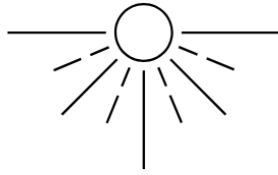


THE HOLISTIC COUNSELOR PODCAST



A LEARNING & REFLECTION GUIDE

Biblical Counseling

Understanding the approach and how it differs
from licensed therapy.

READ / LISTEN / REFLECT

Diana S. Rice

LMHC, CIMHP, QS

FROM THE MIC TO THE COMMUNITY

FAITH & CULTURE

Begin where you are.

Biblical counseling, pastoral support, and licensed Christian therapy can sound similar. Understanding what each provider offers can help you find support that fits your spiritual and mental health needs.

Listen alongside this guide

Conversations from The Holistic Counselor Podcast to explore with these pages.

EPISODE 10

Biblical, Christian, and secular counseling

Dr. Kate Johnson and Diana explore distinctions between biblical, Christian, and secular counseling. The episode also discusses domestic abuse.

[Listen or read the transcript](#)

IN THESE PAGES

Understanding the topic / Make room for your questions / Keep learning. Find support.

FAITH & CULTURE

Understanding the topic

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.

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.

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 and 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.

How do I know whether I am being offered therapy or spiritual guidance?

Ask what service the person provides, what qualifications authorize that work, how information is kept private, and when they refer to medical or mental health care. A ministry credential and a clinical license serve different purposes; a provider can explain which they hold and how they use them.

FAITH & CULTURE

Make room for your questions

Choose a question that feels useful today. A few notes in your own words can be enough. Your reflections stay with you; this website does not collect them.

Type in the spaces below, or print and write by hand.

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

What do I need to understand about privacy?

How would I know when additional clinical care is needed?

Questions for a conversation

What credentials and supervision do you have?

Who can access information I share?

When do you refer to licensed mental health or medical care?

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

FAITH & CULTURE

Keep learning. Find support.

OPTIONAL FAITH REFLECTION

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

Sources and further reading

Editorial revision: October 13, 2026. The linked authorities provide current rules, services, and evidence.

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

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

Wherever you are reading from, your culture, language, beliefs, access needs, and daily circumstances belong in the conversation. Professional titles and services vary between countries. Sources and directories identify their own regions; a local health service or professional regulator can explain the options where you live.

ABOUT THIS GUIDE

These guides offer general education for adults. They do not provide personal therapy, diagnosis, medical advice, or a professional relationship with Diana. A qualified professional who can practice where you live can help you apply information to your circumstances. Changes to prescribed care belong in a conversation with your treating professional.

[Read the full educational disclaimer](#)

FROM THE MIC TO THE COMMUNITY

Keep exploring.



Read, listen, and return
at your own pace.

Scan for this guide and its episode links.

theholisticcounselor.com/resources

Diana S. Rice, LMHC, CIMHP, QS

Podcast host, educator, and psychoeducational trainer

IF YOU NEED URGENT SUPPORT

If you need urgent emotional support in the U.S. or its territories, the 988 Suicide & Crisis Lifeline offers phone, text, and chat support. For immediate danger or a medical emergency, use your local emergency number (911 in the U.S.). Elsewhere, contact a crisis service in your country. The podcast and its messages are not monitored for urgent care.

988lifeline.org/chat/

PRINTING YOUR COPY

Print the pages you want to keep. This edition uses US Letter pages; on A4 paper, choose Fit to page. For two-sided printing, choose Flip on long edge.

For the most comfortable reading on a phone, use the website version.

© 2026 Diana S. Rice. For personal educational use. Please share the guide's website page and keep the author credit and sources with printed copies.