



**Discipling / Counseling / Training Ministry
Calvary Chapel Sarasota**

Calvary Chapel Sarasota
3800 27th Parkway
Sarasota, FL 34235-8032
941-365-9673

Date _____

Dear _____

Thank you for your request to counsel. We look forward to ministering to you and to helping you overcome your current trials.

In order for us to serve you sooner, it will be necessary for you to fill out the attached PDI information form and return it to Calvary Chapel Sarasota. It may be mailed to the church office at the address above, marked "Confidential: D2S Counseling Ministry", or hand-delivered. If the form is hand-delivered, please drop it in a sealed envelope, in the file marked "D2S" on the ledge, as you walk in the church office.

If the counseling will be for more than one person (i.e. a husband and wife), each person needs to fill out a separate set of forms.

Please be sure to read over and BRING the D2S Q & A form, explaining "What is Christian Counseling" for discussion at the first meeting. After you have read it over, please call me at 941-351-1853 or email me at: Cadwell.Sarah@gmail.com, to confirm your understanding of the type of counsel you will receive, also to let me know you have either dropped off or mailed the completed form, so we may plan to schedule a meeting with you.

We look forward to serving you and seeing what God will do through His Word.

In His Service,

Sarah J. Cadwell
Biblical Counseling Coordinator

Encls: Q & A, PDI



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QUESTIONS & ANSWERS:

1. What is Biblical Counseling?

Biblical counseling is a ministry for all committed believers within the body of Christ. It is a ministry that ministers one to another (Matthew 28:19-20; Romans 15:14; Galatians 6:1-5). The range of problems biblical counselors deal with is numerous. It includes broken marriages, parent-child relationships, fear, depression, alcohol and drug abuse, tension, anxiety, worry, and other problems resulting in mental and physical distress.

2. What are the advantages of a trained Biblical Counselor?

The Biblical counselor is trained in the use of Scripture and the principles of biblical counseling. He is committed to the position that Scripture provides the only authoritative rule of faith and standard of conduct (2 Timothy 3:16-17). He does not base his counseling on his own opinions, experience, or concepts of behavior (Isaiah 55:8-11); but seeks to marshal the full range of biblical truth into focus on the counselee's need (Hebrews 4:12). In counseling sessions, he will hold to the essential truths of Scripture without particular theological emphasis on any practice not specifically advocated in Scriptures (Titus 2:1).

3. Who is involved in the counseling process in a local church's counseling ministry?

You will find that Biblical counselors typically work in teams, since team counseling has many benefits for both the counselee(s) and the counselors (Proverbs 11:14, 15:22, 18:17, 20:18, 24:6; Matthew 18:16). Sessions are conducted with one counselor leading the team and possibly one or two others assisting. You, as a counselee, are a vital member of the team as you seek to overcome the problems in your life. **The most important member of the team, however, is the Lord Himself, in the Person of the Holy Spirit.** He will provide the hope, enabling, and wisdom (through God's Word) for you to face and deal with your problems (John 14:26; Romans 5:3-5, 8:26-27; Ephesians 3:16).

4. How extensive is the counseling provided by a local church?

Christian counselors are committed to not only helping you overcome the current situational difficulty in your life, but also to train you to live all your life in a manner that leads to increasing maturity in the Lord (Psalm 119:165; Proverbs 2:6-12a; Galatians 6:1-5; 1 Timothy 4: 7-8; 1 John 5:1-5). Thus, in the scriptural sense, Biblical counseling is a ministry of discipleship that teaches you to walk in God's way even in the midst of serious problems (Matthew 28:19-20; 1 Timothy 1:5; 2 Timothy 2:2). During the counseling period, one of the members from the counseling team will be available to answer any questions or give further information. This team member will talk with you on a weekly basis between the actual counseling sessions. Often this same team member will continue to follow up with you for a period of time after counseling has been completed.

5. Will you keep my problems confidential?

A commitment to trustworthiness is an important quality of Biblical counselors (1 Corinthians 4:2). Thus, although your counselor may talk with others about a particular situation, you may be confident that the discussion will be restricted to whatever is necessary to help you overcome your problems. In addition the counselor will not use your name in discussing your situation outside the team. (Proverbs 10:18-21, 15:28, 18:8, 25:11).

6. How do you deal with medical issues?

Biblical counselors believe in the total health needs of the counselee. Your counselor may recommend that you have a full or specified medical examination. If you require medical assistance, counseling will continue at the same time, whenever possible. The medical doctor will diagnose and treat medical problems.

