



## Fees

There is a fee for counseling services. Insurance coverage may pay part or all of the cost, and some services are covered by the client's employee assistance program or managed care arrangements at work. As needed, LCFS will work closely with the client to achieve a fee structure that is within the client's ability to pay. For information about insurance and fee issues, please call LCFS toll-free at 1-800-363-LCFS (5237).

## Take the next step

### To make a first-time appointment:

Anyone wishing to schedule an initial appointment with a LCFS counselor should call LCFS' Central Intake toll-free at 1-800-363-LCFS (5237). A trained intake counselor will schedule your appointment with a counselor nearest you. This initial call is also an opportunity to discuss any questions you may have about insurance and fee arrangements. The privacy of all callers is respected.

In response to God's love, Lutheran Child and Family Services of Illinois engages with youth, adults, families, communities and other stakeholders to improve the well-being of those we are called to serve.

LCFS is licensed by the Illinois Department of Children and Family Services; accredited by the Council on Accreditation of Children and Family Services; member of the Child Care Association of Illinois, Alliance for Children and Families, Lutheran Services in America, LAN: A Lutheran Adoption and Foster Care Alliance and the American Association of Children's Residential Centers; and a Recognized Service Organization of the Lutheran Church — Missouri Synod.



**To support the Counseling program at LCFS, please call the Development Department at (708) 488-5557 or visit [www.lcfs.org](http://www.lcfs.org).**

*All images are used for illustrative purposes only and do not represent actual LCFS clients or staff.*

**For more information about the LCFS Counseling program:**

**Call: 1-800-363-LCFS (5237)**

**Email: [lcfs\\_info@lcfs.org](mailto:lcfs_info@lcfs.org)**



**Lutheran Child and Family Services of Illinois**

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[www.lcfs.org](http://www.lcfs.org) | [www.facebook.com/LCFSIL](https://www.facebook.com/LCFSIL)

# Counseling



**Working together to live fuller lives**



**Lutheran Child and Family Services of Illinois**

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## *Working together to live fuller lives*

### ***Who can benefit from counseling?***

In everyone's life there are times when difficulties arise. Sometimes these issues can seem overwhelming, causing a person to feel hurt, angry, misunderstood, confused or without hope. At times like these, professional counselors at Lutheran Child and Family Services of Illinois can help address those situations so that individuals can move forward with their lives.

### ***Counseling is intended for individuals, couples or families in difficult situations such as:***

- Those experiencing a personal or family crisis
- Those experiencing stress or continued dissatisfaction with work, home or school
- A person who feels depressed or has suicidal thoughts
- Family members dealing with a loved one's alcoholism, drug use or other addictions
- Parents concerned about their child's behavior in school
- An individual or family struggling with a history of sexual or physical abuse
- A couple needing help resolving conflicts
- A person having difficulty making life decisions



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## *A holistic approach*

At LCFS, counseling is a process of working together to identify areas for growth. Counselors assist the clients in building on their strengths to lead fuller lives.

Through counseling, clients gain new perspectives on their situations and focus on practical solutions. Counselors draw on their professional training and skills to meet the unique needs of each individual, couple or family.

When appropriate, and in consultation with the client, counselors work as a team with other professionals such as pastors, teachers, physicians and juvenile court personnel.

Counselors respect the privacy of all clients.

### ***Counseling often involves:***

- Working through unresolved issues
- Developing new and more effective ways of coping
- Discovering options for problem-solving
- Facilitating clear communication
- Building and strengthening relationships
- Learning to experience God's forgiving love more fully
- Helping clients manage and create life goals



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## *Types of services available*

- Crisis counseling
- Individual, marital and family counseling
- Consultation for pastors, school principals and other professionals
- Family Life Education programs (workshops and seminars) for church and school groups and other organizations
- Psychiatric and social service referrals
- Assistance to churches in establishing support groups

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## *Qualified counselors*

LCFS counselors bring a wealth of professional experience. They receive ongoing clinical training, are state licensed and hold degrees in counseling, psychology, social work or allied fields.

Because of the staff's wide range of specializations, LCFS is well equipped to address many complex situations such as trauma. Some counselors are also qualified to provide PREPARE/ENRICH (marriage preparation and enrichment) services, and many have been trained to provide crisis counseling to reduce the long-term effects of traumatic events.

Counselors are also available to present Family Life Education workshops for church and school groups.

Counselors have chosen to work at LCFS because of its mission and values as a Christian agency, dedicated to reaching out with care and compassion in response to Christ's love for all people.

