

## INTERVIEWING A POTENTIAL COUNSELOR

*The eyes of the Lord are upon the righteous, and his ears are open unto their cry. The face of the Lord is against them that do evil, to cut off the remembrance of them from the earth. The righteous cry, and the Lord heareth, and delivereth them out of all their troubles. The Lord is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit.*

—Psalm 34:15-18

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As a leader of an ALC Balm of Gilead Sexual Abuse Support Group, building a working relationship with counselors in your area is very beneficial. Please take the initiative to interview multiple counselors so you can guide a survivor to the one who can best help them. Counselors can also refer survivors to your Support Group. Call to set up an appointment before the office interview. Following is a list of questions to ask a potential counselor.

### FAITH

- Do you have a statement of faith?
- Do you integrate Scripture and prayer into your counseling?

### LICENSING AND CERTIFICATION

- What degrees do you have? In what areas?
- What kind of licensing/certification do you have?
- How long have you been a counselor?
- What other credentials do you hold?
- Do you have any professional memberships?

### EXPERIENCE WITH SEXUAL ABUSE SURVIVORS

- Do you have training in the area of sexual abuse? What kind of training?
- Do you have any experience with counseling the survivors of sexual abuse?
- What is your area of expertise?

### APPROACH

- What is your approach to counseling sexual abuse survivors?
- Do you tend to be more directive or more like a consultant to the client?

### GENDER

- Do you counsel both male and female sexual abuse survivors? Some people may prefer a counselor whose gender is opposite to their abuser's gender, and some may be more comfortable with a specific gender for their counseling.

### APPOINTMENTS

- Are your appointment times flexible or does your client get their own time slot?
- Do appointments start on time?
- If you are away, what happens to counseling session time?
- What happens if a client can't make an appointment?
- What happens if a client is late for an appointment?
- What must a client do to be ready for the first session?
- If a client wanted to bring someone with them to a session, would that be okay?

### BETWEEN SESSIONS

- What do you expect clients to do between sessions?
- Do you ever do phone or online sessions?
- If a client has problems between sessions, what are their options?

### CONFIDENTIALITY

- If a client is using insurance, will their employer be made aware that they are seeing a counselor?
- What is private and confidential about what you do?

### FINANCIAL AND INSURANCE

- Do you take insurance? What types?
- Is there a sliding scale based on ability to pay?
- Do you provide discounts or payment plans?

Asking some questions will give you a feel for a potential counselor. No counselor is right for everyone, so finding someone you are able to recommend is important. May God bless you as you seek His healing for the survivors in your Support Group.

*For I will restore health unto thee, and I will heal thee of thy wounds, saith the Lord.*

—Jeremiah 30:17a

## FIVE APPROACHES TO COUNSELING

**Psychoanalysis/Psychodynamic Therapy:** This historical approach focuses on analyzing past relationships and, in particular, traumatic childhood experiences in relation to one's current life. By revealing and bringing these issues to the surface, treatment and healing can occur.

**Behavior Therapy** is based on the belief that behavior is learned. One variation is cognitive-behavioral therapy, which focuses on both thoughts and behaviors.

**Cognitive Therapy** focuses on how people's thinking can change feelings and behaviors. It is oriented toward problem solving.

**Humanistic Therapy** is client-centered. The counselor helps the client achieve his/her highest potential and emphasizes an individual's self-growth. It encourages accepting responsibility for yourself and your actions.

**Holistic/Integrative Therapy:** Various elements of different theories are integrated and tailored to the client's needs. Talk therapy is the most common type.

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This Leadership Counselor Interview pamphlet was created by the ALC Balm of Gilead to assist leadership in interviewing potential counselors. This pamphlet contains general information; the information is not instruction and should not be treated as such.

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A ministry dedicated to sexual abuse recovery.

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## For Leadership

### A Counselor Interview Guide

Our Mission Statement:

Because of Christ's gracious love for us, the ALC Balm of Gilead exists to bring awareness, encouragement, and support to men and women whose lives have been altered by sexual abuse.

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*God is our refuge and strength, a very present help in trouble.*

—Psalm 46:1