



STATEMENT ON CHRISTIAN COUNSELING

At R&R Ministries, we offer Christian counseling services to our clients who come from marginalized communities, our ministry volunteers and staff alike.

Christian Counseling: What is it?

As a Christian ministry, we believe that every individual has a psycho-spiritual nature and is made in the image of God. Therefore, we believe every psychological need we have is a manifestation of an underlying spiritual quest to know thy self, experience God, and belong. This outlook presents us with a unique opportunity to facilitate healing in clients in a safe, non-threatening, and non-imposing environment while simultaneously being ready to engage in a client-initiated faith conversation and prayer in the counseling room if it arises.

We provide services for both volunteers and clients who freely express an interest in it. These services include confidential, nurturing, and ongoing psychological work to address internal obstacles, suffering, blind spots, dysfunctional habits and cultivate personal growth in order to live into all we were created to be in God's loving plan for our lives (Romans 12:2). In addition to traditional therapy, we offer personal check-ins to explore with our clients and volunteers—individual and family—any perceived difficulties accessing or participating in services as well as how they can most effectively benefit, grow, and serve in our various ministry programs.

Trauma-Informed Counseling

Our therapists are able to provide trauma-informed counseling services to clients who need them. We do not provide crisis intervention services, and we encourage anyone in a life-threatening situation to contact the 988 Suicide & Crisis Lifeline which provides 24/7 call, text, and chat services.

Addiction Counseling

Substance Addictions. We provide counseling for those struggling with substance addiction if they are getting direct recovery services elsewhere (i.e., a 12-step group, an intensive outpatient group, or some kind of direct addressing of their drugs/alcohol dependency). We would refrain from offering our services until an individual is in direct

treatment for dependency as we believe substance addictions need to be addressed before any meaningful therapy can take place.

Process Addictions. Though we strongly recommend clients struggling with process addictions (sexual, gambling, etc.) to seek adjunct intervention like Celebrate Recovery, SLAA, etc., we do not require it prior to availing our counseling services.

Christian Counselors: Who are we?

We have a diverse team of committed Christian therapists who are biblically-grounded and trained in the field of counseling and psychotherapy. All our therapists, interns and otherwise, are authorized to practice in the State of Texas under the supervision of our licensed clinical psychologist and psychoanalyst, Dr. Jason Berman, who has 15+ years of experience in the field. Some interns are on the path to becoming fully licensed while others have chosen to not pursue licensure due to the nature of their career goals. This does not imply that they are any less qualified, as they have all the competency and training necessary to be licensed in the state of Texas should they choose to do so.