

Table of Contents

A Letter from Pastor Chris.....	3
Counselors and Credentials	4
An Understanding of Counseling	5
Informed Consent & Confidentiality Covenant	6
Counseling Intake Form	8
Counseling Session Notes	11
Additional Notes	15

A Letter from Pastor Chris

Dear Friend,

Christians have the role of helping one another grow to become more like Jesus. As the church, we desire to care for those who are hurting and injured members of the body of Christ.

The primary way that our church accomplishes this task is through Small Groups. Through your small group you will gain biblical counsel, encouragement, and the support you need for continued growth. If you are not currently involved in a small group, please understand that part of your counseling solution will include your involvement in a small group for continued support.

However, there are times within our Christian walk in which we need pastoral counsel. Solution-Focused Pastoral Counseling (SFPC) is a co-created effort between the counselee and the pastoral counselor to develop solutions to problem behavior that is based upon the strengths and abilities that the counselee already possesses in working toward a solution. The strategy is in part based upon the focus upon constructing a solution rather than focusing upon the problem. Therefore, the counselee is considered to be the expert on his/her own life, not the counselor. The problem behavior will not be resolved merely as a result of attending the counseling sessions, but instead are resolved when the counselee takes action upon the solution-focused counsel.

Whatever your *hurt, habit, or hang-up*, please know that you are in my prayers as we work together to become more like Jesus through caring for one another!

Celebrating the process of healing,



Chris Dortch, B.S., M.Div., and D.Min.
Lead Pastor of First Baptist Church Mount Sterling

Counselors and Credentials

Pastor Chris Dortch has been on staff as the Lead Pastor of First Baptist Church since January of 2015. He has been serving in vocational ministry since January of 1993.

Pastor Chris graduated Summa Cum Laude (4.0 GPA) from Liberty University with a B.S. in Religion with an emphasis in Theology and Biblical Studies. He earned his Master of Divinity from Liberty Baptist Theological Seminary with an emphasis in Pastoral Ministries. He also earned his Doctor of Ministry from Liberty Baptist Theological Seminary and was a Graduate with High Distinction (4.0 GPA).

Pastor Chris is a member of the American Association of Christian Counselors (AACC) and adheres to their Code of Ethics and submits to the Standards and Exemptions for Ordained Pastors and Pastoral Counselors (ES3).¹ His training for biblical and pastoral counseling includes general counseling (see list of issues and concerns on page 9), family counseling, adolescent counseling, pre-marital, and marital counseling.

¹ <http://www.aacc.net/about-us/code-of-ethics/>

An Understanding of Counseling

Multitasking

Modern secular counseling often overlooks the spiritual aspects of life. Our emotions are reduced to nothing more than chemical reactions within the brain. However, as Christians, we recognize that we have been created in the image of God. The Christian counselor then gives consideration to your soul, emotions, thinking, feeling, volition, conscience, and body. Temporal systems are considered such as the influence of family, friends, church, society, economy, etc. Supernatural systems are considered such as the work of the Holy Spirit as well as demonic influence. Therefore, Christian counselors develop a comprehensive approach to counseling known as multitasking.

Solution-Focused

Solution-Focused Pastoral Counseling (SFPC) is a co-created effort between the counselee and the pastoral counselor to develop solutions to problem behavior that is based upon the strengths and abilities that the counselee already possesses in working toward a solution. The strategy is in part based upon the focus toward constructing a solution rather than focusing upon the problem. Solution-focused counseling has nine guiding assumptions.

1. God is already active in the counselee.
2. Complex problems do not demand complex solutions.
3. Finding exceptions helps create solutions.
4. The counselee is always changing.
5. The counselee is the expert and defines the goals.
6. Solutions are co-created.
7. The counselee is not the problem; the problem is the problem.
8. The counseling relationship is positional.
9. If it's not broken, don't fix it.

Brief-Counseling

Pastoral counseling is not a long-term relationship. Generally speaking, pastoral counseling will last from one to four sessions. However, part of your solution will include a plan for your involvement in a small group for continued growth and support. In some circumstances, the pastoral counselor may refer you to a specialized counselor. This will occur when the counseling required is greater than the scope of pastoral counseling (SFPC).

