



CHRISTIAN COUNSELLING CENTRE

"Helping Hurting People"

Our Purpose

Christian Counselling Centre exists to help hurting people by providing professional counselling and educational resources that inspire growth in relationships with God, others and self in an accepting, caring, confidential environment.

58 Collins Ave.
P. O. BOX SS-6106
Nassau, Bahamas
Phone: (242) 323-7000
Fax: (242) 323-5075

Email:
cccbahamas@gmail.com

Website:

www.cccbahamas.org

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CCC Client Fact

Services

Counselling is offered to anyone for spiritual, emotional, social, behavioral, interpersonal, pre-marital, marital, family and AIDS related issues.

1. Individual Therapy - by appointment
2. Couple Therapy - by appointment
3. Family Therapy - by appointment
4. Group Therapy - we offer adolescent and adult groups as needed

Session Requirements

Minimum Sessions Required: Individual, Couple, and Family - eight to ten weekly 50 minute sessions (30 minute sessions for children). Actual number of sessions varies as determined by therapist and client. Group session requirements are determined at the inception of any given group.

Hours

Monday to Friday, 9:00 a.m. to 5:00 p.m. Closed
Fridays from 12:00 to 1:00 p.m.

Fees

\$65.00 per session payable at the time service is rendered unless prior arrangements are made. Sessions beginning at 4:00 p.m. daily and 11:00 a.m. Fridays should be paid before the client enters the session. Persons unable to pay \$65.00 may discuss this with us and be placed on a sliding scale (\$30.00 - \$65.00), or on a "donation" basis, if necessary.

Persons who are *unable* to attend day sessions may enquire about sessions after 5:00 p.m. or before 9:00 a.m. (Fees: \$85.00).

Referrals

Persons may be self-referred, or referred by relatives, friends, helping professionals or media advertisements.

Supplemental Information

Standing appointments are preferred with concessions made for shift workers; strict confidentiality is maintained.

Personnel

Pastor Frederick Arnett, J.P., Executive Director
Helen Arnett, B.S., M.A., Dir. of Coun. Services
Paula Adderley, Receptionist/Counsellor
Trey Arnett Administrative Assistant/Bookkeeper
Deborah Arnett, B. S., Adjunct Counsellor- Study Leave

Service Definitions

Counselling is a process in which one person seeks to help another person to better understand himself* and his life circumstances, and to face and work through life issues with which he is struggling, with a view to making choices that will result in growth both intrapersonally (within himself) and interpersonally (between himself and another or others). This process occurs within the context of a therapeutic relationship.

Individual Therapy is a relationship between a therapist and a client in which the therapist regularly attempts to help the client examine his experience of life with a view to the client making positive changes to improve upon an unsatisfactory situation in his life.

Couple Therapy is a relationship between one or two therapists and two clients (one male and one female) who are in a relationship in which they are experiencing difficulty (girlfriend/boyfriend; engagement; marriage). The therapist(s) regularly attempt(s) to help the couple examine the unsatisfactory aspects of their relationship with a view to their making positive changes therein.

We also offer **Pre-Marital Counselling** to help engaged couples prepare themselves for living together as a married couple.

Family Therapy is a relationship between one or more therapists and at least two members of a family in which the therapist(s) regularly attempt(s) to help the family members examine their unsatisfactory family situation with a view to their making positive changes therein.

Group Therapy consists of a group of individuals meeting together on a regular basis along with one or more therapists, with a view to making positive changes in their lives.

*We have chosen to use the pronoun "he", "him", etc., rather than the more cumbersome "his/her", etc., to facilitate smoother reading.

NOTES:

1. While most clients seek counselling in order to resolve some issue(s), we welcome those persons who realize their need for growth in an area of their lives and wish to use our services to aid in that growth.
2. It is our policy that no staff member will issue a letter or document that will assist in legal separation or divorce proceedings.

