

GRACE COMMUNITY CHURCH INITIAL CONSULT PROCESS 2.0

A. Clarify/ explain:

1. What the initial consult is, and its purpose.

To come alongside the individual/couple to gather more information about the specific situation and individual/couple, to determine what the next best step is for their particular case, and care for them well with the love of Christ in communicating clearly, and giving them a chance to ask questions.

2. The goals of biblical counseling (brain surgery versus general care)- concentrated Soul Care
3. The process of biblical counseling

B. Ask:

Couples:

1. Have you experienced any abuse (physical, sexual, emotional, spiritual?)
2. Are you currently living together, and do you feel safe in the home?

Everyone:

3. What is your expectation of biblical counseling?
4. Are you saved? Why?

C. Listen to their story, asking X-ray questions. Listen specifically for:

1. Evidence of self harm.
2. Thoughts of hurting self or ending life

If yes, ask if they have a plan of how they would end their life.
4. Heart-level Understanding of the Gospel
5. Severity, Ownership and Support, as outlined on the attached sheet

D. Connect their story to the Gospel, give gospel hope.

E. Where applicable, connect to resources.

F. Give homework, and let the counselee know that we'll be in touch soon with next steps.

G. Confer with Biblical Counseling Pastor with your recommendation for moving forward, using the SOS sheet to help.

S.O.S. Tool

Severity	1	5	10	Score
	<i>Wisdom Issue</i>	<i>Moderate Conflict</i>	<i>Crisis</i>	
	<i>Mild Stress</i>	<i>Distressed but functioning</i>	<i>Stronghold/Life Dominating Sin</i>	
	<i>Everyday Problem</i>	<i>More Complex Issue</i>	<i>Significant Suffering</i>	

Ownership	1	5	10
	<i>Repentant</i>	<i>Sees sin</i>	<i>Blameshifts</i>
	<i>Open, humble</i>	<i>Makes excuses</i>	<i>Defensive</i>
	<i>Highly Teachable</i>	<i>Moderately Teachable</i>	<i>Denial-Not Teachable</i>

Support	1	5	10
	<i>Close to family</i>	<i>Some family support</i>	<i>Estranged from family</i>
	<i>Intimate & Accountable</i>	<i>Few Friends</i>	<i>No Friends</i>
	<i>Vulnerable in small group</i>	<i>Somewhat open in small group</i>	<i>Isolated-Not in small group</i>

S.O.S. Total Score

To find the right score, add your severity, ownership and support scores together. You should come up with a score between 3 and 30. The following ranges will help you decide what to do next. Remember you need to adjust responses on a case-by-case basis.

Total Score Range	How to Best Address
3 - 15	Care for in the group; consult with your house church leader
16-24	Consult with HC leader; possibly refer to Biblical Counseling Ministry
25-30	Refer to Biblical Counseling Ministry for formal counseling

If someone is in need of care you should always talk to your house church leader - if in doubt, ask them to help you figure out how to help the person in need. All house church leaders, staff, and pastors will become competent in the S.O.S. "risk/care assessment."