

Christian Counseling Centers of Indiana, LLC

Four Factor Treatment Model

The Four Factor Treatment Model is our model for patient/client treatment. As a Christian counseling center we want to base our treatment both on Christ and good quality counseling treatment factors. Therefore we examine the following four factors and their interrelationships in our treatment process.

Issues and Concerns is the first factor we examine together. Why the patient/client is here and how they want us to help them are very important to us. We want to consider the patient/client's current issues and concerns as well as the crisis that brought them to us in the first place. As we work together we also want to consider if this is a present crisis that has recently developed due to the circumstances of life we all find ourselves in from time to time or whether it has also some roots in the past that might be playing a part in the present. We use the Identifying Information to obtain a brief history and Personal Inventory to look for current issues that need to be addressed. In addition, if there was abuse or neglect in the past we use the Abuse or Neglect Checklist to help us identify any issues or concerns in this area.

Personality is the second factor we consider. We know that everyone is unique and sees the world differently. While those differences make us interesting people and who we are, they also sometimes make it difficult for us to deal with people who are different from us and may contribute to whatever else we are dealing with. Understanding our personality from a normal perspective allows us to both accept ourselves and better relate to others who are different from us. We use the Discipleship Inventory to develop a normal understanding and acceptance of whom our patient/clients are.

Symptomology is the third factor we consider. Our concern for our patient/clients is multifaceted. Are there symptoms that they have acquired or are demonstrating that could be affecting their ability to function or live satisfying lives? Currently we use the Symptom Checklist or Marital Satisfaction Inventory to help us determine this. If a patient/client indicates a number of symptoms or specific severity of symptoms we may ask them to consider taking additional tests or assessments to help us better determine symptom severity and type of symptoms that may need to be treated. If we find certain symptoms present we may recommend either further evaluation or a referral to another treatment provider such as the patient/client's physician for further consideration and treatment.

Spirituality is the fourth factor we look at. We believe we were created beings that are both physical and spiritual. In examining our spirituality we can have a better understanding of whom we are as individuals and who we are in our relationship to God. As we understand and develop our spirituality we are better able to deal with life and its issues. We use the God Image Inventory to assess our patient/client's spirituality. From this we determine both who they see themselves to be and what their God Image is or their spirituality.