Pastoral Counseling Goal

The overall goal of pastoral counseling is “to become more like Christ” (cf. Eph. 5:1); this is accomplished through helping the counselee(s) think biblically about their current struggles. A pastoral counselor relies on Scriptures as the sole authority for faith and conduct in providing biblical counsel to those who are hurting and in need.

Informed Consent & Confidentiality Covenant

Pastoral Counseling Agreement

The pastoral staff of First Baptist Church desires to provide you with accurate information concerning the pastoral counseling process. Please read through the following agreement, sign and date. This form as well as the intake form must be completed and returned to the church office prior to the first session. You should keep an additional handbook for your own records.

(NOTE to couples/families: Each individual should fill out their own set of forms.)

Pastoral Counseling Referral Policy/Disclaimer

After reviewing the Counseling Intake Form, the counseling pastor will determine whether or not our pastoral staff can provide you with the appropriate services and level of care needed. Counselees will be referred if the circumstances are beyond the scope of pastoral counseling.

Arrival Expectations

Please plan to arrive 10 minutes prior to your scheduled appointment so the session can begin on time. If you anticipate being late, please call ahead to inform us at 859.498.5645. If you will be significantly late, we may ask you to reschedule the appointment. Regardless of your arrival time, the session will end at the scheduled end time to avoid interfering with the schedule of others.

Cancellations

If you must cancel your appointment, please notify the church offices at least 24 hours prior to your scheduled appointment at 859.498.5645. The church offices are open from 8:00am until 4:00pm, Monday through Thursday and from 8:00am until 3:00pm on Friday. Failure to do so could result in the cessation of future counseling sessions. Exceptions will be made for emergencies and extenuating circumstances. You may choose to directly e-mail your pastoral counselor if the offices are closed.

Accountability

For accountability purposes, please note that the door to the office must remain partially open for the duration of any counseling session. The only exception to this rule is when there are at least two people in the counseling session in addition to the pastoral counselor. Any counseling session that will go beyond 4:00pm must have at least two people present.

Sessions

Pastoral counseling is not a long-term relationship. Generally speaking, pastoral counseling will last from one to four sessions. Please note that counseling sessions will not exceed 1 hour. Here is a typical outline of what to expect.

Session 1: What is the Problem?

Session 2: What is the Preferred Solution?

Session 3: What is the Pace and Motivation Toward Solution?

Session 4: What is the Plan for Continued Support?

Homework

You will be asked to complete homework assignments between sessions. We ask that you complete your assignments prior to your arrival for each session. Counselees will be asked to commit to prayer and Scripture reading or memorization as part of the counseling process. Failure to complete assignments may result in a forfeit of future sessions.

Pastoral Counseling Confidentiality

Your counseling sessions are confidential and will not be discussed or released to anyone, except as noted below. The exceptions to this policy are as follows: In general, we discourage the keeping of secrets between family members. It is our view that secrets, such as past sexual abuse, unwanted pregnancies, adulterous affairs, etc. are more problematic when kept secret than when dealt with in an honest and appropriate manner. Please note that we are required by law to inform family members, the police, and others when there is sufficient cause to believe that a life is in danger, or when you appear suicidal. We are also required by law to report child abuse, child sexual abuse, other forms of abuse or intentions to harm others. In addition, in an attempt to gain perspectives and ideas as to how best to help you reach your goals, your pastoral counselor may meet with other pastoral staff or professional ministry staff regarding their counselee(s).

If you have any questions or reservations about the policy in regard to confidentiality, then the policy should be discussed before signing below. By signing below you are accepting the confidentiality policy, its limits and exceptions.

- I understand and accept the guidelines stated within the Informed Consent & Confidentiality Covenant.

