken from the Association of Biblical Counsellors

<http://www.christiancounseling.com/>