7. What are the core elements of Biblical Counseling?

Your counseling team will use all of their Biblical counseling training and skill to help you overcome whatever problem is depriving you of the peace and joy that God desires for you in His Word. Your counselors will concentrate on four basic foundations from God's Word:

- **Understanding** – To understand your problems biblically, your counselors, in a spirit of gentleness, will make inquiry into the various levels of your problems and help you gain a biblical understanding of your difficulties. (Proverbs. 18:13; Isaiah 55:8-9; Mark 7:20-23; Gal. 6:1-4; Heb. 4:12; James 1:19, 22-25; 4:17). This understanding of your problem precludes the goal of just “fixing your feelings” or “changing your circumstances”.
- **Hope** – because in Jesus Christ we have a great High Priest who has been tempted in all things, yet in all things, without sin. Thus, because of Him, even though every sin common to man may be tempting you, God has promised that He will not let you be tempted beyond your endurance, but will provide for you the way to escape from sin so that you can endure it (1 Cor. 10:13; Heb 4:14-16).
- **Change** – because in Christ we can learn how to lay aside the old selfish ways of living, renew our hearts/minds, and put on the new ways of living in a manner worthy of the Lord, to please Him in all respects, bearing fruit in good work and increasing in the knowledge of God (Eph. 4:20-24; Col. 1:1)
- **Practice** – because we need to prove ourselves to be doers of God's Word, lest we be merely hearers, forgetting and deluding ourselves. Only in effectual practice of the Scriptures will we be blessed in what we do, and only then will we please the Lord (James 1:22-25).

8. What is the length of the counseling process?

Normally, counseling sessions are 60 minutes in length and are scheduled on a weekly basis. The number of sessions needed depends on a number of variables, such as the nature and duration of the problem, the strength of the counselee, and whether or not the counselee is functionally isolated or is an involved member of a biblically-active church. Generally the meetings last approximately 12 weeks.

9. How to get started in the counseling process?

A Personal Data Information form (PDI) can be obtained by email or in person by contacting this church. Once the completed form is returned to the church, marked “Confidential: D2S Counseling Ministry,” you will be contacted to set up an appointment. (Most appointments are either on Monday or Wednesday evenings.) You will be notified about a meeting time, however, if a counseling team is not immediately available, a one-time meeting may be set up in which you will be given a plan for you to follow while you are waiting for the regular scheduling of meetings. You may be encouraged to attend a weekly Monday night class (7:00-9:00 pm) while you are awaiting counseling so that you can work immediately on solutions to overcome problems. (Childcare is provided upon request and payment should be made directly to the childcare provider.)

10. You talked about Team Counseling; how does the church become involved in the counseling process if the counselee belongs to another church?

Team counseling should be connected to your local church. However, some church ministries do not offer biblical Christian counseling. If the church does not offer this kind of counseling, we will ask the counselee to provide a contact person from their church to encourage team work in the counseling process and request their assistance in the counseling process. If possible, one of your elders, deacons, care group leaders, or other appropriate church leader should become part of the counseling team, to provide the most effectual help for you.

11. What are some of the things I will need to bring to our sessions?

We recommend that you bring a notebook and pen to all sessions, including the first. We will cover things in detail, which having a record of will be to your lasting benefit. Come with high expectations. You will find hope and encouragement even during your first session. From then on, with your cooperation, we are confident that you will find the true, good and acceptable answer to the difficulty that prompted you to contact us.

12. Should a church charge for counseling services?

Biblical counselors provide their time and energy as a service to God and a labor of love to individuals (1 Thess. 2:7-8; 1 Tim. 1:5). Therefore, each counselor serves without any charge or fee, or any financial arrangement, actual or implied. Biblical counseling is a ministry of the local church provided for those who attend regularly, as well as individuals who do not have a church home, free of charge.

CONTACT:

Calvary Chapel Sarasota
3800 27th Parkway
Sarasota, FL 34235
941-365-9673

or Sarah Cadwell, Counseling Coordinator, at Cadwell.Sarah@gmail.com



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PERSONAL DATA INFORMATION FORM

This form must be completed in full before the first counseling session.

Date received _____ Date assigned to counselor _____

GENERAL INFORMATION

Name _____

Address _____ City _____

Zip _____ Home phone _____ Cell phone _____

E-mail _____

Occupation _____

Employed by _____

Length of employment _____

Sex ___(M) ___(F) Birth Date _____ Age _____

How were you referred to us? _____

BRIEFLY ANSWER THE FOLLOWING QUESTIONS

What is the problem that brings you here?

What have you done about it?

What help are you seeking?

What led you to seek help now?

DETAILED INFORMATION RELATED TO THE PROBLEM

INFORMATION ABOUT SPIRITUAL LIFE

CHURCH NAME: _____

CHURCH ADDRESS: _____ PASTOR'S NAME: _____

CHURCH ATTENDANCE: Frequency of attendance _____ Times per month

WHAT ARE YOU LEARNING THROUGH THE SERMONS/MESSAGES/BIBLE STUDIES AT YOUR CHURCH?

PLEASE LIST MINISTRY INVOLVEMENT: _____

CHURCH ATTENDED IN CHILDHOOD: _____

HAVE YOU BEEN BAPTIZED? Yes No WHEN? _____

IF MARRIED, RELIGIOUS BACKGROUND OF SPOUSE: _____

(ONLY IF APPLICABLE) SPOUSE'S CHURCH ATTENDANCE:

Spouse's church name _____ Frequency of attendance _____ Times per month

DO YOU PRAY TO GOD? Never Occasionally Often How often? _____

WHAT DO YOU PRAY ABOUT? _____

HAVE YOU COME TO TO THE PLACE IN YOUR SPIRITUAL LIFE WHERE YOU KNOW WITH CERTAINTY THAT IF YOU WERE TO DIE TONIGHT YOU WOULD GO TO HEAVEN?