Signed _____ Date _____

Counseling Intake Form

Today's Date: _____

Personal Information

Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Home Phone: _____ Cell Phone: _____

E-mail: _____

Date of Birth: _____ Age: _____ Gender: M / F

Occupation: _____ Employer: _____

Are you a member of First Baptist Church Mount Sterling? Y / N If yes, since when? _____

Who referred you to us? _____

Family Information (if married)

Name of Spouse: _____

Spouse Date of Birth: _____ Spouse Age: _____ Years Married: _____

List children and their ages starting with the oldest:

1. _____ Age: _____

2. _____ Age: _____

3. _____ Age: _____

4. _____ Age: _____

Parental Information (if under the age of 18)

Name of Father: _____

Name of Mother: _____

Does your father live at home with you? Y / N Mother? Y / N

List your brothers and sisters and their ages starting with the oldest:

1. _____ Age: _____

2. _____ Age: _____

3. _____ Age: _____

4. _____ Age: _____

Counseling Information

Have you ever sought counseling before? Y / N

Was it for the same challenge for which you are currently seeking counsel? Y / N

Briefly describe your previous counseling experiences and approximate dates:

What crisis or need led you to seek counseling at this time?

Emotional Issues

- | | | |
|---------------------------------------|--|--|
| <input type="checkbox"/> Loneliness | <input type="checkbox"/> Anxiety/Panic Attacks | <input type="checkbox"/> Guilt |
| <input type="checkbox"/> Anger | <input type="checkbox"/> Depression | <input type="checkbox"/> Unhealthy Self-Esteem |
| <input type="checkbox"/> Facing Death | <input type="checkbox"/> Bereavement/Grief | <input type="checkbox"/> Suicide Thoughts/Threat |

Relational Issues

- | | | |
|---|---|--|
| <input type="checkbox"/> Pre-Marital Counseling | <input type="checkbox"/> Marital Counseling | <input type="checkbox"/> Dating |
| <input type="checkbox"/> Coping w/ Singleness | <input type="checkbox"/> Peer Pressure | <input type="checkbox"/> Peer Rejection/Bullying |

Familial Issues (Adults)

- | | | |
|---|---|---|
| <input type="checkbox"/> Child Concerns | <input type="checkbox"/> Divorce/Separation | <input type="checkbox"/> Single Parenting |
|---|---|---|

Familial Issues (Children/Adolescents)

- | | | |
|---|--|--|
| <input type="checkbox"/> Inattentive Parents | <input type="checkbox"/> Sibling Rivalry | <input type="checkbox"/> Parental Divorce/Separation |
| <input type="checkbox"/> Dealing w/ Stepparents | <input type="checkbox"/> Non-Christian Parents | <input type="checkbox"/> Overprotective Parents |

Sexual Issues

- | | | |
|--|--|--|
| <input type="checkbox"/> Lust | <input type="checkbox"/> Pornography | <input type="checkbox"/> Premarital Sex |
| <input type="checkbox"/> Unplanned Pregnancy | <input type="checkbox"/> Abortion | <input type="checkbox"/> Homosexuality |
| <input type="checkbox"/> STDs | <input type="checkbox"/> I had an Affair | <input type="checkbox"/> My Spouse Had an Affair |

Abuse Issues

- | | | |
|---------------------------------------|------------------------------------|---|
| <input type="checkbox"/> Sexual Abuse | <input type="checkbox"/> Rape | <input type="checkbox"/> Physical Abuse |
| <input type="checkbox"/> Verbal Abuse | <input type="checkbox"/> Emotional | |

Addiction Issues

- | | | |
|--|-------------------------------------|-----------------------------------|
| <input type="checkbox"/> Alcohol Abuse | <input type="checkbox"/> Drug Abuse | <input type="checkbox"/> Gambling |
|--|-------------------------------------|-----------------------------------|

Disorders Issues

- | | | |
|-----------------------------------|---|----------------------------------|
| <input type="checkbox"/> ADD/ADHD | <input type="checkbox"/> Anorexia Nervosa | <input type="checkbox"/> Bulimia |
|-----------------------------------|---|----------------------------------|

Other Concerns

- | | | |
|--------------------------------|---------------------------------|---------------------------------------|
| <input type="checkbox"/> Money | <input type="checkbox"/> Cancer | <input type="checkbox"/> Other: _____ |
|--------------------------------|---------------------------------|---------------------------------------|

Please describe:
