

What Is 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 individuals who are not only mental health professionals (with a master's degree and certification by a national counseling organization, and increasingly state licensed Mental Health Counselors) but persons who also have had in-depth religious and/or theological training. Most pastoral counselors are ordained clergy or persons otherwise endorsed by a religious body.

Local church pastors provide supportive listening, and in some cases limited supportive counseling. Pastoral Counselors are specially trained to address life problems and challenges that are traumatic, acute, and chronic. Pastoral Counselors are also uniquely prepared to address the spiritual and religious questions that are often part of addressing life's problems. FCM Pastoral Counselors respect the religious beliefs of their clients at all times.

For more information about Pastoral Counseling, visit the website for the American Association of Pastoral Counselors at www.aapc.org or contact any of the FCM Counselors.

What is Family Counseling Ministry?

Family Counseling Ministry provides pastoral counseling on a sliding fee scale to all people according to the Code of Ethics of the American Association of Pastoral Counselors. Our counselors also offer consultation services to member clergy/leaders as well as workshops on a variety of topics.

FCM is supported by many member churches and religious groups from eleven denominations. Those associated with member congregations or religious groups are given priority to Family Counseling Ministry services, but counselors see persons not connected to any member church or religious group as schedules permit.

Please speak with a counselor if you would like more information.

FAMILY COUNSELING MINISTRY

Phebe A. Gustafson
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Susquehanna Family Counseling Ministry

**AN ECUMENICAL
MINISTRY
of the
SUSQUEHANNA
ASSOCIATION
NEW YORK CONFERENCE
UNITED CHURCH OF
CHRIST**

**Providing professional, spiritually
sensitive counseling and therapy
to individuals, couples, families
and groups since 1975.**



fcmsite.org

Who comes for Counseling?

Anyone who wants to talk about a personal or family problem. This includes:

- Persons who are anxious or fearful or who feel their lives are unsuccessful or unhappy
- Persons having difficulties in work or personal relationships
- Troubled or alienated marriage partners
- Parents experiencing problems with their children
- Adolescents having difficulty with family or social life
- Couples preparing for marriage or a committed relationship
- Older Adults confronting life changes
- Persons dealing with grief, trauma or other crises.

FEES

FCM Counselors set fees with their clients on the basis of family income and the number of people living in the household. Please speak with the counselor in your area about your circumstances.

COUNSELORS

WAYNE E. GUSTAFSON, D.Min.* is an ordained minister in the United Church of Christ and a certified Fellow in the American Association of Pastoral Counselors. He has been a parish pastor, prison chaplain and pastoral counselor, integrating psychological and spiritual perspectives in all his pastoral work. He is an accomplished workshop, seminar and retreat leader. Dr. Gustafson also serves as Senior Clinician for the FCM staff. He sees clients in **Ithaca and Watkins Glen** and can be reached at (607) 857-0003. NYS Lic. #MHC002006

JOANNE FERGUSON, M.S., C.A.S. earned a Master's Degree in Counseling and a Certificate of Advanced Study in Marriage and Family Therapy at the State University College at Oneonta. She is a Member of the American Association of Marriage and Family Therapy. Joanne brings extensive experience counseling children and families. She sees clients in **Binghamton, Greene, & Norwich.** You may call her at (607) 244-0896.

ROBERTA(BOBBIE)VALENTINE is a Licensed Clinical Social Worker who has over 15 years of experience in the mental health field. She has provided counseling services to individuals of all ages as well as families. She currently serves as Lay Servant at Ledyard United Methodist Church. She is a member of the American Mental Health Counselors Association. Bobbie sees clients in **Cortland and Genoa.** She can be reached at (315) 406-9562. NYS License # R074314-1

** These counselors are trained in **EMDR:** Eye Movement Desensitization and Reprocessing.*

OTHER SERVICES

You can contact FCM counselors for further information about

- Workshops and other educational programs,
- Consultation services for congregations and pastors
- Pastor Support Groups
- Pastoral Care Specialist Training
- Supply Preaching
- and Other Related Services