

# Christian Worldview of Ebenezer Counseling Services

Therapists and staff at Ebenezer Counseling Services hold a Christian World View of counseling and therapy summarized briefly in the following way. We believe that everyone regardless of their sex, race, ethnic background, nationality, sexual orientation or identity, religious or philosophical views, or any other descriptor is made in the image of God and is immensely valuable in the sight of God and in our sight. Therapists at Ebenezer practice the law of love (Jesus' command to love our neighbor) by applying counseling skill and theory for the benefit of every client to the best of our ability.

The Christian worldview holds that God made the world and all on it. Therefore, it makes sense to pay attention to His instructions about life and relationships. Abiding by the manufacturer's instructions (as contained in the Old and New Testaments of the Bible) leads to good outcomes; ignoring His instructions generally leads to trouble though He is known to be slow to anger and abounding in mercy. Though ECS therapists often work with clients who hold to traditional Christian values, they also are highly respectful of clients' views, beliefs, and worldviews even if differing from traditional Christianity. ECS therapists will not attempt to force any belief on a client.

ECS therapists will listen attentively, interact caringly, and attempt to help their client through whatever trial or issue he or she may be dealing with. One of the goals of the Christian counselor shared also by secular counselors is for the client to grow to be a healthy, mature, and differentiated person. To be differentiated means to know one's self, to own one's own thoughts and feelings, and to make decisions independently rather than to live too much under the influence of others. If therapists try to force decisions on clients, then clients will not mature and will remain under the therapist's authority much like they did as a child under parental authority. There is an appropriate time to be under parental authority; but in order to grow up, a person has to differentiate and have his or her own values, preferences, goals, and direction in life.

In the event of a value conflict where the therapist believes that a client's course of action would lead to harm or is in direct opposition to Christian values as contained in the Bible, ECS therapists are free to confront gently and lovingly while respecting each client's freedom to make choices and to live life according to his or her own will, thus honoring the principle of differentiation. If a therapist believes that the conflict of values would compromise his or her own relationship with God, then ECS therapists are free to refer their client to another professional who could serve without such a conflict.

If desired by the client, ECS therapists are free to use Christian truths from scripture and Christian spiritual practices, such as, prayer, in their therapeutic work with clients. On the other hand, therapists respect clients who do not wish to draw from scripture or participate in spiritual practices. In sum, when you see a therapist at ECS, you can expect to be valued, respected, and your differentiation encouraged.

Please keep in mind, that whoever you choose to work with for your counseling needs, the underlying belief system of the therapist will influence the therapeutic process even if the therapist is attempting to be neutral with no particular values. We believe that underlying values do matter. It is your choice as to whom you see. At Ebenezer, we want you to be informed about the underlying belief system that motivates us and guides us in our care for you.