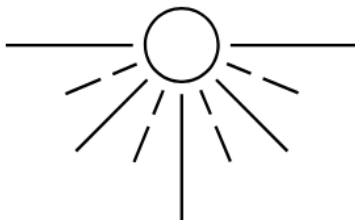




THE HOLISTIC COUNSELOR PODCAST



From the Mic to the Community

What is biblical counseling?

Understand the approach and how it differs from licensed therapy.



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A little clarity.

Understand the topic. Find words for your questions.

Similar words can describe very different kinds of help. Let's make the differences clear so you can choose with open eyes.

1 Scripture is central

Biblical counseling uses the Bible and Christian beliefs to understand struggles and guide care. Groups and counselors differ. Ask how they use research and when they work with medical providers.

2 Ask which service is being offered

Some biblical counselors are pastors or trained lay helpers. Some also have a mental health license. A ministry certificate shows one kind of training. It is not the same as a clinical license issued by a state or other authority.

3 Compare the care, not only the label

A licensed Christian therapist may bring clinical care and faith together. Biblical or pastoral care may focus on spiritual growth and support. Ask who is providing the service, what they are trained to do, and how they respond to a crisis. Ask who can see the information you share.

Research & perspective

Christian Counseling & Educational Foundation describes its own biblical counseling approach through Christian theology. That source helps explain a belief framework; it is not evidence that every program treats a mental health condition effectively.

General education for adults. This is not therapy, diagnosis, or an individual treatment plan. Sources and helpful links are on page 4.

Let's pause and reflect.

Your answers can stay private. Take this at your own pace.

Choose one question or explore all three. Skip anything that feels like too much. You do not need to revisit painful details to use this guide.

1 Am I seeking spiritual guidance, mental health treatment, or both?

2 What do I need to understand about privacy?

3 How would I know when additional clinical care is needed?

Optional faith reflection

How could spiritual support and qualified clinical care work together for me?

One next step

Request a clear explanation of the service and its limits. If you need clinical treatment, verify the professional's license and relevant training.

If reflection brings up too much, pause. Reach out to someone you trust or a qualified professional. You do not have to do all of this today.

Continue the conversation.

Bring your questions. Learn more. Reach for support.

QUESTIONS TO ASK A PROFESSIONAL

- ☐ What credentials and supervision do you have?
- ☐ Who can access information I share?
- ☐ When do you refer to licensed mental health or medical care?

Listen with curiosity

[Explore The Holistic Counselor Podcast episode archive](#)

No dedicated episode selection is included in this guide. Search the archive by topic or guest.

Selected conversations are starting points, not an exhaustive list or treatment recommendations. Guests share their own perspectives.

Sources & useful resources

[Christian Counseling & Educational Foundation: Its approach to biblical counseling](#)

[National Alliance on Mental Illness: Types of mental health professionals](#)

Confirm services, credentials, location eligibility, and fees directly. Linked organizations operate independently.

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United States and territories: the 988 Suicide & Crisis Lifeline supports people in emotional distress or a suicidal crisis. [Call 988](#) · [Text 988](#) · [Chat online](#)

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