



Common Questions

What is the difference between counseling, coaching and mentoring?

Counseling

Biblical counseling provides help and guidance for clients in addressing present and past life challenges. It seeks to bring a client from where they are in the past to a healthier present and outlook. Biblical counseling applies proven scriptural principles and proven methods to each client's situation via interview, testing, assessment, interests and aptitudes. The resulting information and discussion produces a set of agreed upon action step(s) that the client then works on between subsequent sessions.

Counseling sessions are done face to face and can continue as long as the client desires and as long as the client is willing and makes progress on action steps agreed upon. All sessions begin and end with prayer.

Coaching

Faith-based Coaching is a relationship built on a high level of trust where the client is considered the expert and the agenda for each coaching conversation is co-created by the coach and the client. Biblical Coaching helps take the client from where they are currently to where they want to go. Through the use of learned coaching skills, the coach moves the client to:

- Gain new awareness that encourages internal shift(s)
- Design actions for on-going learning
- Set specific, realistic and measurable goal(s)
- Commit to accountability and responsibility for follow-through

Coaching sessions, typically conducted over the phone, can continue as long as the client desires and as long as the Coach feels there is value being added. All sessions begin and end with prayer.

Mentoring

Biblical Mentoring enlists the life experiences and mature relationship with God of the Mentor, to a client of the same gender, who is typically younger, and with lessor experience and maturity. The focus may be dealing with the past or it may deal with where the client desires to go. Through listening, help, and advice, the Mentor builds action steps that are agreed to by the client. Accountability helps to assure measurable progress and growth.

The focus of mentoring sessions are typically arrived at through:

- Interaction with the clients parents or care giver(s)
- Expressed needs of the client if they are an adult.
- Interaction with the client by the Mentor (younger or adult)

Mentoring sessions are done face to face and can continue as long as the client desires and as long as the client is willing and makes progress on action steps agreed upon. All sessions begin and end with prayer.

Which is best for me?

The Intake Receptionist and/or Care Giver will assist you in this decision if you are uncertain.

How can counseling help me?

A number of benefits are available from participating in counseling. Care Givers at **True North** can provide support, problem-solving skills, and enhanced coping strategies for issues such as depression, anxiety, relationship troubles, unresolved childhood issues, grief, stress management, body image issues and more. Many people also find that a counselor can be a tremendous asset to managing personal growth, interpersonal relationships, family concerns, marriage issues, and the hassles of daily life. Counselor's can provide a fresh perspective on a difficult problem or point you in the direction of a solution. The benefits you obtain from care depend on how well you use the actions steps and put into practice what you learn. Some of the benefits available from counseling include:

- Attaining a better understanding of yourself, your goals and values
- Developing skills for improving your relationships
- Finding resolution to the issues or concerns that led you to seek counseling

- Learning new ways to cope with stress and anxiety
- Managing anger, grief, depression, and other emotional pressures
- Improving communications and listening skills
- Changing old behavior patterns and developing new ones
- Discovering new ways to solve problems in your family or marriage
- Improving your self-esteem and boosting self-confidence

Do I really need Counseling? I can usually handle my problems.

Everyone goes through challenging situations in life, and while you may have successfully navigated through other difficulties you've faced, there's nothing wrong with seeking out extra support when you need it. In fact, counseling is for people who have enough self-awareness to realize they need a helping hand, and that is something to be admired. You are taking responsibility by accepting where you're at in life and making a commitment to change the situation by seeking counseling. Counseling provides long-lasting benefits and support, giving you the tools you need to avoid triggers, re-direct damaging patterns, and overcome whatever challenges you face.

Why do people go to counseling and how do I know if it is right for me?

People have many different motivations for coming to counseling. Some may be going through a major life transition (unemployment, divorce, new job, etc.), or are not handling stressful circumstances well. Some people need assistance managing a range of other issues such as low self-esteem, depression, anxiety, addictions, relationship problems, spiritual conflicts and creative blocks. Counseling can help provide some much needed encouragement and help with skills to get them through these periods. Others may be at a point where they are ready to learn more about themselves. In short, people seeking counseling are ready to meet the challenges in their lives and ready to make changes in their lives.

What is counseling like?

Because each person has different issues and goals for counseling, Counseling will be different depending on the individual. In general, you can expect to discuss the current events happening in your life, your personal history relevant to your issue, and report progress (or any new insights gained) from the previous counseling session. Depending on your specific needs, counseling can be short-term, for a specific issue, or longer-term, to deal with more difficult patterns or your desire for more personal development. Either way, it is most common to schedule regular sessions with your counselor (usually weekly).

It is important to understand that you will get more results from counseling if you actively participate in the process. The ultimate purpose of counseling is to help you bring what you learn in session back into your life. Therefore, beyond the work you do in counseling sessions, your Care Giver may suggest some action steps you can do outside of counseling to support your process - such as reading a pertinent book, journaling on specific topics, noting particular behaviors or action steps toward a healthy goal. People seeking counseling are ready to make positive changes in their lives, are open to new perspectives and take responsibility for their lives.

What about medication vs. counseling?

It is well established that the long-term solution to mental and emotional problems and the pain they cause cannot be solved solely by medication. Instead of just treating the symptom, counseling addresses the cause of our distress and the behavior patterns that curb our progress. You can best achieve sustainable progress and a greater sense of well-being with an integrative approach to wellness. Working with your medical doctor you can determine what's best for you, and in some cases a combination of medication and counseling is the right course of action.

Do you take insurance?

True North -Counseling, Coaching and Mentoring, currently does not accept insurance.

Does what we talk about in sessions remain confidential?

Confidentiality is one of the most important components between a client and Care Giver. Successful care requires a high degree of trust with highly sensitive subject matter that is usually not discussed anywhere but the Care Givers office. Every Care Giver should provide a written copy of their confidential disclosure agreement, and you can expect that what you discuss in session will not be shared with anyone. This is called "Informed Consent". Sometimes, however, you may want your Care Giver to share information or give an update to someone on your healthcare team (your Physician, Naturopath, Attorney), but by law your Care Giver cannot release this information without obtaining your written permission.

However, state law and professional ethics require Care Givers to maintain confidentiality except for the following situations:

- Suspected past or present abuse or neglect of children, adults, and elders to the authorities, including Child Protection and law enforcement, based on information provided by the client or collateral sources.
- If the Care Giver has reason to suspect the client is seriously in danger of harming him/herself or has threatened to harm another person.