

# What is pastoral counseling?



- The professional integration of spirituality and psychotherapy
- A ministry of mental health offering healing and hope

# Five Areas of My Pastoral Counseling Focus

- Relationship Issues
  - (Licensed Marriage and Family Therapist)
- Life-cycle/Life-stage Transitions and complications
- God, grief and guilt
- Mental Health issues
- Individual or Family Crises

# Pastoral Counseling

## The Foundation – Jesus Christ

- Healing comes from a relationship with God through Jesus Christ. Healing comes when the source of your suffering is embraced and a new way to live with it is created, in and through Christ.

# Pastoral Counseling

## Three Healing Elements

- A therapeutic relationship formed in a context of unconditional acceptance, mutual trust and respect, empathy, and confidentiality.
- Post-modern therapeutic conversation to gain understanding and insight
- The historic Christian faith to gain healing and peace

# What is Psychotherapy?

- The practice of therapeutic conversation grounded in mutual respect, understanding and unconditional acceptance
- Do I have to be crazy to be in therapy? Actually, you have to be crazy NOT to be in therapy. Everyone has issues. Healthy people and healthy couples and families have as many issues as unhealthy ones. The difference is that healthy people get help!

# How do I get an appointment?

- Call or email Pastor Buono.
- Allow a few minutes before the first appointment to fill out paperwork.
- Appointments are available during the day on Wednesday and Thursday, and in the evening on Thursday. Other days and times available as needed.