

## Workshop Are Available

### ***The T.R.A.I.N. Approach to Christian Parenting***

(A 3 1/2 hour workshop on parenting skills.)

### ***Sacred Rhythms***

(A 6 week course in spiritual formation.)

### ***Marriage Breakthrough***

(A 5 week course for marriage renewal.)

## Adoption Home Studies

Dr Schneider is a certified adoption home study provider.

## Consultation

We will work with companies, church's, and organizations to assist in resolving staff and membership conflicts. We offer coaching for churches using a Solution Focused Family Therapy approach. We can provide counseling for employees and staff who need assistance in dealing with organizational, personal and/or family problems. We are available to consult with attorneys on cases involving family or mental health issues.

## Public Speaking

Presentations can be made on a variety of family & mental health topics.

### **Dr Allen Schneider**

Dr. Schneider is a Licensed Marriage and Family Therapist and an ordained United Methodist pastor. He is also a clinical member of the American Association for Marriage and Family Therapy. He has earned a Doctor of Ministry degree with an emphasis in spiritual formation and counseling. He has 40 years of experience in assisting people with their emotional, relational, and spiritual needs.



# Living Hope

## Family Therapy And Counseling



*There is healing and hope for families today!*

### **Dr. Allen Schneider, D.Min**

Licensed Marriage and Family therapist  
(AA.M.F.T. Clinical Member)

### **Living Hope Family Counseling**

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## When Should I Seek Counseling?

Life at times brings struggle, heartache, and pain. Through most of these we heal and move on. But there are occasions when we seem stuck. Some of these include: Emotional pain that never seems to heal. Strained relationships that never seem to mend. Destructive patterns of behavior that continually trip us up. these and similar types of situations are usually indicators that counseling may be beneficial.

## What Is Solution Focused Family Therapy?

Our primary therapeutic approach is known as Solution Focused Family Therapy. This is an approach to counseling that assists individuals, couples, and families in discovering and living into their preferred future. As in other forms of family therapy, it addresses the needs of the clients entire family system in order to bring about change.



## Should Christians Seek Counseling?

Counseling can be beneficial to all regardless of their religious commitment. The resources of faith, however, can be a tremendous tool as we pursue a path of healing and change. When the best insights of behavioral science are integrated with the timeless principles of the Christian faith, the possibility for personal and relational transformation is tremendous.

## What Does Counseling Involve?

Sessions are scheduled according to client need. The usual session is 50 minutes. Fees will be discussed in our initial session. Many insurance companies cover at least a portion of the fee. Though our services are considered “out of network,” documentation will be provided which you can submit to your insurance company.

***Those Who Hope In The Lord Will Renew Their Strength!***  
(Isaiah 40:31)

## What Issues Bring People To Counseling?

Some of the presenting problems clients share include...

Family discord    Communication problems    Problems with children  
Conflict resolution    Sexual dysfunction    Anxiety & stress  
Depression    Marital infidelity    Step family adjustment  
Family abuse and trauma    Extended family conflicts  
Chemical addiction    Behavioral addition    Divorce adjustment

## What Are The Goals Of Christian Counseling?

Through the struggles of life it is easy to loose hope. Christian counseling is designed to restore hope by addressing one’s need for...

### **H**ealing

We seek to find relief from the emotional pain that negative and traumatic experiences can bring.

### **O**vercoming

Destructive patterns of thinking and behavior can bring us constant defeat. From these patterns, however, we can be set free.

### **P**reventing

By learning new skills we can rise above the old traps and find new ways of thinking, communicating, and acting.

### **E**mpowering

The goal is not simply to “get over” a life hurt but rather to find disciplines that empower us to live life on a higher plane.



***You Have Been Born Again To A Living Hope!***  
(1 Peter 1:3)