

Christian counseling

Choosing How Faith Enters My Counseling

Adults | 10 to 15 minutes

Christian faith may offer comfort, raise difficult questions, or feel mixed. You decide whether prayer, scripture, church relationships, or other practices belong in counseling. This page helps you communicate preferences without requiring a particular interpretation or level of belief.

Choose one current counseling concern. Name helpful faith connections, unwanted assumptions, and one question for a prospective or current therapist.

Identify your preferences

Separate a practice you freely choose from something others expect. For example, you may welcome discussing hope while declining prayer during appointments. Uncertainty is a valid starting point.

Check care fit

Ask how the therapist handles disagreement, spiritual harm, confidentiality, and clinical care. A faith leader and a licensed clinician may offer different kinds of support; clarify roles before sharing.

1. Which Christian belief or practice, if any, would I like included?**2. What interpretation, pressure, or practice do I want excluded?****3. What question would help me assess a counselor's fit?****4. What would respectful care look like when my faith feels uncertain?****Clinical use and adaptation**

Follow the client's language and consent. Do not proselytize, frame illness as deficient faith, or require forgiveness or reconciliation. Assess spiritual coercion privately and clarify professional scope and confidentiality limits.