



DELTA
BIBLICAL COUNSELING CENTER

Counselee Information and Agreement

Introduction

Delta Biblical Counseling Center (“DBCC”) is a ministry of Inter-City Baptist Church (“ICBC”) and provides biblical counseling through counselors¹ who are members of ICBC or students at Detroit Baptist Theological Seminary, and who are trained for counseling through pastoral experience or certification with the Association of Certified Biblical Counselors (“ACBC”). DBCC provides the following services to the Downriver community:

- Individual counseling
- Family or group counseling
- Crisis intervention

Purpose

Delta Biblical Counseling Center exists to honor God by providing biblical counseling to people in the Downriver community. Biblical counseling helps people with the problems that they face using the Bible.

Priorities

- Serve the Downriver community by pointing individuals to God’s answers to life’s problems
- Offer free biblical counseling that aims to meet our community’s immediate and greatest needs
- Share the hope of the gospel
- Support local churches in the Downriver area by helping to disciple those who need biblical counseling

Principles

A commitment to a Word-centered approach

We believe that God rules over all things. He is our authority and we will make the Word the center of our counsel.

A commitment to spiritual transformation

The desired end of counseling is for individuals to be participating in a local church, and growing in their knowledge, love, and service for Christ.

A commitment to accountability

We believe that disciples mature within the context of a local church. Therefore, we expect counselees to be held accountable by mature members and pastoral leadership from their local church.

Delta Biblical Counseling Center, a ministry of Inter-City Baptist Church, holds to ICBC’s statement of faith, and is under the authority of the congregation as overseen by ICBC’s pastors.

A commitment to confidentiality

We believe that counselees have the right to confidentiality with some exceptions: (1) a counselee indicates intention to harm himself or herself or someone else; (2) a counselee has committed sexual or physical abuse; (3) a counselee has engaged in repeated, outward, and serious sin (e.g., immorality), that might require the involvement of one’s church; (4) the counselee is a minor and the counselor determines it is in the best interest of the child to disclose information to the parent(s) or guardian(s);

¹ DBCC counselors do not hold professional licenses through the State of Michigan.

(5) a counselor needs the help of the counseling center director or the pastors of his or her church; (6) a court of law requires the release of information given in sessions; or (7) any session which involves a third party who is not a representative of DBCC.

Participation Requirements

Scheduling

In order for a counselee to make an appointment, he or she should: (1) complete the counseling information form (see appendix 1); (2) read and sign the informed consent form (see appendix 2); and (3) pay a \$25 refundable fee.

Once these are completed, the counseling center administrator may schedule a time for the counselee to meet with a counselor.

The counseling center strives to help every potential counselee, and because the counseling center has limited appointment availability, priority in scheduling is generally as follows:

- 1) ICBC members and attenders (can be done any day of the week)
- 2) Non-churched individuals from Downriver (Mondays only)
- 3) Church members from area churches (Mondays only)

Counseling sessions will typically last between 6-8 weeks, depending on the nature of the problem. Counselees should expect to meet each week until the counseling is concluded.

Fees and Missed Sessions

The counseling center offers free counseling to the Downriver Community. However, we require a \$25 refundable fee prior to the first session. The purpose of the refundable fee is to maximize the time between counselor and counselee. This fee will be returned to the counselee when the final counseling session is completed provided the counselee complies with the terms of this agreement. The fee will be forfeited if a counselee misses a session without providing notice to DBCC or his or her counselor at least 24 hours in advance of the session, or if the counselee is more than 10 minutes late to his or her scheduled session. If the fee has been forfeited to the counseling center, the counselee may continue with counseling and schedule another session, but would be required to pay an additional \$25 refundable fee. DBCC must agree to continue counseling with a counselee who is more than 10 minutes late to his or her session on more than one occasion or if a counselee fails to appear for a session on more than one occasion without proper notice.

Pastoral Approval

If a counselee is a member of another church, DBCC may ask for approval from the counselee's pastor before an appointment will be scheduled.

We reserve the right to decline counseling to a person who does not receive approval from their pastor.

Final Session

Counseling will conclude once the counselee understands the nature of the problem for which he or she came and the biblical way to respond to it or when DBCC determines the counseling is no longer beneficial to the counselee. DBCC can terminate the counseling relationship at any time if:

- The counselor determines that the counselee understands what has caused the problem and the biblical way to respond to the problem
- The counselee receives counseling from another individual outside of DBCC which seems more effective to the counselee than DBCC's counseling
- The counselor determines that the counselee needs alternative help from another counselor
- The counselor believes that the counselee is not making adequate progress

In the medical field, convalescence happens at home. Similarly, counseling is designed to equip the counselee with the tools necessary to handle the problem within their own circumstances. We strongly encourage counselees to be connected to a local church where loving accountability can continue.

At the final session, counselees may be asked to complete an evaluation form so that DBCC can gain valuable feedback to advance its counseling to future individuals (see appendix 3).

Counselee Expectations

We ask that counselees arrive to their appointments on time. If a scheduled appointment needs to be changed, please reschedule by contacting the office at least 24 hours before the appointment.

Because DBCC offers biblical counseling, each counseling session will revolve around the Bible. We ask that counselees bring to each session a Bible, a notebook, and a pen.

Each counseling session may conclude with the counselor giving an assignment for the week. Counselees are expected to complete the assignment prior to the next session. Some assignments may require the counselee to purchase material from the DBCC store. Counselees are expected to pay for the materials unless there is a financial hardship that would prevent them from doing so (please contact the counseling center administrator if this is the case).

Counselees are expected to attend church regularly. If a counselee is not currently attending a solid Bible-believing church, he or she will be expected to attend Inter-City Baptist Church.

Delta Biblical Counseling Center may decline to counsel an individual who is already receiving regular counsel from someone else.

Because DBCC is regularly training new counselors, counselees should expect that trainees may be in the counseling room to observe. A trainee's primary focus will be on the counselor. Trainees are bound by the same confidentiality provisions as the counselor.