Inviting you to the journey of healing with a goal of being healthier and better equipped to handle life.

PASTORAL COUNSELING & CARE SERVICES

Dr Bednar Counseling, LLC
# TABLE OF CONTENTS

Available Services .................................................. 3
1. About Dr. Bednar ................................................. 4
2. Pastoral Counseling.............................................. 5
3. Prepare & Enrich® Premarital counseling 5
4. Spiritual Direction............................................... 6
5. Spiritual Formation............................................... 6
6. Formational Prayer............................................... 7
7. Other Treatment Options ................................. 8
8. Benefits & Risks................................................... 9
9. Confidentiality .................................................. 10

Meetings, Fees, Contact Information........ 11
AVAILABLE SERVICES

Inviting you to the journey of healing with a goal of being healthier and better equipped to handle life.

1. Pastoral Counseling and Care
2. Prepare and Enrich© Premarital Counseling
3. Spiritual Direction
4. Spiritual Formation
5. Formational Prayer
1. ABOUT DR. BEDNAR

Dr. Bednar is educated and licensed as both a clinical pastoral counselor and a chemical dependency counselor.

**However, it is important for you to know** that she is currently called to serve under her Doctor of Ministry education as a **pastoral counselor**. And as such, the Ohio Counselor, Social Worker, Marriage and Family Therapists Board does not recognize this calling.

As a pastoral counselor, Dr. Bednar will not be developing a treatment plan, making a diagnosis, nor discussing medication referrals.

Dr. Bednar is not practicing as a clinical counselor and will refer you should those services better serve your needs.
2. PASTORAL COUNSELING

Pastoral counseling is a unique form of counseling which uses spiritual resources as well as psychological understanding for healing and growth. It is provided by pastoral counselors, who may be mental health professionals but who have also had in-depth religious and/or theological training.

Pastoral counseling moves beyond the support or encouragement a religious community can offer, by providing psychologically sound therapy that weaves in the religious and spiritual dimension.

(Cited from The American Association of Pastoral Counselors website)

3. PREPARE & ENRICH©
PREMARITAL COUNSELING

Preparing couples for marriage has been found to reduce the rate of divorce by 30%. Premarital counseling, coaching, and education are investments in your futures. Includes an electronic personalized assessment and involves an average of six sessions.
4. SPIRITUAL DIRECTION

Spiritual direction is the practice of being with people as they attempt to deepen their relationship with the divine, or to learn and grow in their own personal spirituality. The person seeking direction shares stories of their encounters of the divine, or how they are experiencing spiritual issues. Dr. Bednar listens and asks questions to assist the person in their process of reflection and spiritual growth. Spiritual direction develops a deeper relationship with the spiritual aspect of being human. It is not psychotherapy, counseling, or financial planning.

5. SPIRITUAL FORMATION

In Care of Mind, Care of Spirit, Gerald G. May has written, “Spiritual formation is a rather general term referring to all attempts, means, instruction, and disciplines intended towards deepening of faith and furtherance of spiritual growth. It includes educational endeavors as well as the more intimate and in-depth process of spiritual direction.” In spiritual formation, the focus is on Jesus. It is a life-long process as a believer desires to become a disciple of Jesus and become more like Him. Dallas Willard writes that

“spiritual formation for the Christian basically refers to the Spirit-driven process of forming the inner world of the human self in such a way that it becomes like the inner being of Christ himself.”
Formational Prayer

As defined by Dr. Terry Wardle, formational prayer is “the process in which broken people are positioned, through the power of the Holy Spirit, to encounter the healing Christ in the memories of traumatic events, so that Jesus might set them free from false beliefs, emotional upheaval, and dysfunctional behaviors.”

