

Welcome Letter to Biblical Counseling from John Hsieh M.D.

Thank you for expressing interest in Biblical Counseling. I am excited to see what God will accomplish through our time together. Before we embark on this journey, I want to explain what Biblical Counseling is and the counseling process briefly. I know that seeking counseling can be quite confusing since there are so many approaches out there. Therefore, I want to give you some basic information about Biblical Counseling before we start.

What is Biblical Counseling? What makes Biblical Counseling unique from all other counseling/therapy is that it is built upon the Word of God. God's Word is authoritative and beneficial for teaching, correcting, and training (2 Timothy 3:16-17). The Bible is also sufficient to address problems we face in our lives (2 Peter 1:3). The focus of Biblical Counseling is the gospel of Jesus Christ (1 Corinthians 15:3-4). It has the power for salvation (Romans 1:16) and Christian growth (Titus 2:14).

What can I expect in a counseling session? I will do my best to know you and understand you. So you can expect a lot of questions from me (Proverbs 18:13). You are also free to ask me questions. We will also look at the Bible and see how it addresses specific issues in your life (Romans 15:4). Lastly, I will give you homework to work on between the sessions. Homework assignments can extend the counseling process throughout the week. I design specific lessons to help with your specific issues. I expect you to complete your homework before we meet again.

Other expectations? I will encourage you to participate and join a healthy gospel-preaching church at some point. Your growth is not a one-on-one program but a community project. It is necessary that you are involved in a Christian community and have other people caring for you and you care for others (Hebrews 10:24-25; Ephesians 4:11-16). I know this can be a scary step, but I am committed to walking with you through this step.

Even though I might not know all the reasons that you reached out to me, I know that God, by his wonderful plan, connected you to my practice. If you are not a Christian, I will encourage you to explore and see if the Christian faith offers answers to your life's questions. If you are a believer, I want you to know that God is faithful to walk with you through your difficulties (1 Corinthians 10:13) and intends to produce love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control in you (Galatians 5:22-24).

Sincerely
John Hsieh MD

