

How Counseling Works

When we're lost, we need direction. When we're down, we need to be lifted up. It's not easy to ask for help. It takes courage to reach out for assistance when you feel vulnerable. But, it's impossible to manage life alone.

At CrossPoint we offer a safe place to talk about things you can't talk about anywhere else. We listen, so we can understand where you're coming from. We work with you to set goals that make sense for you and are in line with what God wants for your life. Then we help you reach those goals by searching with you for the answers that make sense for your individual needs. There are no simple answers to life's challenges and there is no single formula, or one-size-fits-all solution that we can prescribe. Therapy is an individual process. It takes work, and we're here to work with you.

CrossPoint will provide you with high-quality counseling by licensed, experienced clinicians who understand psychology and also recognize the importance of the spiritual component in the healing process. Spiritual approaches may include discussion, study, homework activities outside the office, or simply inviting God into the counseling session through prayer.

We're not here to tell you what you should believe, or to force a particular brand of Christianity on anyone. We know that it's not the counselor, but God who has the answers. We're here to help you find those answers, in a way that works for you.

We accept most health insurances.

Call us or visit our website for details:

CrossPointClinical.org

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CROSSPOINT
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Where Your Faith Matters!



Mental Health Counseling

Educational Workshops

Consultation for Church Leaders

About CrossPoint

CrossPoint Clinical Services, Inc. is a non-profit public benefit company based in West Springfield, MA. CrossPoint was created to empower individuals and families in New England and beyond to overcome life's challenges. Our mission is to promote personal healing through quality psychotherapeutic services and guide others to do the same through our professional consultation services. Our services are based on sound clinical practice and biblical principles. We believe that trust, respect, confidentiality and compassion are essential in all our work. We are committed to providing high quality services in a Christian environment. We endeavor to provide services regardless of a person's ability to pay and rely on contributions from generous individuals and institutions to make this possible.



Services Available from CrossPoint

Mental health counseling for:

- Adults
- Teens
- Children
- Couples
- Families

Educational workshops:

- Divorce recovery
- Financial wellness
- Step family relationships
- Anger management
- Maintaining a healthy marriage
- Men's sexual integrity
- Wellness/fitness coaching

Consultation services for:

- Clergy
- Lay church leaders
- Staff training
- Speaking on behavioral health topics

Mental Health Counseling with a Christian Perspective

At CrossPoint we offer a Christian alternative to mainstream mental health counseling. Our clinicians use the best and most current knowledge that the field of psychology has to offer, and add to this foundation an option for our clients to view life's challenges from a Christian perspective.

For people who aren't comfortable with a biblically-based approach, we offer a more traditional form of counseling. We have found, however, that many people who stay with traditional counseling end up feeling like they are still missing something. We understand that the symptoms we feel when we are distressed may be physical, emotional, psychological, or spiritual. When the problems are spiritual, we need a spiritual cure. As Christians, we believe in the healing power of the Holy Spirit. For clients who are ready for this approach, we seek answers from God through his written Word and through prayer.

