

**REDEEMER BIBLE CHURCH  
COUNSELING MINISTRY  
INFORMATION PACKET**

Thank you for your interest in receiving Biblical Counseling. Enclosed you will find the following paperwork:

- Explanation of our ministry and our counseling policy.
- A Statement of Understanding and Counseling Form. Please read carefully and sign on the lines provided.
- A Personal Inventory form to be completed by each party who plans to attend a session for counseling.

It is important that you return the completed paperwork to the Redeemer Bible Church Counseling Office before your scheduled session. Please drop them in the mail (950 N Greenfield, Gilbert, AZ 85234) or drop them off at the church office Monday through Friday from 9-4pm.

Please feel free to call the office if you have any additional questions regarding the counseling process. We look forward to serving you in the name of our Great God and Savior Jesus Christ.

In His Service,

Redeemer Bible Church Pastoral Team

## **REDEEMER BIBLE CHURCH COUNSELING MINISTRY**

Redeemer Bible Church is dedicated to making biblical counseling/discipleship available to any of its members and regular attendees that may have a need in this area. This service is made up of a team of pastors, elders and trained lay volunteers of Redeemer Bible Church.

Biblical counseling/discipleship is based on the belief that the Word of God is powerful and sufficient to change the people of God into the image of Jesus Christ through the power of the Holy Spirit. Thus, the only behavioral changes in man which are pleasing to God and are ultimately beneficial to man are those which are effected by means of the Holy Spirit applying the Word of God in sanctifying power to the will and mind of the counselee in accordance with biblical methods and directives.

Under the guidance of a trained biblical counselor/discipler what you can anticipate is: a follower of Jesus Christ coming alongside you to encourage, admonish, correct and teach you how to obey the principles of godly living set forth in the Bible (Matthew 28:19-20). It is our hope that as a result your trust in God, your devotion to the Lord Jesus Christ and your love for others will be increased for the glory of God.

Since the counseling/discipleship you will receive at Redeemer Bible Church is based on the premise that Scripture provides everything the believer needs for life and godliness (2 Peter 1:3) your counselor/discipler will use the Bible as the primary resource for providing direction in dealing with your situation. All counseling will be biblical counseling in which the Scriptures are, in all cases, the final authority. Neither the pastors nor the lay counselors/disciplers of this church are trained or licensed as psychotherapists or mental health professionals, nor should they be expected to follow the methods of such specialists.

You can expect to be given homework assignments that are tailored to your individual circumstances. While there is no fee for the sessions (love offerings to the ministry are accepted), there is a cost for the homework material, so please let us know in advance should this create a financial hardship. It will be important for you to thoroughly complete your homework. You can expect your counseling/discipleship to take far less time than conventional secular counseling. Simple problems are often solved in one session. Severe problems may require multiple sessions. In all cases, counselors (and counsees) should expect and see results from biblical counseling.

Your counselor/discipler will be careful to protect your confidentiality to the extent that the counselor believes the Bible or the State requires. Absolute confidentiality is not scriptural, for instance, and matters of church discipline or criminal incidents may require your counselor/discipler to disclose the facts to others.

## COUNSELING POLICY

### APPOINTMENTS:

There may be a waiting period for an appointment to see our counselors. Each session lasts approximately fifty to sixty minutes. Managing appointments can be one of our most serious problems. We request that if you cannot keep an appointment, you notify us at least 36 hours in advance. Keeping your appointment or calling in advance is very important for 3 reasons: First, failure to keep an appointment wastes the counselor's time. The Bible holds us accountable for our management of time. Second, we usually have people in standby waiting to come in should we have a cancellation. Third, we will be most likely to reschedule those people who have been faithful in keeping their appointments.

Childcare is your responsibility as we do not provide assistance in that area. Also, children are not allowed in the counseling sessions, unless requested, as they may hinder the effectiveness of the session.

At the counselor's/discipler's discretion, when a female is to be counseled one-on-one, she must make arrangements to bring a chaperone with her unless prior arrangements to have a female counselor present have been made.

