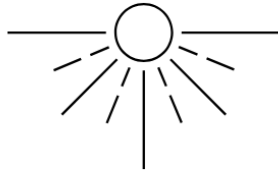


THE HOLISTIC COUNSELOR PODCAST



A LEARNING & REFLECTION GUIDE

Christian Counseling

Questions about faith, clinical training, and
thoughtful care.

READ / LISTEN / REFLECT

Diana S. Rice

LMHC, CIMHP, QS

FROM THE MIC TO THE COMMUNITY

FAITH & CULTURE

Begin where you are.

If your Christian faith matters to you, you may want it understood in counseling. It helps to know how a provider brings faith and mental health care together, and how your preferences shape that conversation.

Listen alongside this guide

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

EPISODE 53

Christian faith and trauma care

Kayla Roberts discusses Christian identity and trauma therapy.

[Listen or read the transcript](#)

EPISODE 122

Faith and anxiety with Melissa Fisher

Melissa Fisher discusses Christian faith and anxiety.

[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

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.

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.

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 and perspective

Christian counseling describes an orientation, not one standardized therapy. Evaluate the specific treatment, professional qualifications, and fit for your needs. Faith organizations can explain their beliefs and approach. Research on the particular treatment helps answer a different question: how it may help with a particular concern.

Can I request Christian counseling without prayer in every session?

You can explain what you want faith to contribute and which practices you prefer to leave out. A useful question is, “How do you ask about preferences for prayer, Scripture, or other spiritual practices?” Those preferences can be revisited as the work develops.

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.

What do I want faith to add to counseling?

What would I prefer to leave out?

What would help me voice a disagreement?

Questions for a conversation

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?

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

FAITH & CULTURE

Keep learning. Find support.

OPTIONAL FAITH REFLECTION

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

Sources and further reading

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

1. American Association of Christian Counselors

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

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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/

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