

BIBLICAL COUNSELING INFORMATION & AGREEMENT

TRINITY BAPTIST CHURCH

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Thank you for your interest in biblical, Christ-centered counseling. We look forward to helping you find God's help and hope for the problems or conflicts you are facing. The following information will help you understand our ministry and will serve as an agreement between us.

A. Who is Your Counselor?

Dr. Nathan Moore is a biblical counselor, certified by the *Association of Certified Biblical Counselors* ([ACBC](#)). Nathan has served as the associate pastor of Trinity Baptist Church since January 2015, where his primary responsibilities include preaching, biblical counseling, and adult discipleship. He is a graduate of The Southern Baptist Theological Seminary (D.Min. Applied Theology of Counseling), Southeastern Baptist Theological Seminary (M.Div. Christian Ministry with Biblical Languages) and Samford University (B.A. Communication and Rhetoric).



B. General Information

Nathan is a trained biblical counselor and an ordained minister of the Christian gospel who counsels people biblically as part of his pastoral ministry. By choice, he is not a state-licensed counselor, psychologist, or therapist. He also does not provide medical, financial, or legal advice. Nathan offers Christ-centered, biblical counseling, not psychological or professional counseling or therapy, and he does not hold himself to the standards or practices of those or related mental health professions or state-licensing boards. Nathan will seek to help you find and implement God's answers in his Word, the Bible, according to his understanding of the Bible.

C. What Is Christ-centered Biblical Counseling?

Four convictions underlie our biblical counseling ministry:

- *We present the Lord Jesus Christ as the crucified, risen, and reigning Savior who, through his Word and his Spirit, can help us handle our personal and relational problems.* Jesus alone provides the forgiving mercy (through his death and resurrection), the wisdom (in his Word), and the power (through his Spirit) we need for daily living.
- *We use the Bible as our main tool to diagnose, explain, and solve our problems.* As God's Word, the Bible provides true, thorough, authoritative, and sufficient guidance for every life situation we face, and it is richly superior to the human wisdom and competing counsel of secular psychologies.
- *We reflect the love, concern, and compassion of Jesus our Shepherd and Counselor.* Biblical counseling is a caring process marked by Christlike love.
- *We seek thorough and lasting godly change by addressing both the inward and outward issues of our problems.* Biblical counseling is not shallow, superficial, or simplistic. Scripture alone uncovers and solves our inward, heart (beliefs and motives) struggles and our outward, behavioral struggles.

- To learn more about our convictions concerning biblical counseling, please see [The Confessional Statement of the Biblical Counseling Coalition](#).

D. Getting the Most out of Biblical Counseling

To increase the effectiveness of the counseling process, we ask the following of you:

- *Be committed to biblical counseling as described above.* This involves coming to each session with a humble, teachable spirit, seeking to learn how God wants you to handle your life based on his Word.
- *Attend each scheduled session on time.* Bring your Bible and a notebook. Allow sixty minutes for most sessions, with a little more for the first session. If an emergency keeps you from attending, please contact Nathan immediately. Apart from prior agreement, he does not provide telephone counseling or reply to frequent calls, email, texts, or letters. Excessive cancellations may result in the termination of counseling.
- *Be as open and honest as you can.* At the same time, Nathan realizes that talking about your problems may be very difficult for you and that your trust in him may take time to develop.
- *Be patient*—your problems did not develop in a day. It may take Nathan several sessions to get to know you and understand your situation. It is vital for him to listen carefully and gather thorough information.
- *Keep a counseling journal.* You will be asked to engage in written reflection on each counseling session. More information will be provided at your first session.
- *In between sessions, complete the growth assignments given, and review and pray over the matters discussed during previous sessions.* Nathan will give you helpful, doable assignments that fit our counseling aims. These are vital parts of the counseling process.
- *Consider inviting a trusted Christian friend, fellow church member, or spouse to join us for one or more sessions.* A good friend can provide support and encouragement during and between sessions.
- *Participate regularly and actively in the life and ministry of your local church.* Regular participation in a Christ-centered, biblical church provides you with vital complements to biblical counseling: God-centered worship, solid Bible teaching with practical life application, pastoral care, and meaningful friendships with other people needing and learning God's grace. Due to the critical role of the local church, failure to regularly attend corporate worship may result in the termination of counseling.

E. Confidentiality

Confidentiality is an important aspect of the counseling process, and we will carefully guard the personal and private information you entrust to us as much as possible. We recognize the crucial importance of mutual trust within the counseling relationship. As a rule, you can expect that what we discuss stays between us.

At the same time, due to biblical and civil law, we cannot guarantee absolute confidentiality in every situation. There are times when Nathan might believe it necessary, at his discretion, to disclose otherwise confidential information to appropriate other people. Some examples might include:

- To ensure that you are receiving consistent counsel and support, he might need to discuss your situation with appropriate leaders of our church or another counselor. If you are a member of another church, he may discuss your situation with your pastor.

- If there is indication that you or someone else might be in danger of serious harm unless others intervene, he might need to disclose information to civil authorities and to those in danger.
- In cases of suspected child or elderly abuse or neglect, he might need to report this to civil authorities.
- In counseling minor children or teens, he may need to disclose information to parents or legal guardians.

Please be assured that we strongly prefer not to disclose your personal information to others and that we will make every effort to help you find ways to resolve problems as privately as possible.

We also ask you to agree not to discuss our communications with people who do not have a necessary interest in the counseling process. Where your situation might involve legal issues, you must agree to treat all dealings with Nathan concerning your case as settlement negotiations, which means they will be inadmissible in a court of law or for legal discovery. You must also agree that you will not try to force Nathan to disclose any information acquired during counseling or to force him to testify in any legal proceeding.

In the highly unlikely event of a conflict between you and Nathan, all parties must seek to resolve it in a biblical manner, through discussion, and, if necessary, through mediation and arbitration, according to the Rules of Procedure of the Institute for Christian Conciliation (<http://peacemaker.net/icc/>).

F. Financial Matters

We believe that biblical counseling is ideally a ministry of the local church and we encourage counselees to contact their church leaders for help. As a member of this church, Nathan is glad to counsel you without any financial remuneration. If you appreciate this ministry in your life then feel free to make an extra gift, above and beyond your regular offering, to our church’s counseling ministry.

We might ask you to purchase materials to read as part of the counseling growth process.

G. Agreement: If you have any questions about the above matters, please talk with Nathan. If you agree to these terms, please sign below and return this entire signed document to him before or at your first session.

I have read and understand the above guidelines and find them acceptable.

Name _____ Signed _____ Date _____

Name _____ Signed _____ Date _____

Name _____ Signed _____ Date _____

Name _____ Signed _____ Date _____

**Thank you for giving us the opportunity to serve Christ by helping you
find and implement his answers to your problems.
May God encourage, bless, and empower you in these coming days.**