### HOMEWORK:

Homework is a very important part of the biblical counseling process. Homework is somewhat unique to biblical counseling and is one of the reasons why this type of counseling is so effective. It continues the counseling process between sessions and teaches you how to find your own help for the future. Therefore, you may be required to spend a significant amount of time per week on homework. When done consistently, the work you do at home will speed up the counseling process.

Homework can include reading material, CD's, list/logs, Bible Studies, as well as practical assignments such as practicing techniques of communication or holding family conferences. Depending on your reason for counseling, your counselor will design your homework for you. The continuation of your counseling will depend on your effort and commitment to complete the assigned tasks.

In preparation for your first meeting, look up, read, write out and spend some time thinking and praying about the 4 Scriptures listed below. Also, take notes on the 3 sermons listed below (you can copy the links or you can search the titles on our sermon page). Bring your notes & be ready to discuss both.

#### Scriptures

2 Timothy 3:16-17

Hebrews 4:12-13

2 Peter 1:3

1 Corinthians 10:13

#### Sermons

One Burdening Word [[redeemeraz.org/sermon/one-burdening-word-matthew-721-23/](http://redeemeraz.org/sermon/one-burdening-word-matthew-721-23/)]

We Teach the Bible is Sufficient [[redeemeraz.org/sermon/we-teach-the-bible-is-sufficient-2-timothy-316-17/](http://redeemeraz.org/sermon/we-teach-the-bible-is-sufficient-2-timothy-316-17/)]

Evaluating Your Love for God and Your Neighbor [[redeemeraz.org/sermon/evaluating-our-love-for-god-and-your-neighbor-mark-1238-44/](http://redeemeraz.org/sermon/evaluating-our-love-for-god-and-your-neighbor-mark-1238-44/)]

## BIBLICAL COUNSELING MINISTRY

I understand that the counseling I receive at Redeemer Bible Church will be based on the counselor's understanding of the Bible. I also understand that there may be issues or information shared with the counselor that may be discussed with a pastor, elders and others, and that someone from the pastoral staff and/or a lay counselor may be asked to attend my session.

Because Redeemer Bible Church counsels from the Bible, it may be necessary for Matthew 18:15-20 to be used for remaining consistent with God's Word in seeking restoration.

Matthew 18:15-20 says, *"If your brother sins against you, go and tell him his fault, between you and him alone. If he listens to you, you have gained your brother. But if he does not listen, take one or two others along with you, that every charge may be established by the evidence of two or three witnesses. If he refuses to listen to them, tell it to the church. And if he refuses to listen even to the church, let him be to you as a Gentile and a tax collector. Truly, I say to you, whatever you bind on earth shall be bound in heaven, and whatever you loose on earth shall be loosed in heaven. Again I say to you, if two of you agree on earth about anything they ask, it will be done for them by my Father in heaven. For where two or three are gathered in my name, there am I among them."* (ESV)

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Signature

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Date

## STATEMENT OF UNDERSTANDING

I further understand that anything I tell my lawyer, ordained clergyman, Ph.D. level counselor, or doctor as part of our professional relationship is legally “privileged” communication. That is, it is legally protected from being disclosed to anyone else, unless I give permission that the communication be disclosed to someone else; and that with very limited exceptions, my lawyer, ordained clergyman, Ph.D. level counselor, or doctor cannot reveal anything they learn as part of their professional relationship with me unless I give permission that the information may be disclosed.

On the other hand, I also understand that what I tell anyone other than my lawyer, ordained clergyman, Ph.D. level counselor, or doctor, even in a helping or lay ministry setting such as that offered by Redeemer Bible Church, is not legally “privileged” communication, that is, it is not legally protected from being disclosed to anyone else.

I request to receive services from the Redeemer Bible Church Personal/Family Lay Ministry. I also understand and agree, as a condition of receiving these services, that the individual I will be meeting with under the supervision of Redeemer Bible Church Personal/Family Lay Ministry:

- is a lay ministry volunteer, not a lawyer, ordained clergyman, PH.D. level counselor, or doctor;
- is not someone with whom communication is legally privileged from disclosure;
- is committed to providing Biblical based guidance to me, but cannot provide me with professional legal, mental, or medical services.

