

VALY VADUVA, MSFL, BCPC, BCMMHC, CPCLC

valyvaduva@gmail.com | (734) 972-5717

Professional Disclosure—Summary:

Valy Vaduva is a uniquely qualified professional, holding the titles of *Board Certified Pastoral Counselor* (BCPC), *Board Certified Master Mental Health Coach* (BCMMHC), *Certified Professional Christian Life Coaching* (CPCLC), all three earned through Light University (LU), and *Master in Spiritual Formation and Leadership* (MSFL) from Spring Arbor University (SAU). Valy is fluent in both English and Romanian.

Provides compassionate Pastoral Counseling and assists individuals facing diverse life challenges. He creates a trusting environment, promoting emotional healing and mental well-being. Committed to building personal growth and resilience in clients.

Valy has completed the required SYMBIS (Saving Your Marriage Before It Starts) training program. He is certified and can administer the SYMBIS assessment to couples.

Skills:

- Active Listening
- Effective emotional insight
- Proficient in formulating insightful questions
- Strong communication
- Versed in building rapport
- Effective in establishing a non-judgmental atmosphere
- Skilled in guiding people towards freedom
- Proficient in prescribing healing journeys
- Very experienced in facilitating personal spiritual growth

Experience:

New Life Directions Counseling, LLC

Board Certified Pastoral Counselor (BCPC)

05/2025—Current

- Provides compassionate and empathic pastoral counseling to individuals, families, and parents.
- Assist individuals, in a confidential environment, in the process of healing from damaged emotions and mind renewal.
- Help individuals on their journey to spiritual freedom in Christ and assist them in developing spiritual, mental, and emotional resilience.
- Guide individuals through the process of spiritual growth and maturity, helping them discover who they are in Christ and unveil their life's calling.

Valy and Associates, LLC

Board Certified Master Mental Health Coach

09/2023—Current

- Help individuals manage their emotions, navigate challenges, build resilience, and enhance their overall well-being.
- Support individuals in developing strategies and skills to enhance their overall mental well-being.
- Assist people in clarifying their goals, identifying obstacles, and developing actionable strategies to achieve desired outcomes.

Upper Room Fellowship Ministry
Certified Spiritual Life Coaching

09/2015—Current

- Guiding individuals in aligning their lives with their deepest spiritual values, and aspirations and helping them discover purpose and meaning.
- Coach people in setting S.M.A.R.T. goals and establishing strategies for achieving them.
- Ultimately, assisting individuals in identifying their unique gifts and passions that could lead to personal and spiritually fulfilling lives.

Upper Room Fellowship Ministry
Spiritual Formation Mentor

09/1994—Current

- Providing pastoral counseling, soul care, family care, and lay pastoral counseling.
- Leading believers through the Advanced Discipleship Training. Making disciples and equipping them to make disciples, leading to spiritual growth and maturity.
- Provide family Seminars, involved in Radio Ministry, and Leadership Training.

Awards and Affiliations: _____

- Valy is an ordained minister/pastor and the co-founder and president of Upper Room Fellowship Ministry (URFM) www.urfm.org, as well as co-partner of New Life Directions Counseling (NLDC) www.newlifedirectionscounseling.com
- URFM is an active ministry member of Network 220 (www.network220.org)
- Valy is a Christian author. He has currently published eight books (www.urfm.org/valys-books-1)

Education: _____

Light University | VA, USA
Board Certified Pastoral Counselor (BCPC)
01/2025

Light University | VA, USA
Board Certified Master Mental Health Coach (BCMMHC)
09/2025

Light University | VA, USA
Certified Professional Christian Life Coaching (PCL)
09/2015

Spring Arbor University | MI, USA
Master in Spiritual Formation and Leadership (MSFL)
09/2011

Politehnica University of Bucharest | ROMANIA
Bachelor of Engineering (BSE)
06/1990

Websites, Portfolios, Profiles: _____

<https://urfm.org/>
<https://newlifedirectionscounseling.com/>
<https://www.linkedin.com/in/valy-vaduva-b575a123/>

<https://www.youtube.com/@MrVALYno1>
<https://www.facebook.com/MrValyV/>
<https://www.instagram.com/mrvalyv/>
<https://x.com/MrValyV>