



## **Tools in Choosing a Christian Counselor**

**Choosing a Word of God aligned Christian counselor can sometimes be tricky. Here are a few pointers to remember that may help.**

- 1. Contact your local church for references**
- 2. When you contact the counselor, ask for a Christian Counselor**
- 3. Your first appointment should be free. During the appointment ask:**

**-Do they believe in the gospel and have a relationship with Jesus?  
(If they don't know what this means, or give you a vague answer, they probably are not what you are looking for)**

**-Ask if you can use scripture as part of your homework**

**-Ask if you can have prayer included in your therapy plan**

**-What was your initial feeling after the first meeting?**

**-Trust your gut. If it doesn't "feel like a hug" it probably is not the right counselor for you**

