



## COUNSELING SERVICES

**Louisville Seminary Counseling Center (LSCC) provides a supportive environment for individuals to discuss mental health and wellness concerns and receive compassionate, therapeutic care.**

### COMMON ISSUES ADDRESSED IN COUNSELING WITH INDIVIDUAL ADULTS INCLUDE:

Feelings of Sadness	Anxiety	High and Low Moods
Self-Esteem Issues	Life Transitions	Grief and Loss
Spiritual Concerns	Relationship Issues	Family Concerns
Struggles with Decision Making	LGBTQ Identity	Anger Management
Healthy Relationships	Traumatic Experiences	Self-Harm and Suicidal Thoughts

### FAMILY THERAPY

Louisville Seminary Counseling Center welcomes families to take advantage of the opportunity to work on relational issues in a confidential setting. Our Counseling Center rooms are able to accommodate family dynamics. Counselors are trained specifically in helping families reduce stress and achieve better relationships. Whether your family includes young children, adolescents, adults, or seniors, we welcome you to LSCC. Our Counseling Center provides a specific room for play therapy with children, a space for expressive arts, and a space to work with sand tray. These creative resources allow for additional ways to gain perspective and to resolve issues.

### RELATIONSHIP THERAPY

Louisville Seminary Counseling Center welcomes all relationship partners who wish to strengthen their relationships to come for counseling. LSCC offers relationship therapy for pre-marital, marital, and discerning couples. Many of our therapists have training in Prepare/Enrich through Life Innovations, a company that studies couple relationships and assists in understanding the strengths and challenges couples face. This structured assessment for four sessions is just one option for couple's counseling. While insurance providers do not offer benefits for this type of therapy, our reasonable sliding fee scale makes this counseling affordable.

### CHILDREN'S THERAPY

Louisville Seminary Counseling Center provides a safe and calm environment for children to have assistance with challenging issues. Our play therapy is an inviting space for children that provides an opportunity for children to feel comfortable in working through problems.

*Common concerns addressed with children in counseling include:*

- Depression: withdrawal from friends or family, crying, eating issues
- Anxiety: school avoidance, crying, insomnia, eating issues, co-sleeping
- Grief and Loss: including loss of friends or family; pet loss
- Parental Divorce or Separation
- Life Transitions: moving homes or changing schools
- Self-Esteem Issues
- Bullying and Peer Relationships
- Self-Harm and Suicidal Ideation



#### Video Recording of Sessions:

All counseling sessions are recorded to assure quality of care. Recording allows our intern therapists to review their work and to discuss the therapeutic process in clinical supervision. We are unable to provide counseling services to those who do not wish to be recorded. We can offer a referral if you are uncomfortable with this process.