

## Overview of Counseling Services

WLCFS (Wisconsin Lutheran Child & Family Service, Inc.) has provided confidential counseling services to people troubled with psychological and/or spiritual problems for over 40 years. Scripturally and professionally trained counselors have helped adults and children uncover the underlying source of trouble to work toward a practical and realistic Christian response. Our Christian psychologists and counselors (state certified and highly trained in their areas of expertise) assist individuals, couples, and families for various issues. This long tradition of healing and helping is now available to the members of participating organizations around the country.

MAP counselors follow a limited-session model and provide assessment, short-term counseling, referral (if needed), and routine follow-up. Counseling may involve couples (or sometimes even families) and addresses a variety of issues, including:

- Depression
- Anxiety
- Grief
- Trauma
- Work issues
- Marital concerns
- Stress management
- Parenting skills
- Many other issues or areas of concern

Counseling can be available through telephone, in person at a counseling office in Wisconsin, or through a live, interactive video format.

[Back to the Services page](#)