

Psychotherapy

Dr. Maret

Unite 2 - Christian Counseling

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When a client seeks help from a Christian counselor, he expects to find a counselor he can trust to open his heart and spouse his wounds. The client is dealing with pain that goes deep in his soul. A Christian counselor must be authentic, trustworthy, confidential, and able to offer his client security and honesty therapy. A Christian counselor must have a genuine and authentic relationship with his client, where the client feels secure enough to open his heart and talk freely about his feelings, insecurity, problems, and behavior. He should be confident in his faith and not make vain and unrealistic promises. Christiana's counselor should not assume that he knows everything and will solve everything; on the contrary, his dependency is 100% on God. I like the quote of Elisabeth Elliot: *"Faith does not eliminate questions. But faith knows where to take them."*

A Christian counselor should not make fake promises that he can bring healing and restoration and that everything will be fine. Still, on the contrary, he should be genuine, saying that he will apply all his knowledge, assignments, and methods that he is able and capable of. A Christian counselor should be able to use his training to help his client in the best way possible. Without imposing his faith and opinion and never making decisions for his client, but with the grace of God, a Christian counselor should always seek to be firm on his own beliefs. A Christian counselor should believe in the words of Jesus and apply them to the life of his clients: *"Then you will know the truth, and the truth will set you free."* John 8:32