

Christian Counseling and Therapy Insights

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1). Christian Counseling/Therapy has the following attributes down below: (A-G)

- A). Could be fundamental, conservative or evangelical in nature or is moderate, open-minded, liberal and progressive.
- B). The bible can be used exclusively, as a guide or reference
- C). The bible could be interpreted literally or allegorically
- D). Besides the bible, other Christian and miscellaneous sources could be used.
- E). Prayer may or may not be involved.
- F). May or may not support/use science and secularism
- G). Has individual, couple, family or group sessions.

2). In regards to Christian Counseling and Therapy, some of its good, but a lot of it isn't.

Not only is my opinion based on my own personal knowledge, observations and experiences, it's also based on other people's experiences who've used Christian Counseling and Therapy including many of my clients. Same could be said about Pastoral Counseling which is a part of Christian Counseling.

3). There are many reasons why Christian Counseling/Therapy have failed people such as, but not limited to the following down below: (A-J)

- A). The Counselor/Therapist had religious and biblical ignorance and/or was closed-minded.
- B). The Counselor/Therapist's own religious indoctrination, beliefs and biases negatively affected their counseling/therapy with others.
- C). The Counselor/Therapist had to conform with the teachings of their church, organization, etc.
- D). The Counselor/Therapist lacked the proper knowledge, education, skills or experience for counseling/therapy.
- E). The Counselor/Therapist used the wrong approaches, therapies, services, information, etc. Thus, the Counselor/Therapist didn't solve or rectify the person's problem, situation or issue.
- F). The Counselor/Therapist was too idealistic and not realistic or practical.
- G). The Counselor/Therapist lacked the necessary resources to help people.
- H). The person in question wasn't motivated to help themselves and improve their situation.
- I). The person in question didn't relate, like or trust their Christian Counselor/Therapist. Thus, rapport and compliance were problematic especially when it comes to mindset, reactance, ignorance, indoctrination, denial, projection, cognitive dissonance, various biases, etc.
- J). The person in question had financial issues among other things. **Go To The Next Page**

4). Many Christian Counselors/Therapist nowadays use the secular therapy known as Cognitive Behavioral Therapy which I'm not a fan of due to some, but not limited to the following reasons down below: (A- G)

- A). Its studies are flawed and questionable even though it's considered an evidence based therapy.
- B). It has a one size fits all approach which isn't suitable for every person and/or situation.
- C). It lacks positive results longevity even though it has been show to have short term benefits.
- D). It only focuses on the present.
- E). It only deals with the symptoms and not the cause(s) of problems.
- F). It doesn't address various underlining issues.
- G). It doesn't address religious or spiritual matters and so on.

In addition to Cognitive Behavioral Therapy, Christian Counselors/Therapists will use the bible, Gestalt Therapy and other approaches for your information.

5). As for Christian Counseling/Therapy fees and health insurance are concerned: (A-E)

- A). Christian Counseling/Therapy isn't covered by health insurance.
- B). Christian Counseling/Therapy fees are similar to secular counseling/therapy fees.
- C). Many Christian Counselors/Therapists will charge on a sliding fee that's based on one's income.
- D). Some Christian Counselors/Therapists may offer free services. However, you need to be careful because you tend to get what you pay for.
- E). Only licensed counselors/therapists can bill health insurance companies and use approved evidence based secular approaches. That said, there are a number of licensed counselors and therapists out there who use the Christian label for marketing purposes and deceitfully provide secular services and not true Christian Counseling or Therapy. On top of that, many of these licensed professionals in question may know very little about Christianity and the bible even though they may be Christian. Needless to say, you should be very wary of them. Same could be said about Christian ministries, organizations, etc.

6). Here are some, but not limited to the following people who utilize Christian Counseling or Therapy down below: (A-E)

- A). Cultural and Churchgoing Christians
- B). Religious doubters, nonbelievers and others.
- C). Children, teenagers and adults
- D). Single males and females and married and committed couples.
- E). I've even counseled Christian pastors and seminary students

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7). People use Christian Counseling or Therapy for some, but not limited to the following reasons down below: (A-J)

- A). Religious or spiritual issues
- B). Mental and physical health issues
- C). Sexual issues
- D). Marital issues
- E). Dating and relationship issues
- F). Family issues
- G). Employment, career and business issues
- H). Financial, housing and other assistance
- I). Death and grieving
- J). Substance abuse and recovery and so on

8). Christian Counseling/Therapy can be very harmful and even deadly when you're dealing with incompetent counselors, therapists and pastors not to mention Faith Healing, Deliverance Ministries and Conversion Therapy.

9). People use Christian Counselors/Therapists due to the following reasons down below: (A-D)

- A). A Christian Counselor/Therapist can relate to them and their lifestyles.
- B). Share similar morals, values, beliefs, etc.
- C). The person in question had financial issues and Christian Counseling/Therapy is more affordable to them than secular counseling/therapy.
- D). The person in question had bad experiences and/or no positive results with secular counseling/therapy in the past.

10). Why do people use your (John Simms) Christian Counseling/Therapy services?

They use my services for many reasons such as, but not limited to the following: (A-G)

- A). Individuals feel more comfortable with me than seeking help from their pastors or other people they know.
- B). I value their privacy and respect confidentiality.
- C). I'm willing to work with people financially and have a health insurance alternative I created called "Simms Care" which helps them in so many different ways.
- D). In regards to positive outcomes and results, I have a very high success rate with my clients.
- E). I'm an open-minded realist who's very practical, rational, objective, insightful, observant, etc
- F). I'm very truthful, relatable, likable and trustworthy
- G). I'm very resourceful, offer many diversified services and so on.

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10). How are you (John Simms) different than other Christians counselors, therapists and clergy?

In several ways such as, but not limited to the following down below: (A-F)

- A). I'm a nondenominational ordained minister and Christian Counselor and Therapist who has more power, freedom and control than most of my colleagues when it comes to Christian teachings, services, etc.
- B). In addition to counseling and psychotherapy, I offer life coaching and personal development services which most of my colleagues don't provide to others.
- C). I'm also a holistic health professional who deals the whole person such as physical, mentally, emotionally, spiritually, socially, etc including one's environment(s) and everyday life or situation. On top of that, I'm an integrative medicine provider who uses both conventional and alternative approaches. That said, virtually all of my colleagues don't provide these services.
- D). Not only do I try to work with people financially and have different payment options for them, I created a health insurance alternative called "Simms Care" that tends to be better than traditional health insurance, discount, membership and cost sharing plans not to mention fee for services from other providers. As a result, many people have benefited in so many different ways not just financially in regards to affordable health care in which most of my colleagues don't provide.
- E). Unlike many Christians counselors/therapists in my area, I'm religious and bible educated not to mention personal spirituality and the occult.
- F). I tend to be more truthful, practical, open-minded, knowledgeable, educated, experienced, skilled, holistic, multitalented and resourceful than most of my colleagues in my area without sounding too conceited or pretentious.

**Improve Your Life, Spirituality, Health, Situation or
Potential Now with John Simms**

**Go To www.johnsimms.org and/or you can connect with me
via facebook at www.facebook.com/drjohnstl**

For serious inquiries, **I offer a FREE initial Consultation**, various payment options and unique opportunities, programs and services that could benefit you.

**I also offer FREE Speaking Engagements in Warren County (Missouri)
and surrounding areas** on various topics including Christian Counseling and Simms Care for those who are interested.