Dr. Bednar practices the model taught by Dr. Wardle through Healing Care Ministries.
7. OTHER TREATMENT OPTIONS

If you might benefit from a treatment which Dr. Bednar cannot provide, you will be referred to receive the needed services. What is most important is that your best interests be addressed. Please feel free to ask about other treatments, their risks, and their benefits. Based on what is learned about your problems, you may be referred for a medical exam, the use of medication, and/or clinical counseling. If this is done, the reasons will be discussed with you so that you can decide what is best. If for some reason meetings are not going well, it may be suggested that you see another counselor or another professional.
8. BENEFITS & RISKS

• There are some risks as well as many benefits associated with these services. You should think about both the benefits and risks when making any decisions. For example, with these services, there is a risk that some people will experience, for a time, uncomfortable levels of sadness, guilt, anxiety, or other negative feelings. It is not unusual that a person’s problems may temporarily worsen after the beginning of services or that a person may recall unpleasant memories. Either of these may bother a person at work or in school. One choosing to engage in these services may have problems with people important to them. Finally, even with the best efforts, there is a risk that these services may not be the best option for you.

• In pastoral counseling, major life decisions are sometimes made—including decisions involving separation within families, development of other types of relationships, changing employment settings, and changing of lifestyles. These decisions are a legitimate outcome of the pastoral counseling experience as a result of individuals calling into question many of their beliefs and values. These services may impact those decisions.

• While you consider these risks, you should know also that most of these risks are to be expected when people are making important changes in their lives. People who feel disconnected from Jesus may find that connection reinstated. People who are depressed may find their mood lifting and others may no longer feel afraid, angry, or anxious. One’s relationships and coping skills may improve greatly. You may get more satisfaction out of social and family relationships. Your personal goals and values may become clearer. You may grow in many directions—as a person, in your close relationships, in your work and/or schooling, and in the ability to enjoy your life. I will enter our time with optimism about your progress.

It is important that you understand that no promises are being made to you by Dr. Bednar about the results of pastoral counseling, spiritual direction, formational prayer, the effectiveness of the procedures used, or the number of meetings necessary for any of the aforementioned to be effective.
Pastoral counseling services are best provided in an atmosphere of trust. All the information that you share will be treated with great care. You will be asked to sign a “release of information” form before information is shared. In all but a few situations, your confidentiality (that is, your privacy) is protected. Here are the most common cases in which confidentiality is NOT protected:

- **If you threaten to harm yourself or another person, it is required to try to protect you or the other person, which may mean telling others about the threat. It cannot be promised never to tell others about threats that you make.**

- **If it is believed that someone unable to protect themselves (such as a child, elderly or mentally retarded person) has been or will be abused or neglected, it is legally required to report this to the authorities.**

- **If you are a minor, or have a legal guardian, your legal guardian has a right to receive information about you. You will need to ask about this before revealing any information that you do not want revealed to your parents or legal guardian.**

Information shared in our pastoral counseling and care sessions are not subject to the “Sacred Trust” confidentiality clause of the Ohio Revised Code, Section 2317.02.

Except for the situations described above, I will diligently seek to guard your privacy. If you have any more questions about confidentiality, please ask.
Meetings, Fees, Contact Information

Meetings

Meetings are available in person in the greater Cleveland, Ohio area and also in Ashland, Ohio. However, the majority of meetings can take place virtually via Skype. Most meetings consist of 60 minutes. In the case of premarital counseling, meetings usually run 90 minutes. If you are seeking formational prayer, the first meeting must be face-to-face.

Fees

Fees are $120.00 per hour for face-to-face meetings.

Virtual fees are $80.00 per hour and are payable via PayPal prior to the meeting.

Insurance

While insurance recognizes telepsychiatry and telemedicine, it does not yet recognize tele-counseling as a reimbursable fee. You are responsible for contacting your insurance company for details.

Dr. Bednar does not accept insurance as payment.

Contact Information

Dr. Bednar can be contacted at

- drbednarcounseling@gmail.com or at
- drbednar@womenindiscipleship.com

Dr. Bednar seeks to protect the rights of the clientele served and to promote dignity, respect, and privacy in all its interactions with people. To do so, Dr. Bednar shall abide by the golden rule:

So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.

Matthew 7:12