

## What To Expect From Bible-Centered Counseling

Counseling will be dependent upon God's word (the Bible) and the Holy Spirit. The Bible itself states that the truths contained within it are entirely sufficient to enable a person to live a life pleasing to God (2 Peter 1:3-4). The Bible provides all the needed principles and guidance for understanding our mental processes, analyzing our emotional responses and exercising control over our behavior (Psalm 19:7-14). The Bible contains the solutions to every problem of attitude, relationship, communication, conduct and behavior (2 Timothy 3:16-17).\*

\*Self-Confrontation, by J. C. Broger



### How to schedule an appointment:

Appointments may be made for counseling by calling (850) 408-3398 between 8:00AM and 5:00PM Monday through Thursday.

You can also contact Caryn Shivar by email form at <http://www.tallycounseling.com>.

## MEET OUR BIBLICAL COUNSELOR

**Ms. Caryn Shivar:** Caryn has worked with Pathology Associates for 30+ years. Her profession with Pathology Associates started as Medical Examiner Administrator (21 years); Marketing Support/Client Service Representative (3 yrs.). She currently supervises the Accessioning Department at Pathology Associates. Caryn has earned her BA in Biblical Counseling from Trinity Bible College and her MA in Conflict Management at Trinity Theological Seminary. Caryn is certified as a biblical counselor through the Association of Certified Biblical Counselors (ACBC) and the International Association of Biblical Counselors (IABC).

### A NON-PROFIT ORGANIZATION

TBCM is a nonprofit ministry governed by a Board of Directors.

TBCM is open to people of all denominations and operates through the cooperative efforts of any local church which embraces a biblical worldview as described in the Word of God.

### Tallahassee Biblical Counseling Ministries, Inc.

#### Mailing Address:

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## Tallahassee Biblical Counseling Ministries



### Colossians 3:16:

"Let the words of Christ, in all their richness, live in your hearts and make you wise. Use His words to teach and counsel each other." (NLT)

## Our Goal in Counseling Is to Teach:

### Dependence upon the Bible—2 Peter 1:3-4

It provides all the needed principles and guidance for understanding our mental processes, analyzing our emotional responses, and exercising control over our behavior.



### Developing Biblical Habits—2 Corinthians 5:9

Counselees are encouraged to confront the failures and shortcomings of their personal lives from a biblical view... turning their focus away from their own desires determining to live in a manner pleasing to God.

### Diligent Application of Biblical Principles—John 16:33

A discouraged or despondent counselee can gain great hope as he learns from Scripture that God's peace and joy can be his as he depends solely on his relationship with God through Jesus Christ.



## Common Counseling Issues:

- Anxiety, Worry and Fear
- Addictions
- Anger Management
- Communication
- Depression
- Eating Disorders
- Financial Problems
- Grief
- Guilt
- Inferiority
- Loneliness
- Marriage and family
- Parent/child relationship
- Performance based acceptance
- Rejection
- Relationships
- Self-Esteem
- Stress
- Unforgiveness
- Vocational guidance



## Essential Elements of Biblical Counseling:

**\*Understanding the Problem**—Gaining God's Perspective (Proverbs 3:5-7)

**\*Hope**—God will provide ample help and direction in every situation as you deal with the problem His way (1 Corinthians 10:13)

**\*Change**—You must learn to lay aside the old self-centered habits and instead “put-on” biblical patterns (Ephesians 4:22-24)

**\*Practice**—You must take action to put God's solutions into practice in your everyday activities (James 1:25)

## Our Desires Are To:

- Help people face and deal biblically with life's challenges through understanding and applying God's word.
- Provide our time and energy as a ministry to the body of Christ, and to the community-at-large, as a labor of love. Therefore, there is no fee for counseling.
- Provide distinctively biblical, compassionate, pastoral qualified counseling for people with individual, marriage, family and/or relational challenges.
- Provide training for pastors, laity, Christian workers and others in biblical counseling.
- Provide confidential and trustworthy counseling.
- Provide counselors who are trained in the use of Scripture and the principles of biblical counseling.

### Additional Ministries Provided by TBCM

- Team Counseling
- In-Depth Discipleship Classes
- Mentoring lay counselors
- Counseling training for pastors/church leaders
- Conflict Resolution
- Premarital Counseling
- Marriage Seminars