

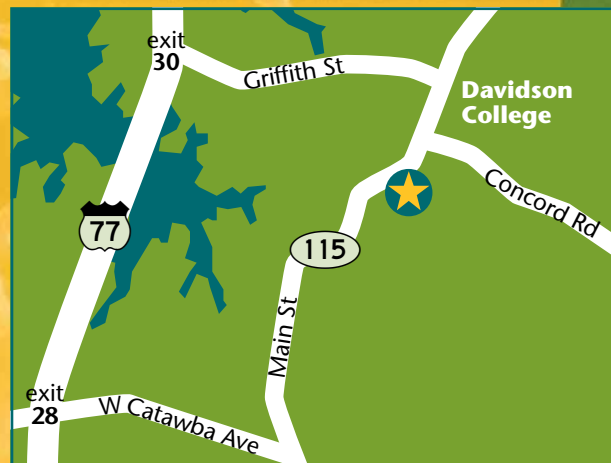
Like us, the fern contains within itself all that it needs to grow into the fullness of its being. Hiking through a forest, no one would guess that these tiny unfolding fronds will someday grow into the strong, beautiful ferns that they will ultimately become. As we ourselves awaken—through experience, learning, relationships, and awareness—we grow and flourish, evolving into who God intended for us to be. Unfurling slowly, we surrender, letting go of old stories, sorrow, and negative patterns of thinking and behaving. Our physical health, too, improves as we release blocks to the growth that mysteriously and wondrously appears. Body, heart, mind, spirit – all grow together.



[www.davidsonumc.org/counselingcenter](http://www.davidsonumc.org/counselingcenter)  
704.892.6135

233 South Main Street  
Davidson, NC 28036

The Counseling Center  
is located next to  
Davidson United Methodist Church  
(DUMC)



Like the unfolding fronds of a young fern, the soul unfolds in its own time, through cycles of light and darkness.



Since 1997, the Counseling Center at DUMC has provided counseling and psychotherapy, drawing from both psychology and spirituality to bring about healing and growth. We are dedicated to strengthening emotional and spiritual health by providing services for individuals, couples, families, adolescents, and children.

## Our Staff

Our licensed therapists are deeply committed to helping you blend the challenges of living, working, and relating in today's stressful world with your unique faith-perspective. Whether your therapist is a pastoral counselor (an ordained clergy person trained and certified in theology and psychology), a marriage and family therapist, or a professional counselor, we all share a commitment to providing quality counseling—maintaining high standards of continuing education and professional development. We also seek regular consultation with each other to ensure our clients receive the best possible care in a safe, nurturing environment.

## Our Services

### Holistic

Each person that comes to us for counseling represents a body, mind, and spirit that is also embedded within a certain culture. Our commitment is to honor the uniqueness of each person and each person's background, rather than imposing our own. Through mutual respect, we seek to meet people where they are in their lives, their relationships, and in their faith.

### Unique

A therapeutic journey is unique—no two are ever just alike. Therapists and clients enter into a relationship through which it may become possible for clients to live more freely, more playfully, more lovingly, and with more of a connection to others and to all of God's creation.

### Confidential

Therapy depends on a trusting relationship between therapist and client. In your first session, your therapist will discuss with you the expectations each of you bring to the journey of therapy. This includes the expectation of confidentiality. The Counseling Center is HIPAA compliant, and we value your input into how we can maintain and improve the quality of our services.



## Reasons for Seeking Counseling

You may be dealing with one or more of the following life challenges:

- |                     |                     |
|---------------------|---------------------|
| Anger Management    | Marital Issue       |
| Anxiety             | Marriage Enrichment |
| Communication       | Medical Illness     |
| Conflict Management | Men's Issue         |
| Crisis or Trauma    | Mid-life Transition |
| Depression          | Parenting Issue     |
| Divorce             | Relationship Issue  |
| Domestic Violence   | School Performance  |
| Eating Disorder     | Sexual Health       |
| Family Issue        | Stress Management   |
| Grief               | Vocational Coaching |
| Identity Crisis     | Women's Issue       |



In addition, our counselors are available for Continuing

Education seminars or workshops on a variety of topics related to emotional, relational, and spiritual health. Just contact our office manager to schedule a conversation with one of our therapists about your particular need.

## Fees

The Counseling Center is supported by clients' fees and by donations. Some scholarships are available to those whose financial situation limits their ability to pay the fee, and your counselor will be happy to discuss this with you.

Insurance coverage may also be available to you, and we will file your insurance claims once you give us the necessary information. If, for some reason, we are not covered by your insurance plan, you may be required by your insurance company to seek the services of someone who may not be able to discuss faith issues with you. If that is important to you, we will help you establish an out-of-pocket fee that is affordable and that enables you to get the kind of counseling you desire.



## Making an Appointment

Please call **704.892.6135** to schedule an appointment.

Your call is completely confidential. You may request a particular counselor, or we will assign a counselor to you based on your particular need.