

Center for Counseling Expands Outreach of UBA Churches

By Trisha Taylor

Center for Counseling therapist

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David* never thought he would need a counselor. But shortly after he moved to Houston to serve on the staff of a UBA church, David found himself needing help—desperately.

“When I was served with papers from my wife filing for divorce, I was devastated,” David says. “I thought my life and career in ministry were over. My pastor referred me to the Center for Counseling and the help I received there gave me hope.”

Even though David’s wife refused to consider counseling and finalized the divorce, David continued to see his counselor.

“Because of the encouragement and support of the UBA Center for Counseling, I am back in full-time ministry,” David remembers. “God has blessed me with a beautiful wife and a brand new baby. Without the counseling I received, none of this would have taken place.”

Every day, UBA Center for Counseling therapists help people like David who face overwhelming emotional pain and confusion. Others receive support and guidance with more practical issues, including vocational decisions and relationship problems.

With the help of a CFC therapist, Jennifer learned to manage panic attacks and overcame debilitating anxiety. The Johnsons used the Center’s services to help keep their marriage strong while going through the stressful process of infertility and adoption. Richard and Karen first came to the Center for Counseling in despair when divorce threatened their marriage. Even after Richard moved out of the family home, they continued to work with their therapist until they eventually reconciled and rebuilt a happy family.

“The reality is that the mental, emotional, and spiritual complexities that pastors deal with have changed dramatically over the last few decades,” says Park Place Baptist Church pastor James Clark, who frequently refers church members to the Center for Counseling. “For me, the value of the Center is that it allows me to focus on spiritual guidance and refer people who require a different kind of help that I’m not trained to offer.”

Park Place, like some other churches, offers to supplement the fee for the church members it refers. Clark explains, “Compared to what it would cost to put a counselor on staff, helping with counseling fees is a good decision. It frees up my schedule to do the things I really need to be doing.”

Clark considers the reliability of the Center for Counseling to be its greatest asset. “The advantage of the Center for me as a pastor is that I can trust its professional and theological credentials. It helps that they are not just Christian but have deep roots in our denominational tradition. I have a very high level of trust when I send someone to the Center for Counseling.”

*names have been changed