

**FREQUENTLY ASKED QUESTIONS**  
**Regarding**  
**TRINITY PRESBYTERIAN CHURCH'S**  
**COUNSELING MINISTRY**

**1. What is the counseling ministry?**

Trinity Presbyterian Church's counseling ministry is a ministry of the Word. We believe the majority of counseling needs people face today are spiritual in nature and that the Scripture is sufficient and applicable to address them. We offer counseling for people in need and training in counseling for those who want to sharpen their knowledge and skills in helping others. Many who participate in one or both of these counseling ministries find they are blessed with a greater recognition of God's grace and power in their life and an increasing appreciation for the wisdom and applicability of His Word.

**2. What is *Nouthetic* counseling?**

We understand counseling to be "intensified personalized discipleship in the Word of God." It differs from the preaching of the Word with respect to the intensity with which it is applied to a specific need. It is "personalized" as opposed to being generally taught and applied as is the case with the preaching of the Word in public worship. And it is "discipleship" in that the goal for the person being helped is to grow more into the image of Christ, experiencing the fruit of the Spirit and displaying a godly life.

The word "Nouthetic" comes from the Greek word "noutheteo." It can be translated "admonish, warn or exhort." "The verb means 'to impart understanding,' 'to set right,' 'to lay on the heart.' The stress is on influencing not merely the intellect but the will and disposition....the idea is not that of punishment but of a moral appeal that leads to amendment." (*Theological Dictionary Of The New Testament* – "Kittel") It is our conviction that the Gospel of God's grace in Jesus Christ brings about an inward transformation of the heart and life of the one who places his trust in Him. In counseling we seek to come alongside the counselee in order to assist him in this transformation process, aided by God's Word and Spirit.

**3. What does it cost?**

Counseling differs from preaching only in its intensified and personalized nature. Because it is a vital aspect of ministry we hired Rev. Henry Beaulieu as a pastor to focus on the counseling aspect of ministry. He is supported by the tithes and offerings given by the people of Trinity Presbyterian Church.

It is our desire to offer this counseling ministry to the broader church. In order to do this, we have freed some of Pastor Beaulieu's time so he can also minister the Word beyond our immediate fellowship.

In light of the above, if you do not give your tithes and offerings to Trinity Presbyterian Church, we ask you to please consider a donation to assist in the support of this work. This is voluntary and any donation should be made directly to Trinity Church and not to any individual counselor. Our desire in this procedure is to eliminate any embarrassment to you if you are not able to make a donation and to give you the opportunity if you are able. We also want to protect you and our counselors from any influence that a donation given or not given may have on their thinking.

Our first desire is that you receive whatever discipling (counsel) you need. We will neither refuse nor stop counseling on the basis of money nor should any counselor ask you for a donation. We simply ask you to consider this matter prayerfully.

If you make a donation, please note the following information.

- Write checks payable to **Trinity Presbyterian Church**

- *Write Counseling Ministry* on the memo line.
- *Mail to:*

Trinity Presbyterian Church  
571 E. Main St.  
Statesboro, GA 30461

#### **4. Who is in charge of the counseling ministry?**

The elders of Trinity Presbyterian Church oversee the counseling ministry. Pastor Beaulieu is responsible for the day to day ministry of counseling and teaching.

#### **5. What is Pastor Beaulieu's training and experience?**

Pastor Beaulieu has pastored as a counseling minister for 15 years. Three years previous to this, he was an Active Duty Army Chaplain and still serves as the Senior Army Chaplain for the Alabama National Guard. He is certified with the Association of Certified Biblical Counselors and has his Masters of Divinity from Reformed Theological Seminary.

#### **6. Does anyone else counsel?**

Yes. At present Pastor Roland Barnes, Mr. Matt Sauls, Mr. Tony Gilbreth, Mr. Vincent Kochetta, and Mrs. Lucy Anne Adams also counsel. There are others who counsel to a lesser degree and still others who are being trained. It is our hope that the number of people trained in counseling will increase. In reality everyone counsels every day. Each time we give advice, make a suggestion as to how someone might respond to a situation, correct our children or give comfort we are counseling. Our desire is to help people grow in their ability to do this.

#### **7. Where is the counseling done?**

At Trinity Presbyterian Church, though Pastor Beaulieu may agree to meet elsewhere if certain requirements for accountability and safety are met. Other counselors may meet at the church or some other agreed upon location.

#### **8. How long do the sessions last?**

The first session usually lasts one and a half hours. Subsequent sessions run about one hour.

#### **9. How many sessions does counseling usually last?**

The number of sessions depends on the nature and severity of the problem, the response of the counselee, and the number of problems that need to be addressed. The average time usually falls between eight and sixteen sessions.

#### **10. Must you be a member of the church to receive counseling?**

No you do not have to be a member of Trinity Presbyterian Church to receive counsel.

#### **11. What type of problems do you counsel?**

We counsel a wide variety of problems such as marital conflict, depression, panic attacks, anger, parenting issues, anxiety, drug and sexual enslavement, various types of sexual problems and more. Pastor Beaulieu also does pre-engagement and pre-marital counseling.

#### **12. What is your view on psychiatric medication?**

Medication can be helpful in certain situations by allowing a counselee to recover enough clarity of thought to enable him to interact and respond to counsel sufficiently in order to facilitate change. Medication, though, does not address the root of non-organic (spiritual) problems. It is important therefore to address such problems spiritually from the Word of God. Biblical counselors do not prescribe or take counsees off of psychiatric medication. We do seek to work with medical doctors when addressing questions regarding such matters.

#### **13. Is the counseling kept confidential?**

The Bible clearly says that gossip is sin. Therefore, those who counsel as a part of Trinity's counseling ministry will not release information about particular counsees except in the few situations required by the Bible and then only to those who need to know. Those situations are: (1) when someone is being or in danger of being harmed, to include the counselee; (2) when necessary to prevent a crime from occurring or to report the occurrence of criminal activity (see Romans 13:1-7); (3) when someone persistently refuses to repent or to stop a sinful pattern and it becomes necessary to seek assistance from his/her church (see Matthew 18:15-18).

#### **14. What if I miss an appointment?**

There is no penalty for missed appointments, but we do ask that you be a good steward of your time and the counselor's time as well. Repeated misses may result in the cessation of counseling until the counselee is able to make scheduled appointments.

#### **15. Is there anything else I should know?**

Yes, there are several things that might be helpful.

- Part of Trinity's counseling ministry involves teaching and training people to counsel. It is possible that someone in training might sit in with your counselor to observe the session. You may inquire as to who that might be and if there are practical reasons why it would not be wise to have that person sit in. In such cases, other arrangements can be made.
- We believe the counseling of non-organic (problems with spiritual roots) problems is properly viewed as a ministry of the Word of God done in the context of shepherding (Ez 34:1-16, 2 Tim 3:16). It is one part of Trinity's effort to proclaim God's truth so that the "*manifold wisdom of God might now be made known through the church*" (Eph 3:10). Therefore since we counsel under the authority of the church and see it as a vital part of her ministry, if the counselor believes it is necessary to seek the advice of or report to a person's elders he/she will do so. That is a rare occasion, but we do want to be upfront with you. Should that occur the counselor will speak with you first regarding the matter.

May God bless you and use this ministry to His glory and the building of His church.