Yes No Uncertain

IF YES, WHAT IS YOUR BASIS FOR ANSWERING THE ABOVE QUESTION AS YOU DID? _____

HAVE YOU RECEIVED JESUS CHRIST PERSONALLY AS YOUR SAVIOR?

Yes No Uncertain Don't Know What You Mean

IF YES, HOW DO YOU KNOW THAT JESUS CHRIST IS YOUR SAVIOR? _____

IF YOU HAVE RECEIVED CHRIST AS SAVIOR, WHAT CHANGES TOOK PLACE IN YOUR LIFE WHEN YOU BECAME A BELIEVER? _____

IF YOU HAVE RECEIVED CHRIST AS SAVIOR, HAVE YOU TOLD HOUSEHOLD/FAMILY MEMBERS ABOUT RECEIVING JESUS AS SAVIOR? Yes No

IF YES, WHOM HAVE YOU TOLD? _____

DO YOU READ THE BIBLE? Never Occasionally Often How often? _____

DO YOU HAVE PERSONAL DEVOTIONS? Never Occasionally Often How often? _____

DESCRIBE YOUR PERSONAL DEVOTIONS: _____

DO YOU HAVE FAMILY DEVOTIONS? Never Occasionally Often How often? _____

DESCRIBE YOUR FAMILY DEVOTIONS: _____

EXPLAIN ANY RECENT CHANGES IN YOUR SPIRITUAL LIFE: _____

DETAILED INFORMATION RELATED TO THE PROBLEM

INFORMATION ABOUT PRIOR COUNSELING

HAVE YOU HAD ANY COUNSELING BEFORE? Yes No

COUNSELOR NAME(S)	DATES From To	MEDICATION PRESCRIBED	OUTCOME
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

INFORMATION ABOUT PERSONAL HABITS AND HEALTH

APPROXIMATELY HOW MANY HOURS OF SLEEP DO YOU GET EACH NIGHT? _____

WHEN DO YOU NORMALLY: go to bed? _____ fall asleep? _____ wake up? _____ get out of bed? _____

IF THERE IS A LENGTH OF TIME BETWEEN YOUR GOING TO BED AND FALLING ASLEEP, WHAT DO YOU DO DURING THAT TIME? _____

IF THERE IS A LENGTH OF TIME BETWEEN YOUR WAKING UP AND GETTING OUT OF BED, WHAT DO YOU DO DURING THAT TIME? _____

DESCRIBE ANY RECENT CHANGES IN SLEEP HABITS: _____

STATE OF HEALTH: Very Good Good Average Declining Other

DATE OF LAST MEDICAL EXAMINATION: _____ RESULTS: _____

ARE YOU PRESENTLY TAKING MEDICATION? Yes No WHAT? _____ DOSAGE? _____

FOR WHAT REASON DO YOU TAKE THIS MEDICATION? _____

HAVE YOU USED DRUGS FOR OTHER THAN MEDICAL PURPOSES? Yes No WHEN? _____

WHAT? _____ AMOUNTS/DOSAGES? _____

DO YOU DRINK ALCOHOLIC BEVERAGES? Yes No WHEN? _____ HOW MUCH? _____

MARRIAGE AND FAMILY INFORMATION:

NAME OF SPOUSE: _____ ADDRESS: _____

PHONE #: _____ OCCUPATION: _____ BUSINESS PHONE #: _____

YOUR SPOUSE'S AGE: _____ EDUCATION (In years): _____ RELIGION: _____

IS SPOUSE WILLING TO COME WITH YOU? Yes No Have not asked yet Not certain

ARE YOU CURRENTLY SEPARATED? Yes No Since when? _____

HAVE YOU EVER BEEN SEPARATED IN THE CURRENT MARRIAGE? Yes No No. of times _____

HAS EITHER OF YOU EVER FILED FOR DIVORCE? Yes No When? _____ Who? _____

DATE OF MARRIAGE: _____ YOUR AGES WHEN MARRIED: Husband _____ Wife _____

HOW LONG DID YOU KNOW YOUR SPOUSE BEFORE MARRIAGE? _____

LENGTH OF STEADY DATING WITH SPOUSE: _____ LENGTH OF ENGAGEMENT: _____

HAVE YOU BEEN MARRIED BEFORE? Yes No

IF YES, HOW MANY TIMES? Husband _____ Wife _____

IF YOU WERE MARRIED BEFORE, HOW DID THE MARRIAGE(S) END? _____

CHILDREN'S NAMES	AGES	GENDER	LIVING?		EDUCATION IN YEARS	MARITAL STATUS	*PM
			Yes	No			

*CHECK THIS COLUMN IF CHILD IS BY PREVIOUS MARRIAGE

IF YOU WERE REARED BY ANYONE OTHER THAN YOUR OWN PARENTS, BRIEFLY EXPLAIN: _____

NO. OF OLDER Brothers _____ Sisters _____ NO. OF YOUNGER Brothers _____ Sisters _____