

## **Counseling Approach**

We believe the most effective service model for serving members is with a [Christian-based](#) “Assessment/Care/Referral” approach that consists of a limited number of sessions per issue for each person receiving service. The session limit is determined by each organization and is usually around 6-8 sessions per issue per person. Here is a description of this approach.

### ***Assessment***

The counselors from WLCFS will provide a “whole-person” assessment to identify what the issue(s) is (are). This assessment will be completed in the first session. Together, the counselor and member will examine the presenting problem, assess other areas of functioning (i.e., sleep habits, appetite, spiritual life, general mental and emotional functioning), and develop a plan for improvement. By using a “whole-person” assessment, areas of strength can be identified and utilized when addressing any issues of concern.

### ***Care***

After the member and counselor agree on a plan of care and develop goals for improving, specific interventions will be initiated, and the member will be offered additional sessions to review progress and adjust goals or interventions as needed. With the consent of the member, counselors can collaborate with the pastor or principal to coordinate the care being offered.

### ***Referral***

If it appears that the individual is going to need longer-term care beyond the approved number of sessions, they will be referred to a resource in their community or a resource that fits their need for problem resolution. For instance, in cases where severe mental health issues exist such as psychotic episodes or suicidality, the member may need immediate referral to an inpatient psychiatric facility.

### ***Follow-up***

An essential component to this model is follow-up. Our follow-up procedure will include contact at regular intervals after the final session to ensure progress is being maintained. Follow-up contact is done via telephone. If a referral is made to an outside specialist or hospital, we will follow up with the member to ensure problems are being addressed.

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