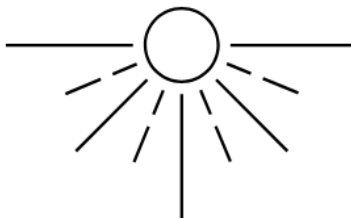




THE HOLISTIC COUNSELOR PODCAST



From the Mic to the Community

What is Christian counseling?

Ask how faith, training, and clinical care come together.



Diana S. Rice

Licensed Mental Health Counselor (LMHC)
Certified Integrative Mental Health Professional (CIMHP)
Qualified Supervisor (QS)

LEARN · REFLECT · FIND SUPPORT

[THEHOLISTICCOUNSELOR.COM/RESOURCE](https://theholisticcounselor.com/resource)

A little clarity.

Understand the topic. Find words for your questions.

You may want someone who understands your Christian faith and also takes your mental health seriously. It helps to ask what the words Christian counseling mean in that person's work.

1 The label is broad

A licensed clinician may include Christian beliefs, prayer, or Scripture when the client wants that. Other people using the same label may offer pastoral or lay support. The title alone does not tell you whether someone is licensed to provide mental health treatment.

2 Your preferences belong in the plan

Ask whether faith practices are optional and how disagreement is handled. Sharing a faith does not mean sharing every belief. You can want Christian care and still ask direct questions about methods and evidence.

3 Ask about the whole care team

Discuss whether the provider coordinates with medical or psychiatric care when needed. Spiritual support should not require you to stop prescribed treatment without speaking with the prescriber.

Research & perspective

Christian counseling describes an orientation, not one standardized therapy. Evaluate the specific treatment, professional qualifications, and fit for your needs. A faith organization's resources explain its perspective; they are not proof of treatment effectiveness.

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 What do I want faith to add to counseling?

2 What would I prefer to leave out?

3 What would help me voice a disagreement?

Optional faith reflection

What kind of support helps me seek truth without fear of being shamed?

One next step

Ask about both credentials and the role of faith before booking. You can request a different approach if something does not fit.

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

- ☐ Are you offering licensed therapy, pastoral care, or another service?
- ☐ How do you ask permission before using prayer or Scripture?
- ☐ How do you combine clinical evidence and faith?

Listen with curiosity

[Episode 53 - Kayla Roberts discusses Christian identity and trauma therapy.](#)

[Episode 122 - Melissa Fisher discusses Christian faith and anxiety.](#)

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

Sources & useful resources

[American Association of Christian Counselors](#)

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

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

NEED SUPPORT NOW?

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

For immediate danger or a medical emergency in the United States, call 911. Elsewhere, use your local emergency or crisis service. This podcast and its contact form do not provide crisis care.

Reading or downloading this guide does not create a therapist-client relationship. Seek qualified care for your needs. Original writing prepared for The Holistic Counselor Podcast; referenced approaches belong to their creators. Keep credits attached. Do not sell or claim this writing as your own.

[Share the resource library](#) · [Educational disclaimer](#)