

3 Ways to Counsel

Did you know that biblical counseling is changing along with technology? It used to be that in-person counseling was the only option. Now it's one of many.

I offer three ways to counsel. What happens during biblical counseling remains the same. Only the method of delivery varies. Here are the pros and cons of each.

In Person

In the traditional setting of counseling, the counselor and you meet in an office. Real Hope Biblical Counseling Center, where I meet clients in an office building, is located in downtown Sycamore, Illinois, 60 miles west of Chicago.

PROs: You meet in a comfortable, private office; you can "hear" what the counselor is saying through her words, tone of voice and body language.

CONs: Your geography may interfere. If you don't live in northern Illinois or southern Wisconsin, in-person counseling is all but impossible.

By Phone

Counseling by phone permits you to get help without traveling. You can even counsel while away from home via your cell.

PROs: Convenience, cost savings on transportation and on a cell phone when you call off-peak or on a computer using Skype, a sense of greater privacy.

CONs: You cannot read the counselor's body language and she can't read yours.

Via Webcam and Skype

Counseling by webcam and Skype means you can meet face-to-face but in the privacy of your own home.

PROs: Convenience, you can "hear" the counselor's body language, no transportation or phone costs.

CONs: You need a webcam as well as a Skype account (which is free); requires some extra "techie" knowledge.

So which should you choose? It's up to you. If you live outside northern Illinois, choose whichever you are most comfortable: phone or webcam/Skype. I've counseled Christian women using all three of these options, and each one works.

It's not me or the method of communication. It's God. He is Jehovah Jireh, the one who heals. He uses biblical truth from the Word of God (the Bible) to draw hurting women to himself and show them who they are. His child, his precious daughter.

I've watched miracles unfold before me. Women with a bitter root of unforgiveness forgive. Women who made a mistake long ago find peace. Women in difficult marriages let go of the need to control and rest in Jesus. And more. Lots more.

Thank you for considering biblical counseling. God esteems you.

Lucy Ann Moll offers counseling in person, over the phone and by webcam/Skype. She is a biblical counselor who trained at Western Seminary, Portland, Ore., and directs Real Hope Biblical Counseling Center in Sycamore, IL.

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