



General Information

We are pleased you have chosen Daymark Pastoral Counseling to provide counseling resources. It is our desire to provide the best care possible. To orient you to our procedures and policies the following information is provided.

1. Training and Degrees: Bill White, Julie Sparkman, and Gordon Bals **use a pastoral/Biblical approach to counseling.** If you have any questions about their training or background please bring them to our attention.

Bill White holds a Masters of Divinity from Columbia Biblical Seminary (SC) and is presently pursuing a Doctorate of Ministry in Pastoral Counseling from Westminster Theological Seminary (PA), where he has studied under the faculty of the Christian Counseling and Education Foundation (CCEF). He also earned a Bachelor of Science degree from Miami University (OH). Bill is licensed in the Presbyterian Church of America (PCA), and has been serving in vocational Christian ministry since 1985, including not only counseling, but also discipleship, teaching, and missions. Bill is an elder in his church, and regularly teaches there on a variety of topics. Bill desires to serve the Lord with his counseling gifts and skills by seeking to bring restored hope and renewal through the transforming power of the gospel. He will counsel those wrestling with a variety of issues, and has particular interest in counseling those with marital difficulties, grief issues, depression, as well as a variety of other challenges. Bill has been happily married since 1988, and has two 2 daughters and one son.

Julie Sparkman: In 1982 Julie received a Bachelor of Science degree from the University of Florida (Gainesville, FL) with a major in Advertising and Public Relations. She served as director of a crisis pregnancy center in Ocala, Florida for four years. While in that position she was responsible for staff counselor training and client counseling. She also worked with Christian Action Council in Washington, D.C. to establish new pregnancy centers and to conduct advanced counselor training seminars. Julie & her husband were foster parents for three years. She also worked with the children and clients of Parents Anonymous in Dothan, AL. In 1993 Julie received her Master of Science degree in counseling from Troy State University (Dothan, AL). She is a Board Certified Christian Counselor with the International Board of Christian Counselors. Finally, Julie is a wife and a mother of three children and a member of Oak Mountain Presbyterian Church.

Gordon Bals founded Daymark Pastoral Counseling in 1997. He holds a Doctor of Education in Pastoral Community Counseling (2004) from the University of Sarasota. The title of his dissertation was "Southern Evangelical Christian Religious Internalization and Posttraumatic Growth". He holds an M.A. degree in Biblical Counseling (1993) from Colorado Christian University where he studied under Dr. Dan Allender and Dr. Larry Crabb. Finally, he has a B.S. degree in Nautical Science (1986) from the U.S. Merchant Marine Academy. Prior to founding Daymark Pastoral Counseling Gordon worked as an adolescent and family counselor and as an Assistant Pastor at a local church. He is an ordained pastor with the International Ministerial Fellowship and a Board Certified Pastoral Counselor with the International Board of Christian Counselors. Although Gordon will counsel others with various concerns, he is especially passionate about counseling those with marital difficulties, those who are trying to make room for troubles they did not plan on (death of a loved one, job loss, life transition) and/or those who are having a hard time integrating their faith into everyday life (feel distant from God, have questions for Him and feel like their faith does not 'work'). Other than counseling, teaching, or reading Gordon enjoys being with his wife (married since 1990) and three daughters.

2. Confidentiality: All information disclosed within a counseling session is confidential and may not be revealed without your written permission, except for the purpose of supervision. If you choose to have Daymark Pastoral Counseling keep any other individual apprised of your progress in counseling, it will be necessary to complete a "Release of Information" form that will be kept on file. Without a properly executed release, everything about your visit will be held in strictest confidence with the exception of the following circumstances: when a client intends to take harmful, dangerous, or criminal action against themselves or another individual; when a client or their family is likely to

suffer threats, or the results, or harmful behavior; or where there is a reasonable suspicion of the abuse of elderly persons or the children under the age of eighteen.

3. Counseling Philosophy: As the name suggests, Daymark Pastoral Counseling utilizes a pastoral/Biblical approach to counseling. This approach to counseling utilizes prayer, the Bible, Scripture and Christian values and perspectives as a means to help the client (and family if applicable) deal with identified problems. We believe that a relationship with the living God through the salvation Jesus Christ brought to man is the foundation of all movement towards good mental health. The Bible and its teachings on spiritual formation help a person to grow in their reconciliation to God. As this happens the counselee experiences more rest and an increase in mental health. As such the Bible's teachings and how they impact spiritual formation functions as the counselor's primary tool and can speak to emotional as well as spiritual problems. We believe many problems stem from a breakdown in relationship with God and others. As such, talking about these relationships may open up levels of awareness that can cause pain and anxiety and may lead to changes that can produce disruptions or turmoil in your present circumstances. If at any time you have questions or concerns about this process please address your counselor now or in the future. You are entitled to receive information about the methods of counseling, the techniques used, and the duration of counseling (whenever possible). You may seek a **second opinion** from another counselor or **terminate** counseling at any time.

4. Appointments: We will do our best to work with you to find an appointment time that suites your schedule. If you are late for any reason, you will receive the remainder of your scheduled time. This is necessary so we can see following patients at their scheduled time. Our cancellation policy is described separately. Two consecutive missed sessions without prior notice constitutes a termination of the counseling relationship.

5. Emergencies: Our office number (205 871-3332) is not an emergency number and Daymark Pastoral Counseling does not offer 24 hour crisis coverage. Therefore, the following procedure is to be followed if you experience a crisis:

- A. Call 911 if you are in immediate danger
- B. Call the local crisis center 205 323-7777 if you need to speak with someone immediately
- C. Call your psychiatrist if you are under psychiatric care.
- D. Leave a message with your Daymark counselor letting him or her know of the emergency and that you have already called placed a call to 911 or the crisis center and to your psychiatrist (if applicable).

6. Calls to the office after hours: Phone calls to your counselor in between sessions are generally discouraged. If a need arises outside of your scheduled appointment please call the office to check for appointment availability. Phone calls which last longer than 10 minutes will be charged at half of your hourly rate.

Sliding Scale for Suggested Contribution

| | | | | |
|------------------------|--------------|---------------------|----------------------|--------------------|
| Family Income: | 0 - \$65,000 | \$66,000 - \$85,000 | \$86,000 - \$105,000 | \$106,000 or above |
| Counseling Fee: | \$65 | \$80 | \$100 | \$115 |

When you pay please due so by cash or check and make your check out to Daymark Pastoral Counseling (or Daymark). **Please have your check made out prior to your counseling session.** A receipt will be provided upon request.

Please note: To keep costs at a minimum we do not have a full-time secretary to make appointments and answer questions. As such, you may get the answering machine frequently but we will return calls as promptly as possible. Each counseling session will be 50 minutes so that each counselor has ample time to prepare between sessions.

My signature below acknowledges that I have read and been able to ask questions regarding the above information.

Signature of Counselee

Date