

Counselor Referrals

Why Should I See a Therapist?

Each of us has personal and interpersonal struggles and we believe Jesus knows those struggles and cares about strugglers. We believe Christians who are struggling with mental health, trauma, or any other struggles that make it difficult to function should consider seeking a professional counselor or therapist.

When Should I Seek a Therapist?

While we believe the church community and pastors can minister to most of our pains and struggles, there are some deep wounds that may require specific care (e.g. addictions, abuse, death of loved one). We recommend seeking help from the church community or pastors first, but consider finding professional help upon recommendation.

How Can I Find a Therapist?

Finding a professional counselor can feel daunting, but it's important to find someone who you feel is best for you and your situation. Before starting your search, consider the following questions and ideas:

- What is your most pressing concern and need?
- What would you like to accomplish through therapy?
- Speak with people who have benefited from their own therapeutic process.
- Are you more comfortable with a male or female therapist?
- If you have insurance, ask for a list of Christian therapists in your area.

Questions to Ask

Every therapist is different. We hope the questions below can help you get a clearer picture of what a therapist believes and how he or she conducts sessions. Again, you should see a therapist that works for you.

- What is your general approach to therapy?
- Are you a Christian? Are you actively involved in a church?
- Have you seen a lot of clients with similar concerns to my own?
- What is your session fee? Is there a sliding scale (a sliding scale is a fee adjusted according to your income).

What to Expect

The first sessions, sometimes called an intake, is usually different from later sessions. This is a great time to ask the therapist questions. Afterwards, you should ask yourself if this is something that you feel can help you and either continue moving forward or find a different option.

Therapy is an interactive process established and maintained on the basis of trust. Open and honest dialogue is the most important component of building trust. This is one of the reasons why therapy can be healing and helpful.

We also believe therapy is not a silver bullet. As you see a therapist, continue to share life with your community, pastors, and especially the Lord.

May the Lord bless you as you seek His healing in your life.

DIRECTORY

Below is a list of local therapists and counseling agencies that our church recommends.

Independent Counselors

Roy Kim | 408-676-9546 | roykim16@gmail.com | www.roykimtherapy.com

Roy Kim is an ordained minister and a licensed marriage and family therapist, practicing from his office in Fullerton & Pasadena. He holds an M.Div from Talbot School of Theology and an M.A. Clinical Psychology from Azusa Pacific. Areas of specialty include intimacy building, sexual addictions, and faith crises.

Esther Schissler | lesther.schissler@gmail.com

Esther Schissler is a trained counselor who worked with Redeemer Presbyterian church and Redeemer City to City for over ten years. She practices in New York but offers counseling for those willing to meet online.

Joshua Pakl | 626-833-9744 | josh1214@gmail.com

Joshua is bilingual (Korean and English) who can give various types of biblical coaching. He has his Ph.D. in clinical psychology from Fuller Seminary and is also an ordained pastor. He also teaches at Azusa Pacific University and Golden Gate Baptist Theological Seminary.

Hiroko Hsieh, LMFT | 202-SHEE-P11 | Hiroko@Restingsheep.com

I meet with individuals and couples. Trauma, relationship issues, trouble coping with stress, depression, anxiety are often what I work with. I love doing faith integration if that's what's desired by the client.

Jonathan Holmes | 657-246-2446 | tims@hopeinsightcounseling.com

Hope InSight Counseling is a private counseling practice servicing Fullerton, Brea and nearby areas. It was born out of a desire to empower people to gain insight into their lives and relationships so they can find hope in their lives; hope, not just to solve problems, but to reach their goals of great relationships.

Counseling Agencies

CIFTI 714-558-9266 | www.ciftcounseling.com | info@ciftcounseling.com

A large Christian agency, which operates out of many locations. The staff tends to be more conservative theologically and works hard to integrate faith and psychology in a way that is authentic and Christ-centered. CIFT charges with a sliding scale and has available bilingual therapists who speak Korean and Mandarin. Call to figure out which of their counselors would be right.

CrosspointMinistries | clifton@crosspointministry.com

Crosspoint helps people discover what is at work in their souls when it comes to their relationships and points them toward what it means to live through their identity in Christ.