



Frequently Asked Questions

1. Are the counselors at N(y)oo Mind Biblical Counseling “Professional” Counselors?

It depends on what a person means by the word *professional*. If a person means that *professional* is the one that has obtained a license in the state of Missouri to counseling, then N(y)oo Mind Biblical Counseling’s explanation of the word *professional* is broader than that description. Our contracted counselors have been trained and continue to grow and develop in their knowledge and skill of counseling individuals. Each counselor is supervised under the Lead Counselor and meets with the Lead counselor twice a month for psychoeducation, training, and emotional and cognitive processing. In addition, every single contracted counselor is required to go to at least one conference or training per year. In addition, due to our perspective we not only meet but exceed the ethics of the state of Missouri in terms of informed consent, confidentiality, practice, and using counseling interventions and techniques.

2. What makes N(y)oo Mind Biblical Counseling different from other counseling centers?

N(y)oo Mind Biblical Counseling is different from other counseling centers in terms of its philosophy of counseling. N(y)oo Mind Biblical Counseling believes that word of God (i.e., the Scriptures) informs and guides humanity in cognitive, social, and physical matters. N(y)oo Mind Biblical Counseling uses the truth contained in the Scriptures, explicitly and implicitly, to guide others in making right and sound choices for their lives. Furthermore, N(y)oo Mind Biblical Counselors work with techniques and other disciplines that seek to enhance and reinforce the truth with the counselees that is instructed from Scripture to assist counselees.

3. Would N(y)oo Mind Biblical Counseling refer or use other services for their counselees?

Absolutely! From our perspective we believe that the care of the whole person is important! If a N(y)oo Mind Biblical Counselor believes that a counselee needs assistance that is beyond the skill and the competence of the counselor, the counselor will seek to refer them to a practitioner assist them in their need.

4. What is the Transformative Model N(y)oo Mind Biblical Counseling uses for counselees?

There are many counseling models that focus on thought, insight, or external behavior (or even all three). The *Transformative Model* is taken from the letters written by Paul from the Bible (specifically the letter to the Ephesians) The first three chapters of the letter Paul reminds to the believers in Ephesus who they are before God (that is, their identity) and the source of who they are before God (i.e., “in Christ). The Transformative Model seeks for the counselee to understand their identity in Christ and out of this truth make wise choices that assist them in their life. The techniques employed would reinforce that conduct in the individual who is reminded of who they are. So in this model the focus is on who a person is, and then the conduct or action one needs to do because of who they are.

5. Does N(y)oo Mind Biblical Counseling counsel non-religious/spiritual people also?

Absolutely. N(y)oo Mind Biblical Counselors believe that a believer is to do good to all people, even concerning those of the household of faith (Gal. 6:6-9). Everyone suffers through life and life's circumstances and needs counseling and care. N(y)oo Mind Biblical Counselors want to assist all counselees in every way possible and so N(y)oo Mind Biblical Counseling will seek to help anyone who comes into the center. In addition, for ethical purposes N(y)oo Mind Biblical Counselors in their informed consent session will tell the counselee not only the model used but the perspective they counsel from so that the counselee will have the information necessary to make the best choice for themselves in terms of their counseling.

6. What is the purpose of the subscription base for counseling?

N(y)oo Mind Biblical Counseling is also seeking ways to make counseling cost-effective for counselees who want the counseling. Individual counseling each week can be very expensive, especially in tough times. So, N(y)oo Mind Biblical Counseling has implemented a subscription base model where for a monthly fee you pay for the counseling sessions. \$117.00 per month (about 4 cents a day) for individual counseling, \$210.00 per month (about 7 cents a day) for couples counseling, and \$277.00 per month (about 9 cents a day) for family counseling. It is \$5.00 more concerning online counseling for individual, couples, and groups.

7. Does N(y)oo Mind Biblical Counseling take insurance?

Unfortunately, N(y)oo Mind Biblical Counseling Center does not take insurance. N(y)oo Mind Biblical Counseling has set their rates competitive from other counseling centers, and we have done so because there are certain insurance companies that charge only for a certain amount of counseling sessions. We want to take give the counselee peace of mind knowing they are receiving the best care for a reasonable price.

8. Why is online counseling a different price?

This counseling is offered at a different price because of the technology that is used to provide the convenience for the counselee for counseling (this includes encryption-based services so that we are operating ethically counseling our counseling process).

9. How long are the counseling sessions at N(y)oo Mind Biblical Counseling?

Counseling sessions at N(y)oo Mind Biblical Counseling are about 45-50 minutes each session.

10. How would a typical counseling session go at N(y)oo Mind Biblical Counseling?

The counselee would fill out the necessary applications before the first initial counseling meeting. After this this counselor, in the first session would go over the intake form with the counselee and would begin the initial session. The counselor would then take that initial information and in the second session draft a treatment plan for the counselee. In the second session the counselor and counselee would go through that treatment plan detailing the counseling goals, objectives, and interventions to meet these goals and would discuss it with counselee. Once counselee consents counseling would take place and counselor and counselee would revisit that treatment plan every 3-4 sessions to review if goals for counseling are being met. This process will continue until termination of counseling.