I fully understand and agree that my communication with the Redeemer Bible Church lay ministries volunteer is not privileged and is not protected from being revealed to others. That is, what I disclose to the lay ministries volunteer may later be forced to be disclosed to a Judge, to a law enforcement officer, or to an opposing party or to their attorney; to the extent that either Redeemer Bible Church or the lay ministries volunteer is legally required to disclose any communication with or from me, I release Redeemer Bible Church and the lay ministry volunteer from any liability for such disclosure.

I also understand that Redeemer Bible Church and the lay ministry volunteer encourage and advise me to consult with my lawyer, ordained clergyman, Ph.D. level counselor, or doctor for any professional services or counsel needed which I intend to be legally privileged from disclosure.

By signing below, I acknowledge: that I sign this Statement of Understanding voluntarily, free from deception, undue influence, coercion, or duress of any kind, that I have given careful and mature thought to signing this statement; that I have carefully read each provision of this statement; that I Fully and completely understand each provision of the statement; and that I have the right to consult with legal counsel if I choose to prior to signing this statement.

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Signature

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Date

# Personal Inventory

*Before appointment, please complete this inventory, answering all questions honestly. Use the back for any answers where there's not enough space provided.*

Today's Date: \_\_\_\_\_

Mr. Mrs. Miss

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Zip \_\_\_\_\_

Home Phone (\_\_\_\_) \_\_\_\_\_ Cell Phone (\_\_\_\_) \_\_\_\_\_

Work Phone (\_\_\_\_) \_\_\_\_\_

Email \_\_\_\_\_

Birthdate \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Age \_\_\_\_ Gender \_\_\_\_\_

Referred by \_\_\_\_\_

Education (last year completed) \_\_\_\_\_ Degrees or Certificates \_\_\_\_\_

Employer \_\_\_\_\_ Position \_\_\_\_\_ Years \_\_\_\_\_

In Case of Emergency, please contact \_\_\_\_\_

Relationship \_\_\_\_\_ Phone Number \_\_\_\_\_

## Marriage and Family (answer all that apply)

Marital Status: Going Steady \_\_\_\_\_ Single \_\_\_\_\_ Married \_\_\_\_\_

Widowed \_\_\_\_\_ Separated \_\_\_\_\_ Divorced \_\_\_\_\_

Spouse \_\_\_\_\_ Birthdate \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Age \_\_\_\_

Address (if different) \_\_\_\_\_

Cell Phone (\_\_\_\_) \_\_\_\_\_

Is your spouse willing to come for counseling? Yes \_\_\_ No \_\_\_ When? \_\_\_\_\_

Is he/she in favor of your coming? \_\_\_\_\_ If no, explain \_\_\_\_\_

Date of Marriage \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Length of Dating \_\_\_\_\_

Ages when married: You \_\_\_\_\_ Your Spouse \_\_\_\_\_

How long did you know your spouse before marriage? \_\_\_\_\_

Give a brief statement of circumstances of meeting and dating \_\_\_\_\_

\_\_\_\_\_

Have either of you been previously married? \_\_\_\_\_ Who \_\_\_\_\_

Give brief information about any previous marriages \_\_\_\_\_

\_\_\_\_\_

Have you ever been separated? \_\_\_\_\_ Filed for divorce? \_\_\_\_\_

Information about your children, if applicable

Name	Age-Gender-Living?	Education	Step-child?
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Describe your relationship with your father \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Describe your relationship with your mother \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

If you were reared by anyone other than your parents, briefly explain \_\_\_\_\_

\_\_\_\_\_

Number of siblings \_\_\_\_\_ Your sibling order \_\_\_\_\_

Are your parents living?\_\_\_\_\_ Where do they live?\_\_\_\_\_

Have there been any deaths in the family during the last year?\_\_\_\_\_

If so, who and when?\_\_\_\_\_

**Health Background**

Rate your health: Very Good\_\_\_\_ Good\_\_\_\_ Average\_\_\_\_ Declining\_\_\_\_ Poor\_\_\_\_

Weight changes recently: Lost\_\_\_\_\_ Gained\_\_\_\_\_

Do you have any chronic conditions?\_\_\_\_\_ If so, explain\_\_\_\_\_

List any important illness, injuries and/or handicaps\_\_\_\_\_

Date of last medical exam\_\_\_\_\_ Results\_\_\_\_\_

Physician's name and address\_\_\_\_\_

Current medications and dosage\_\_\_\_\_

Do you drink alcoholic beverages?\_\_\_\_\_ How much and how frequently?\_\_\_\_\_

