



JOURNEY

BIBLICAL † CLINICAL COUNSELING



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Our Mission, Vision, and Values

Our Mission

As a partner with the local church, Journey exists to impact lives by providing biblical counseling through compassionate and competent counselors who facilitate transformation through the power of the Gospel of Christ.

How We Began...

Journey Counseling Ministries opened its doors in 2008 with the purpose of serving and ministering to Harrisonburg's local churches as well as the individuals and families in the greater community. Our ministry's founder, John F. Kuebler, envisioned Journey to bear specific qualities, which still hold true today.

Of these qualities, first and foremost is a foundation based upon Jesus Christ and Biblical principles and standards; therefore, all of our therapists are both biblically based and clinically trained. All of our clinicians are formally trained from accredited seminaries, colleges, and universities. Journey is a not-for-profit (501(c)3) organization and is overseen by a Board of Directors.

What We Believe

At Journey, our counselors and therapists are biblically based and clinically trained. We provide counseling through the lens of Scripture and in conjunction with current psychological standards and research. We believe the Holy Bible is the foundation that guides, counsels, and instructs us as we serve and support you, people of all ages, ethnicities, and through different stages of life.

Our Board of Directors, counselors, and staff are in agreement with the Westminster Confession of Faith, and each is committed to active participation in a local church and in the working of Christ in their personal sanctification; so that they can authentically walk alongside others in their faith journeys.

Our Philosophy Summarized in Scripture

"Now there are varieties of gifts, but the same Spirit; and there are varieties of service, but the same Lord; and there are varieties of activities, but it is the same God who empowers them all in everyone. To each is given the manifestation of the Spirit for the common good. For to one is given through the Spirit the utterance of wisdom, and to another the utterance of knowledge according to the same Spirit, to another faith by the same Spirit, to another gifts of healing by the one Spirit...

For the body does not consist of one member but of many. If the foot should say, "Because I am not a hand, I do not belong to the body," that would not make it any less a part of the body. And

if the ear should say, “Because I am not an eye, I do not belong to the body,” that would not make it any less a part of the body. If the whole body were an eye, where would be the sense of hearing? If the whole body were an ear, where would be the sense of smell? But as it is, God arranged the members in the body, each one of them, as he chose. If all were a single member, where would the body be? As it is, there are many parts, [e] yet one body.”

-1 Corinthians 12: 4-9, 14-2

Our Vision

To impact the Valley through faithful Biblical and clinical counseling by:

- * Strategic partnership with the local church, ministries, and community at large.
- * Provision of relevant resources and reliable relationship
- * Recognition of cultural trends while remaining Christ-centered in approach

Our Values

- **Biblical** - We are committed to biblical counseling because we believe the Word of God is inerrant and infallible as a guide and instruction to how we are to live. (2 Timothy 3:16, Article II section 2c bylaws).
- **Local Church** - We are committed to the local church because we believe primary care for people's souls belongs to the church. We seek to be the extension of the body of Christ — coming alongside pastors to aid in caring for their congregation. (I Corinthians 12:12-27, Ephesians 4:3-6, Article II, section 1 bylaws).
- **Christ-centered** - We are committed to being Christ-centered by applying the truth and hope of the Gospel to wounded souls. (Romans 10:9-13).
- **Relationship** - We are committed to modeling the triune God as we engage with clients. (John 14, John 16:5-15).
- **Compassion** - We are committed to compassionate care by respecting and honoring one's worth and dignity; holding to the truth that all are created in the image of God (Genesis 1:26-28, Romans 12:9-21).
- **Clinical** - We are committed to continual team oversight, professional development meetings, and staying current with Commonwealth of VA ethics and mandated standards for licensure.

Our Services

Our Professionalism

We maintain membership with the American Association of Christian Counseling. We use the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders V to diagnose and classify the many areas of mental health. All of us receive weekly group supervision. Our therapists fulfill requirements for continuing education to maintain licensure; Each regularly attends professional development training in our fields of interest and especially in counseling ethical standards.

