

## **By The Hem Biblical Counseling**

Dear Friend,

Welcome to *By The Hem Biblical Counseling*. We are grateful that you are inviting us into your life at this time. It is never easy to ask for help. We admire the courage, faith, and humility this first step represents on your part. It is our prayer that God will bless this step and use our time together to build more hope and direction into your life.

Our goal in the counseling ministry is to make the Gospel paramount by connecting our members and our community friends to the life-transforming power of Jesus Christ. We are confident that through the Scriptures and the power of His Spirit, God has given us everything we need for life and godliness (2 Peter 1:3-4). It is our joy to help real people with real problems using the Bible.

Our commitment as Biblical Counselors is to offer counseling services to church members and those in the local community. As Biblical Counselors, we are committed to help others glorify God with their thoughts, words, and actions through the community of faith. This is made possible by the redemptive power of Jesus Christ, the conviction and guidance of the Holy Spirit, and the instruction of God's Word. Your counseling will be biblical, pastoral counseling in which the Scriptures are held as the final authority in all matters. If you are not sure that you will be interested in biblical counseling, you will have the option of attending one session to discover how biblical counseling may help you.

The next step in the counseling process is to complete the intake forms that follow. We have designed them to allow the counseling process to start smoothly and to allow us to connect you with the resources that fit your needs. The counseling forms are designed to (1) help us to get to know you in a comprehensive, holistic, and efficient manner and (2) help you organize your thoughts about your counseling objectives. Please allow 30 minutes to complete these forms. Please read through everything carefully and contact us with any questions 503-269-9777

We are grateful to be able to serve you and look forward to walking with you through God's agenda for your life.

Lisa Hackney

The By The Hem Biblical Counseling Team

503-269-9777

Bythehembcl844@gmail.com

**Counseling Intake Form  
Personal Data**

Name:

Date of Birth:

If a minor, name of parents/guardian:

Requesting what type of counseling:

Individual  
Pre-Marital  
Marriage

Method of Counseling:

Remote, video conferencing  
In person  
Either

Gender:

Phone Number:

May we leave a message?

Email:

Address:

Occupation:

Employer:

Referred by:

How did you hear about us?

\_\_\_\_\_ attender  
Referral from \_\_\_\_\_ school district  
Referral from my church  
Other

**Emergency Contact Information**

Name:

Relationship:

Phone Number:

Email:

## Marriage & Family Information

For marriage counseling, we ask both spouses fill out the form separately.

Are you:

- Single
- Married
- Separated
- Divorced

If married:

Date of Marriage:

Name of Spouse:

Spouse Date of Birth:

Address, if different:

Phone Number:

Have you been separated in your current marriage?

If yes, please explain.

Have either of you ever filed for divorce?

If yes, please explain.

Have either you or your spouse been married before?

If yes, why did the marriage end?

If currently separated: How long have you been separated? What are/were reasons for separation?

Children: List name, age and gender of each child

## **Spiritual/Religious Information**

Church Name:

How many times do you attend each month?

Please list ministry involvement:

Have you received Jesus as your person Savior?

How would you define the gospel and what it means to be a Christian?

Have you been baptized?

## **Health Information**

Are you currently taking prescription medication?

If yes, please list.

If you are not currently taking prescriptions, have you ever been prescribed medication to treat a mental health issue?

If yes, please list.

How would you describe your overall general physical health?

How often do you exercise?

How is your sleep?

Do you have any mental health related concerns (anxiety, depression, OCD, bi-polar, etc.)?

Do you struggle with suicidal thoughts?

## **Presenting Issues**

Describe the current struggle for which you are seeking counseling.

What have you done about it (most effective and least effective)?

Please describe any family history that might be pertinent to your reason for seeking counseling.

Any further information that we should know? (relationship in family of origin, significant losses or events, etc.)

Special requests or accommodations:

## Counseling Office Hours

We look forward to helping you. If this is an emergency, please call 911. Once your intake form is received, you will be contacted within 3 business days to schedule an initial intake appointment.

Our Counseling office hours are Monday-Thursday, 9:00am to 4:00pm. During this time, we can be reached at 503-269-9777. **Counseling appointments are offered by appointment.** We are unable to provide childcare for appointments and children are not allowed to wait in our waiting area. Thank you for your understanding.

Please check all the times you are available for an appointment. Limited availability may result in longer wait times.

(Day & hours)

(Day & hours)

(Day & hours)

(Day & hours)

(Day & hours)

Anything else you'd like to let us know about your availability?

## Financial Policy

By The Hem Biblical Counseling requires that payment is due at the time of each appointment. We are able to accept Venmo payments only at this time as this is a new practice and will be providing services to people virtually, until the Lord sees fit to grow our practice into a physical location where we can service many different communities in many different locations, in person and on line!!

There is an initial one-time resource fee of \$85 dollars.

Individual 50 Minute sessions: \$65

Couples/Marriage/Family 50 Minute sessions: \$75

If our Counsel has been a blessing to you and God has given you the means to do so, then your financial gift above session cost is most welcome.

Signature: \_\_\_\_\_

## Philosophy of Care

We are committed to providing a balanced and biblical approach to counseling. By biblical counseling we mean that your counselor is a Christian with special training and experience in applying the truth of the Bible to life. We believe that the Bible speaks to all of life and to all its problems, but it takes careful thought and prayerful wisdom to know how to make those connections. We don't believe that the Bible is simply a how-to book for happiness.

We are confident that through the Scriptures and the power of His Spirit, God has given us all the instruction necessary for life and godliness (2 Peter 1:3-4). It is our joy to help real people with real problems using the Bible. Your counseling will be biblical, pastoral counseling in which the Scriptures are held as the final authority in all matters. If you are not sure that you will be interested in biblical counseling, you will have the option of attending one or two sessions to discover how biblical counseling may help you.