Women only: If you experience any significant symptoms related to your menstrual cycle, please explain \_\_\_\_\_

Have you ever been arrested?\_\_\_\_\_ If so, when?\_\_\_\_\_ We want to make sure that any serious incidents in your past have been dealt with in a biblical manner. State circumstances\_\_\_\_\_

If the counselor believes that it would be helpful to see your social, psychiatric or medical reports, would you be willing to sign a release form of information form? Yes\_\_\_\_ No\_\_\_\_



*\*\* All information provided on this form will be kept confidential in the manner described in our Statement of Understanding. \*\**

Have you ever had interpersonal problems on the job? \_\_\_\_\_ If yes, explain \_\_\_\_\_

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Have you ever had a severe emotional upset? \_\_\_\_\_ If yes, explain \_\_\_\_\_

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Have you ever seen a psychiatrist or counselor? \_\_\_\_\_ If yes, explain with dates \_\_\_\_\_

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What was the outcome? \_\_\_\_\_

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### **Spiritual Background**

Do you believe in God? Yes \_\_\_ No \_\_\_ Uncertain \_\_\_

Do you pray to God? Never \_\_\_ Occasionally \_\_\_ Often \_\_\_

Are you saved? Yes \_\_\_ No \_\_\_ Not sure what you mean \_\_\_

Have you been baptized? \_\_\_\_\_ If yes, when? \_\_\_\_\_

How often do you read the Bible? Never \_\_\_ Occasionally \_\_\_ Often \_\_\_ Daily \_\_\_

Do you have regular family devotions? \_\_\_\_\_

Denominational preference \_\_\_\_\_

Church Attending (if not Redeemer) \_\_\_\_\_ Member? \_\_\_\_\_

Pastor's Name \_\_\_\_\_

Church Name \_\_\_\_\_ Phone \_\_\_\_\_

Church Address \_\_\_\_\_

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Permission to consult your pastor as deemed helpful by counselor? Yes \_\_\_ No \_\_\_

How often do you attend church?

Never \_\_\_ Occasionally \_\_\_ Once/twice a month \_\_\_ Weekly \_\_\_ More \_\_\_\_\_

How are you involved within your church? \_\_\_\_\_

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Explain any recent changes in your spiritual life\_\_\_\_\_

Spiritual background of your spouse, if married\_\_\_\_\_

Do you have problems sleeping? Yes\_\_\_ No\_\_\_

How many hours of sleep do you average each night?\_\_\_\_\_

Have you ever had a "paranormal experience" you can't explain? Yes\_\_\_ No\_\_\_

Have you ever had hallucinations? Yes\_\_\_ No\_\_\_

Have you ever participated in a spiritual ritual? Yes\_\_\_ No\_\_\_

If yes, please explain\_\_\_\_\_

### **Personality Information**

Have you ever used drugs for other than medical purposes? Yes\_\_\_ No\_\_\_

If yes, what and when\_\_\_\_\_

Check any of the following words that best describe you now

Active Ambitious Self-confident Persistent Nervous Hardworking

Impatient Impulsive Moody Often-blue Excitable Imaginative Calm

Serious Easy-going Shy Good-natured Introvert Extrovert Likable

Leader Quiet Hard-boiled Submissive Self-conscious Lonely Sensitive

Other\_\_\_\_\_

Check any problem that applies to you now

Anger Anxiety Apathy Appetite Bitterness Change in lifestyle Children

Communication Conflict/fighting Deception Decision making Depression

Drunkenness Envy Fear Finances Gluttony Guilt Health

Homosexuality Impotence In-laws Loneliness Lust Memory Moodiness

Perfectionism Pornography Rebellion Sex Sleep Vice or addiction

Other\_\_\_\_\_

**Do you have any firearms or other weapons in the home? Yes \_\_\_ No \_\_\_**

**Briefly Answer the Following Questions**

1. What problem brings you here?

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2. What have you done about this problem?

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3. What are your expectations from this counseling?

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4. Is there any other information we should know?

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