Counseling Services

Each of our counselors bring unique experience, training, and expertise to the table as we minister to the needs of individuals, couples, and families. Here is a list of the presenting issues we work with:

<ul style="list-style-type: none">• Anxiety• Depression• Trauma• Abuse• Grief and loss• Co-dependency• Anger Management• Family Counseling• Addiction and substance use• Eating disorders• Gender and sexuality issues• ADHD	<ul style="list-style-type: none">• Mood disorders• Marital and pre-marital work• Family of origin and attachment issues• Sexual integrity / Pornography addiction• Identity issues• Parenting• Stage-of-life issues and life transitions• Caregiver burnout• Spiritual Formation• Illness/Aging• recovery from spiritual abuse• Self-harm and suicidality
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We provide counseling for individuals (children, adolescents, and adults), pre-engaged and engaged couples, married couples, and families. Several of our counselors are trained to work with marriages and families and administer assessments, such as SYMBIS (pre-marriage assessment) and Prepare-Enrich.

Trainings and Seminars

In addition, our counselors have led trainings, workshops, and presentations at churches, ministries, and schools in our community on topics such as: depression, anxiety, grief, gender and sexuality, empathy training and conflict resolution, and marriage seminars, etc.

Our Counselors

Ally Padilla, MA, LPC, Clinical Director

- **Issues:** Individual (adolescent and adult), group, and couples counseling treating: trauma, domestic violence, abuse, grief, gender and sexuality issues, attachment issues, anxiety, depression, and anger management.
- **Contact Information:** Phone: (540) 421-5686 Email: alexandrafpadilla@gmail.com

Mark Sensabaugh, LPC, LMFT

- **Issues:** Individual (adult) and couples counseling addressing relational dynamics/conflict, anxiety, depression, sexual abuse, and premarital counseling utilizing: SYMBIS and Prepare/Enrich
- **Contact Information:** Phone: (540) 383-3718 Email: mark@seasonsfourconsulting.com

Linda Nelson, MS, LPC

- **Issues:** Individual (adult) and couples counseling treating: trauma, abuse, co-dependency/addiction, family and social dysfunction, depression, and anxiety.
- **Contact Information:** Phone: (540) 290-4035 Email: lindanelsonjcm@gmail.com

Rachel Jecklin, MA, LPC

- **Issues:** Individual (adult) counseling treating: anxiety, life transitions, grief/loss, trauma, divorce recovery, adoption issues, and emotional and relational healing.
- **Contact Information:** Phone: (540) 208-1877 Email: rjecklinjcm@gmail.com

Cara Huber, MSW, “Supervisee in Social Work”

- **Issues:** children, adolescents, adult, and family counseling addressing anxiety, depression, abuse & trauma, and their long-term effects, & equipping children with the skills they need for healthy self-regulation.
- **Contact Information:** Phone: (903) 714-5052 Email: carahuberjourney@gmail.com

Susan Medlin, MA, “Resident in Counseling”

- **Issues:** Individual (adolescent and adult), couples, and group counseling treating: anxiety, depression, life transitions, trauma, relational dynamics, and caregiver stress.
- **Contact Information:** Phone: (540) 430-6841 Email: smedlinjcm@gmail.com

Brooke Thrasher, MA, “Resident in Counseling”

- **Issues:** Individual (adolescent and adult) counseling treating: anxiety, depression, trauma, eating disorders, boundaries, grief/loss, life transitions, interpersonal relationships.
- **Contact Information:** Phone: (443) 569-9349 Email: brookethrasher.jcm@gmail.com

To learn more about our counselors' experience, training, and availabilities, check out their biographies on our website: <https://www.journeycounselingministries.org/staff/>

Our Board of Directors

The Board of Directors at Journey appoints voluntary members to the board to serve three-year terms, with the option to renew for an additional three years. The following people contribute time and talent to the ongoing direction and mission of Journey:

MICHAEL MILLER, Chair

Executive Pastor, Crosslink Community Church

Member at Crosslink Community Church

SARAH DEBOER, Vice-Chair

Associate Director of Women's Ministry at Covenant Presbyterian Church

Clinical Director (2019-2022), Journey Counseling Ministries

Member at Covenant Presbyterian Church

ANN KIRACOFFE, Treasurer

Occupational Therapist, Sentara RMH

Member at Aletheia Church

BECKY JELLUM, Secretary

Stay-at-home mom/Retired RN

Member of Blessed Sacrament Catholic Church

ALLY PADILLA, Member

Clinical Director (2023-present), Journey Counseling Ministries

Member at Covenant Presbyterian Church

TOM GALATI, Member

Retired CEO at Stage Bio, Entrepreneur

Member at Crosslink Community Church

JAMES GROFF, Member

Roof Repair Estimating & Sales

Member at First Presbyterian Church

MICHAEL MALLORY, Consultant to the Board

Application Development Manager, LSC Communications

Member at Grace Covenant Church

Partnership

Journey Counseling Ministries partners interdependently with pastors and their churches to provide support and professional care. We see several levels of partnership that could be established for the mutual benefit of churches and Journey Counseling Ministries:

1. Partner in Prayer

- a. Sign up for our newsletter to receive specific prayer requests for our ministry.

