

Grace and Truth Counseling and Coaching

Re-opening in Springfield, January 2010

301.787.9590, Jeff.gtre@gmail.com

Grace and Truth provides professional clinical counseling¹, marriage, life and leadership coaching. Potential clients are encouraged to call for a complimentary consultation to explore options to be served. Call 301.787.9590 or write Jeff.gtre@gmail.com

Areas of Expertise

- *Marriage and family relationships*
- *Mental and emotional difficulties such as:*
 - *Mood Disorders (Depression and Bipolar Disorder)*
 - *Anxiety Disorders (Panic, Agoraphobia, etc.)*
 - *Attention-deficit disorder (Youth and Adults)*
- *Addictions and compulsive behaviors*
- *Life and/or vocational transition (including life purpose)*
- *Strengths Assessment and Career/Ministry planning*
- *Leadership Coaching, Team-building and Organizational Development*

Results

Grace and Truth is a professionally competent and distinctly Christian counseling and coaching practice with a strong reputation for effectiveness. Our services are trusted and recommended by ministry and community leaders because of our professional competence and adherence to Christian principles and practices.

Philosophy and Values

At Grace and Truth we practice the discipline of believing in people. We engage you where you are motivated to grow and change, and keep you responsible during the process. Our mission is to help you to discover and live your purpose for the Kingdom of God. To this end, we passionately serve by working hard with you to achieve your goals. We *believe that God's way works; that perseverance wins the race, and that the past is not deterministic of the future.*

Method

We teach concepts and skills that you can use outside of sessions to grow and change as an individual and in relationships. We also teach strategies and techniques for self-assessment and self-management of chronic symptoms of mental and emotional disorders. Our overarching goal

¹ *Jeffrey J. Williams is the Founder and President of Grace and Truth. He is a Professional Clinical Counselor (Ohio, License #E-3098), and Certified Christian Leadership Master Coach and Coach Trainer.

is to build you as a better leader of your own life by equipping you with knowledge and skills you can take with you.

Success

Some of our clients have gone on to become professional counselors and coaches who have started practices and ministries themselves. Others apply what they learn in helping others through their existing professions and life roles. A message you are certain to receive from Grace and Truth is that your life matters to God and to others, and that everything you receive during the process of growth and change is not just for you but also for others. In this way, your investment in yourself is an investment in others.

Financial Policy

The heart of Grace and Truth is to serve every client that is motivated to grow and change. We hope that our clients will embrace the potential of using what they learn to help others. Financial investment in the process increases both the probability of a positive outcome and the efficiency of the process. *We require payment in full at time of service unless proof of financial hardship is offered. In such instances, a payment plan is tailored to your financial reality.* Grace and Truth encourages clients to raise funds from stake-holders in their wellness, marriage and family. Ten percent of all fees support a counseling scholarship fund.

Fees

- Counseling is billed at \$100 per clinical hour (45 minutes). Brief collateral contacts are included for this fee. Services requested by the client such as conversations with other providers, letters or treatment summaries are pro-rated for time required. Statements of services rendered and diagnosis when appropriate are provided for the client to seek insurance reimbursement.
- Grace and Truth does not contract with insurance companies in order to preserve privacy of client information and discretion about their treatment plan.
- Marriage, Life and Leadership Coaching is billed at \$125/hour (60 minutes). This fee includes unlimited brief calls and correspondence (emails about process and skills). Marriage Coaching is often conducted by a couple with a couple and is offered only to couples and not individuals. To qualify for Marriage Coaching both partners must be motivated to grow and change in their marriage.

The Opportunity

If you want to fully function in your life purpose, Grace and Truth can help you. Regardless of the nature and extent of your mental, emotional or relational difficulties, we believe in faith for a positive outcome. We commit to work as hard as you to solve problems and achieve goals. The process will probably not be easy or smooth, but it has potential to be life-changing for you and others if you wholeheartedly engage the opportunity. *Call 301-787-9590 for an appointment.*