Most importantly, we believe that the Bible ultimately points us to a Person – the Lord Jesus Christ. We believe that real change comes when people learn to see themselves and their problems in the context of a loving, vital relationship with Christ. **This does not mean that you must be a Christian to profit from our counseling, although we believe that deep and lasting change is brought about only by God Himself.** Because of this, we do not use the Bible in either a superficial or heavy-handed way.

When necessary, we will work with your physician or other professionals to ensure you receive the appropriate medical care in conjunction with the counseling services you receive.

### **The Biblical Counseling Ministry Team:**

By The Hem Biblical Counseling utilizes the help of both trained counselors, lay volunteers, and pastors. Our counselors do not know everything about biblical teaching and its application to life; nevertheless, they do know much and will do their utmost to help you. Counselors will honestly tell you if they require additional assistance from another member of the Biblical Counseling Team. Please understand that biblical counseling consists of Christians providing scriptural advice and practical application. Yet the counselee is held fully responsible for how he/she implements that advice (James 1:23-25). In addition, our counselors are neither psychologists, nor professional counselors. The counseling team consists of pastors, lay counselors, and Certified Counselors. The staff of By The Hem Biblical Counseling will supervise any trainees and lay volunteers. A biblical counselor trainee may be present in any counseling session for training and observation.

### **Your Rights as a Counselee:**

As a counselee, you have the right to discuss outcomes and challenges regarding the counseling and receive an estimate of the predicted length, goals, and outcome of the counseling, as well as alternative options to that counseling. You have the right to ask about and/or refuse any techniques used. You may terminate counseling at any time, but we encourage you to consult with your counselor as to the best way to do so.

**Not Professional Advice:**

If you have significant legal, financial, medical, or other technical questions, we may help you seek advice from an independent professional in that field.

**Referral Process:**

We believe in biblical counseling and the future support of the Body of Christ once counseling is completed. However, in the case that progress is not being made, a conflict of interest, or for medical concerns, we do make referrals. With your permission, we will work with your family physician and insurance to help seek medical or professional care if needed.

**Homework:**

Homework is sometimes given between sessions. This can range from reading information to taking a practical step in your counseling process.

Signature: \_\_\_\_\_

**Confidentiality Clause**

Confidentiality is an important aspect of the counseling process. We carefully guard the information you entrust to us to the fullest extent possible. As a Biblical Counseling ministry, we do not offer absolute confidentiality. There are times when it may be necessary for us to share specific information with others. Examples include but are not limited to criminal activities, and potential harm to self or others. Additionally, when a counselor is uncertain how to address a particular situation, the counselor may consult with another member of the Biblical Counseling Ministry team at By The Hem for the purpose of providing the highest level of care. To best care for you, we will work together as a team while keeping the circle of confidentiality as tight as possible.

There are times when counseling information may be shared outside the church context. Those exceptions would include, but are not limited to the following:

- Known or suspected abuse of any kind
- The intent to take criminal actions or violence against another person
- Credible suicidal thoughts or intentions

If you are suicidal during the course of your counseling with your counselor, it is crucial that you talk with your counselor about these matters. By signing below, you agree to share any suicidal thoughts or intentions with your counselor at any time they arise, and by phone if they occur in between sessions, and that you will seek medical care if you become suicidal in the course of your counseling.



In the case of marriage or family counseling, there is limited confidentiality, meaning the confidentiality belongs to the couple and not the individual.

Confidentiality for counseling at By The Hem Biblical Counseling is not agents of the state (licensed counselors). This means counseling conversations are inadmissible in the court of law. All counseling forms and notes taken by the counselor are the property of By The Hem Biblical Counseling. They are protected as confidential and may not be used in court proceedings or in any other way that is not authorized by the Biblical Counseling Ministry Team. If your counseling needs require professional representations in a court setting by a counselor, By The Hem Biblical Counseling will likely not be the best fit for your needs.

Signature: \_\_\_\_\_

### **Waiver of Liability**

In seeking counseling from By The Hem Biblical Counseling, please acknowledge your understanding of the following conditions and further release By The Hem, its staff, counselors, employees, and all team leadership from any legal liability, claim, or litigation arising from your participation in this voluntary program:

1. Counseling will be provided by pastors or church-trained lay leaders. The counseling staff is not a licensed counseling service through the state of Oregon.
2. All counseling is provided in accordance with the biblical principles adhered to by By The Hem Biblical Counseling and is not necessarily provided in adherence to any local or national psychological or psychiatric associations;
3. No representation has been made, either expressly or implied, that the biblical counseling, as conducted by the above-mentioned counselors, is accepted as customary psychological and/or psychiatric therapy within the definitional terms utilized by those professions;
4. In consideration for receiving any form of counseling from By The Hem Biblical Counseling, the person receiving the counseling agrees to release and waive any and all claims of any kind against the ministry, the staff, the pastoral/lay encouragers or any participating church, which may arise from, result out of, or be related to conduct or advice given.

Signature: \_\_\_\_\_

## **By The Hem Biblical Counseling Policies**

I understand that Lisa Hackney or any Counselor in cooperation with By The Hem Biblical Counseling may terminate services for noncompliance with the agenda of care and/or agreed upon administrative issues, failure to keep or cancel appointments, criminal misconduct, violence, or other similar issues.

Having clarified the principles and policies of our counseling practices, we joyfully anticipate the opportunity to walk with you as Christ enables you to grow in spiritual maturity and usefulness to His body. If you have any questions about these guidelines, please speak with your counselor or call Lisa at 503-269-9777

Signature: \_\_\_\_\_ Date: \_\_\_\_\_