2. Become a Referral Base

- a. Journey desires to come alongside churches to aid their ministries and high calling to be shepherd, counselor, and comforter.
- b. We have enclosed a copy of the *Pastoral Cooperation Waiver form* for signature of pastor/elder and congregant so that we can communicate general information to support you in your shepherding role.

3. Provide Church-Funded Scholarships for Members Referred

- a. Church leaders are often acutely aware and overwhelmed by the need of their members and congregants for counseling services and want to ensure they are referring their people to a clinic that will support the work of the church and address counseling needs from a biblical perspective. A number of churches have partnered with Journey to provide full or partial payment for a number of sessions to decrease financial barriers to seeking counseling with us.
- b. The following is a list of current churches in which we have financial partnerships with: Covenant Presbyterian Church, Crosslink Community Church, Christ Presbyterian Church, Dayton Mennonite Church, Eastside Church, Faith Community Church, First Presbyterian Church on Court Square, Grace Covenant Church, Horizon Christian Fellowship, New Beginnings, Bethlehem Church, and Rileyville Baptist Church.

4. Become a Donor to our Client Assistance Fund (CAF)

- a. We have found that many people desire a place where they can integrate their faith with counseling, yet simply cannot afford it. Our desire is that counseling can be offered to all in need without money being a prohibitive factor.
- b. To make counseling more accessible, Journey established the Client Assistance Fund (CAF), which is a donation-funded/needs-based program that helps subsidize a number of sessions at a reduced rate. Clients seeking financial assistance through the CAF must complete a brief application, which is reviewed by our counselors and approved by the Clinical Director based on client need and availability of funds.

5. Community Engagement

- a. Counselors may be available to provide trainings/seminars at your location on various relevant topics.

Please contact **Ally Padilla** for more information about how to become involved with any of these levels of partnership.

Why Choose Journey?

Pastors are burdened daily with the rising needs of their congregants. At Journey, our purpose is to be an extension of the Body of Christ – The Church. We firmly believe that primary care and shepherding of people belong to the Church. We want to be an extension of that care while maintaining a relationship with the Church. We desire to come alongside you to aid your ministry and high calling to be shepherd, counselor, and comforter.

We believe in:

- The authority and inerrancy of Scripture
- The Trinity
- The Creation of Man
- The Fall and Sin of Mankind
- Jesus Christ – fully God and fully sinless man, and the need for his crucifixion
- Justification and Sanctification

Furthermore, we align ourselves with and fully accept the Statement of Faith from the American Association of Christian Counselors.

The American Association of Christian Counselors Statement of Faith

“There exists only one God, creator, and sustainer of all things, infinitely perfect and eternally co-existing in three persons—Father, Son, and Holy Spirit. The Scriptures, both Old and New testaments, are the inspired, inerrant, and trustworthy Word of God, the complete revelation of His will for the salvation of human beings, and the final authority for all matters about which it speaks. Human nature derives from two historical personas, male and female, created in God’s image. They were created perfect, but they sinned, plunging themselves and all human beings into sin, guilt, suffering, and death.

The substitutionary death of Jesus Christ and his bodily resurrection provide the only ground for justification, forgiveness, and salvation for all who believe. Only those who trust in Him alone are born of the Holy Spirit and are true members of the Church; only they will spend eternity with Christ. The Holy Spirit is the agent of regeneration and renewal for believers in Jesus Christ. He makes the presence of Jesus Christ real in believers, and He comforts, guides, convicts, and enables believers to live in ways that honor Christ. Ministry to persons acknowledges the complexity of humans as physical, social, psychological, and spiritual beings. The ultimate goal of Christian counseling is to help others move to personal wholeness, interpersonal competence, mental stability, and spiritual maturity.”

We Value *Your* Partnership!

