

PASTORAL COUNSELING - CrossWinds Church pastoral counselors are not licensed clinicians. They have differing training and education that qualifies them for this role, and will happily provide that for you upon request. However, our belief is that pastoral counseling is a part of the net of care that we all need, and information or conversations within the pastoral counseling context is not intended or implied to be a substitute for professional medical advice, diagnosis or treatment.

What's the difference between pastoral counseling and clinical counseling?

Pastoral counseling is still utilizing listening skills, connecting to people below the surface, and helping people understand what's actually going on in their lives, relationships, and connection to God. Clinical counselors maintain more personal distance, refrain from utilizing specific faith language, and practice within the scope of clinical care. Pastoral counselors do not prescribe medication, and they are very familiar with clinical counselors in the area to whom they can refer out if someone is experiencing issues beyond their understanding. It's perfectly appropriate to seek help from both a pastoral counselor and a clinical counselor, as different and valuable assistance is given by each.

PROCESS & COST - The initial conversation will be 30-minutes and will be offered free of charge, to evaluate whether pastoral counseling is the best fit for you, or whether a referral is required. Each following appointment will be 50-minutes and the cost is \$85/session, payable in cash or via card through online form. This fee MUST be paid within 7 days of appointment, or future appointments will be given away.

BENEVOLENCE - There are benevolence funds and options available. If cost is an issue for you, please contact us at counseling@crosswindschurch.org and we would happily give you information and resources towards that end.

CANCELLATIONS - If you need to cancel an appointment, 24-hour-notice via text, phone, or email is REQUIRED. If you are a no-show or cancel less than 24-hours in advance, a \$65 cancellation fee will be charged.

CONFIDENTIALITY - Information disclosed in sessions is considered confidential and will not be revealed to anyone outside the center without your written permission, except when disclosure is permitted by law and deemed to be in the best interests of the client. The following are exceptions to confidentiality. 1. When there is a reasonable suspicion of child, elder or dependent adult abuse or neglect. 2. When the client presents a serious danger of violence to others or the property of others. 3. When the client presents a serious danger to harm him/herself. 4. Pursuant to a lawfully issued subpoena.