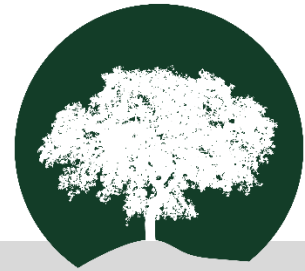


New Hope Bible Ministries



1145 Rt. 14 Irasburg, VT | 802.754.9600 | office@newhopevt.com

What is biblical counseling?

Biblical counseling is unique in that aims to understand the problems we face – and their solutions – from a biblical perspective. In biblical counseling, the counselor will use God’s Word, the Bible, to identify and provide solutions for the problems faced by the counselee(s). The counselors at New Hope Bible Church have received formal training in biblical counseling, but are not licensed psychologists. Because this is a ministry of the church, it is free, with no cost to the counselee.

What does it look like?

Once the counselee has reached out for help, a counselor will usually schedule a preliminary meeting with them and whoever else is involved (such as a spouse, fiancé or child). In this preliminary meeting the counselor will begin to gather pertinent information about the counselee and the circumstances that led to their seeking counseling. After this, the counselee can expect to meet on a weekly basis for roughly an hour or so each time. We attempt to schedule these meetings so that they work best for both the counselor and counselee.

What are the expectations of the counselee?

For those looking to receive counseling, there are several expectations they should be aware of:

1. We often prescribe weekly “homework” for counselees in order to enhance the learning experience and bolster the time spent in our weekly sessions; we expect counselees to complete the assigned homework if they wish to continue their counseling.
2. We expect that counselees will commit to the designated meeting times and will contact us 24 hours in advance if they plan to cancel a session (except in the case of absolute emergencies).

Aside from these expectations, we also strongly encourage counselees to attend regular services at our church during the course of their counseling *if they do not already attend another Bible-believing church on a weekly basis.*

For more information:

Please call our office at **802.754.9600** or email us at office@newhopevt.com