“We all have wounds and dysfunction that hinder us from freely living in the ‘abundant life’ that Jesus promises in John 10:10. Our vision at Grace Covenant Church to see people saved, **healed**, and passionately following Jesus beautifully dovetails with Journey’s purpose to serve individuals & families in our community through quality Christian Biblical counseling. It is an incredible gift to have local, trusted, Christian counselors at Journey that we can refer our GCC church family to.”

Merle Shank, Former *Lead Pastor*
Grace Covenant Church

“As a local pastor I have come to trust Journey Counseling Ministry. In fact, Journey’s commitment to the Scriptures and expertise in counseling have made them a vital partner in ministry. I am confident in referring church members to Journey knowing that they will receive biblical, sound counsel.”

Todd Pruitt, *Lead Pastor*
Covenant Presbyterian Church

“At those times when the needs of congregants move beyond the training of the pastor and resources of the congregation, it is a blessing to have a Christian counseling center that has a deep commitment to the work of the church. When I refer congregants to Journey, I know they will receive Biblically centered care and counsel that is intended to enhance the ministry of the church, not replace it. Over the years I have seen firsthand how God has used the men and women at Journey to bring help, healing and restoration to His people.”

Bill Leach, *Pastor*
Christ Presbyterian Church

“Journey Counseling is a wonderful place to get untangled mentally and spiritually. As a local leader with Cru, I highly recommend it to my friends and the college students in the area. A safe place to find Biblical wisdom.”

Sara Beth Scaife, *Team Leader*
James Madison Team Cru

FAQs

Q: How do I set up an appointment?

To set up an appointment, please encourage your congregants to contact their counselor of choice directly via phone or email listed above or they can utilize the general phone: (540) 908-3464 and general email: journeycounseling@gmail.com and someone will call them back within 2 business days.

Q: What is the cost of counseling?

To see a licensed therapist, the rate is \$105 per session. To see a Resident in Counseling, the rate is \$90 per session. If we have an Intern, the rate is \$45 per session. We take cash, checks, MasterCard, Visa, and American Express. All payments are accepted at the **beginning** of each session. Please make checks out to Journey or JCM.

Q: Do you accept insurance?

No, we **do not** file directly with insurance companies, but we can help! If you see a licensed counselor, he or she can work with you to file a claim with your insurance company by providing the necessary receipts. ***We do not work with Medicaid or Medicare.***

To see if your policy would provide reimbursement, please ask the following questions of your insurance company:

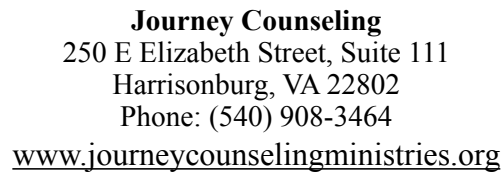
- *Do I have mental health insurance benefits?*
- *Do I have marriage and family counseling insurance benefits?*
- *Does my insurance cover service for an “out of network” provider?*
- *What is my deductible and has it been met?*
- *How many sessions per year does my health insurance cover?*
- *What is the coverage amount per therapy session?*
- *Does my insurance require a licensed counselor?*
- *Is approval required from my primary care physician?*

Q. Is Journey a crisis counseling center?

Journey Counseling is not a crisis counseling center. We provide services by **appointment only**. If you have an emergency, please contact your local emergency services, call 911, or go to the nearest emergency room.

Other emergency resources include:

- National Suicide Prevention Lifeline: [1-800-273-TALK](tel:1-800-273-TALK) (8255)
- Crisis Text Line: Text “HOME” to 741741
- Disaster Stress Hotline: [1-800-985-5990](tel:1-800-985-5990)



Journey Counseling Ministries was created with the understanding that Christians should have their spiritual and relational needs met within their congregation and that the responsibility for the care and cure of souls rest primarily on the local church body. Journey counselors see themselves as part of the body of Christ which is described in Paul's epistle to the Corinthians (1 Cor. 12) as having many members each with diverse calling and ministries. It is the goal of Journey Counseling Ministries to be interdependent, NOT independent, of the churches whose members are served by this ministry. Journey counselors provide pastoral and professional counseling for those whose church leaders may not have the time or expertise.

In order for this communication to occur, both client and pastor (or elder) must sign in the appropriate spaces below. This agreement will be valid unless cancellation by either party is requested in writing. NOTE: This agreement can only apply to church members, NOT visitors or attendees.

Client's signature
Date

Pastor's signature _____ Date _____