

## Catholic Charities

Catholic Charities in the Diocese of Rockford continues the ministry of Jesus in faithfulness to the Magisterium of the Church.

Our mission is to serve God's people for the common good with compassion, dignity and respect; to assist people in achieving a degree of independence consonant with their human dignity; and to work in solidarity with the Church and other people of goodwill in advocating for justice.

hope;

## Catholic Charities Diocese of Rockford

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National Suicide Prevention Lifeline:  
1-800-273-TALK (8255)  
Call, text or chat: 988

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ASSOCIATION OF  
CATHOLIC MENTAL  
HEALTH MINISTERS

# Finding A Therapist

## Catholic Charities Diocese of Rockford

### Mental Health Ministry

*Serving God's people with  
compassion, dignity and respect.*

### Finding a therapist who will support me in my Catholic Faith...

Finding a therapist or counselor who will support you in your Catholic faith is an important step in your recovery journey. First, it is always good to begin with prayer and ask for the Holy Spirit to guide you in this process.

Second, it is a good idea to see your primary care doctor for a complete physical and discuss all of your symptoms.

Third, it's a good idea to think about what you would like to accomplish in therapy; what will be different when I am done with therapy?

Fourth, issues of addiction can impede a person's ability to engage in and benefit from therapy and may need to be addressed first.

Fifth, access and affordability are important aspects to consider in seeking therapy. Your insurance provider may dictate who you can see and how much they cover. Ask about a sliding scale!

Sixth, some online research can clarify providers that may be a good fit. (Convenience, accepting new patients, check reviews).



### Things to keep in mind...

- Therapy is hard work
- It's important to feel comfortable with your therapist
- Trust should be built over time
- Progress is non-linear
- Be open and honest
- Therapy can help clarify God's plans for you
- Therapists help you explore your challenges and make informed decisions
- Therapists will help identify your strengths
- Therapists help teach skills to use daily
- God wants you to live life to the full
- God can work through therapy and medications
- Therapy can help improve relationships with self, God & others
- You have the power to change you
- Therapy cannot change others or the world
- A good practice is to begin and end therapy with prayer

### Questions you may want to ask when interviewing therapists...

What is your training? Are you licensed?

What is your approach to counseling?

How do you accommodate a client's religious beliefs, practices or concerns?

How does your faith affect your view and practice of counseling?

How are you able to support my Catholic faith in regards to human dignity, sexuality & marriage and family?



*You, Lord, are present in me as Light. Nothing can take the light from me. You have chosen me to be your child. You hold me tight. Nothing can take me from you. The darkness and chaos will come and go as I am healed. But you, O Lord, will remain, because I am forever yours.*

*Sr. Kathryn Hermes, FSP*