

TRULIFE MINISTRIES DISCIPLESHIP COUNSELING INFORMATION

Individuals who contact TruLife Ministries for discipleship counseling have common questions. In order to serve you best, we have compiled the following information, which we trust will answer many of your questions.

WHAT IS TRULIFE MINISTRIES?

We are a non-profit, non-denominational, Christ-centered discipleship counseling ministry.

WHAT TYPE OF COUNSELING WILL I RECEIVE?

TruLife Ministries employs a method of discipleship counseling, utilizing spiritual, Biblical principles. In this kind of counseling, the Holy Spirit, not the counselor, is the therapist, and God becomes the agent of change, provided the counselee cooperates with Him. Our goal is to convey a way of freedom from mental and emotional symptoms, family and marital conflict, as well as other difficulties, utilizing Exchanged Life principles. TruLife Ministries does NOT practice psychotherapy, nor are we psychotherapists.

EMERGENCY/CRISIS CARE

TruLife Ministries is not equipped for emergency crisis care. We are a discipleship counseling ministry. Whereas we can sometimes help people in this area by sharing spiritual truths, our discipleship can take time that people needing emergency care cannot afford. Persons requiring a higher level of psychiatric/psychological care or inpatient help will be referred to the appropriate practitioners.

HOW LONG DO THE SESSIONS LAST?

Counseling sessions are approximately ninety minutes in length.

WILL I EXPERIENCE DISCOMFORT? WHAT ARE SOME OF THE FEELINGS I CAN EXPECT?

Certainly, we seek to deal with problems as gently as possible. However, we cannot guarantee a series of counseling sessions free of emotional discomfort. This is due to the work of the Holy Spirit in confronting problem areas in one's life. There may be "spiritual tension" when the root problem is confronted. It is best to come with an attitude that says, "Lord, teach me what you want me to learn about myself and I will not hide from what you reveal to me."

WHAT ABOUT HOMEWORK?

Since Christ is the resource for all of life, we have no desire to lead you to become dependent upon your counselor. For this reason, a variety of assignments, both reading and research, will be given to lead you to God's truth about your life in Christ. **IN ORDER FOR COUNSELING TO CONTINUE, ALL HOMEWORK MUST BE COMPLETED PRIOR TO EACH SESSION.**

WHAT IF I AM UNABLE TO KEEP MY APPOINTMENT?

Please give notice of cancellation at least 24 hours in advance.

WHAT IF I AM PRESENTLY SEEING SOMEONE ELSE FOR COUNSELING?

Be sure to discuss this with your discipleship counselor at the consultation.

WHAT ARE THE QUALIFICATIONS OF THE STAFF?

TruLife Ministries staff have been trained through Victorious Christian Living International and through Exchanged Life Ministries. Since we do biblically-based, Christ-centered discipleship counseling, we do not necessarily look to secular standards as qualifying us to provide care to others. If you would like to know more about our experience, please feel free to ask at your consultation.