



The counseling you will begin is Christian counseling. ABC counselors are Christians who have had special training in the Scriptures and their application to life. What they say to you will not be based on the systems of men, or their own ideas. Their goal is to help you apply biblical principles to the particular problems with which you are struggling. This will help you now and will leave you with biblical guidelines for problem-solving for the rest of your life.

Most of the problems that people have involve relationships. A person's relationship to God is the most important one. Unless that relationship is right, nothing else in life can be altogether right. If you are uncertain about your relationship to Jesus Christ, your counselor will be glad to speak to you about it. The other problems that counselees have usually concern people. The Scriptures teach us how God can enable us to relate properly to Himself and to others. During the session, you and your counselor will talk about your relationship to God and to others.

Because it is foundational to all that is being done in the counseling session, we suggest that you take time every day to read a portion of the Bible. We also urge you to do your homework regularly. Prayerfully ask God to give you the strength to do what you have been asked to do. Counseling is not magic that takes place during one hour, one day week. It is during the rest of the week that changes must take place. Within six weeks or so, your counselor is going to look for a definite change, and if there isn't real change, he will want to evaluate the situation to discover the reason.

If difficulties arise during the week:

1. Do NOT panic
2. Write about the problem, specifically but briefly
  - a. Write what you have done about it
  - b. Write what the outcome was and what led to that outcome
3. Bring this information to the next counseling appointment

Counselors do not usually counsel on the telephone in between sessions. Advice given over the phone, without full consideration of all the circumstances, can be misleading. You need to sit down at a session to discuss the subject fully so that we can help you reach biblical decisions. Because of our small staff, we are not able to do crisis counseling, but if you have an urgent need to contact your counselor, please call 541-821-3299. **If you ever find yourself in an emergency situation, please call your pastor, your doctor, or the police.**

When you leave each session, please schedule your next appointment. If you need to change or cancel an appointment, please call as soon as possible so that we can rearrange the counselor's schedule. Since we are limited in our counseling hours available, we ask that you attempt to come to every session until finished.

May God bless you as you strive, by His power to follow His Word.