



# **4 REASONS WHY LAY COUNSELING IS EFFECTIVE**



## **Lay Counselors are more available when needed.**

Lay Counselors generally work with 1-2 people at a time. Imagine the difference it would make in medical care, if doctors spent a full hour with each patient! Lay Counselors answer the phone at 9:30 PM for the addict in need or stop by to fold laundry with the overwhelmed young mom. They see those they counsel in church, at the store or share a meal together. Most struggling people need motivation to change, not just expertise. Lay Counseling wins on it's ability to provide more consistent motivation.

## **Lay Counselors specialize around their life story and passions.**

Lay Counselors can be matched with those of similar life experience. Marital Struggles, severe depression and career guidance are very different struggles. Lay Counselors strive to bless others because someone was a blessing to them at some point. Because they tend to limit themselves to areas of life experience, they can specialize their training to their area of passion.

## **Lay Counselors develop deeper connections because of shared life experiences**

A common obstacle to change in counseling is the perception that one's counselor is "normal" and thus will not understand those going through difficult struggles in life. Studies have also shown that different socio-economic backgrounds and races may become obstacles or they may also increase the connection with one's counselor as well. Lay Counselors with stories of life threatening illness, grief, addictions, or trauma can make strong connections with those in similar situations.

## **Lay Counselors reduce costs and increase counseling options to all in need.**

Many people can't afford to regularly see a quality counselor in our current system.. Many areas of the country have counties with only a handful of licensed counselors and often no faith-based counseling options anywhere. Insurance companies limit networks, frequency and impose restrictions with frustrate and limit the effectiveness of those providing counseling. Lay Counseling takes the pressure off the "quick-fix" and instead proposes a model where people walk through life together, side-by-side. No insurance company ends the relationships and there are no billing codes to fill out.



Are you wrestling with how to develop a Biblical counseling team at your church? It can be an overwhelming task because it is a complicated ministry. Our LAUNCH partnerships are designed to bring flexible training, tested resources, and personal answers so that your LAUNCH will be successful the first time. We have worked with churches in more than 15 states and many countries. We have a plan and resources that can help you get started. Talk with someone today about whether Launch is right for you: go to <https://biblicalcounselingcenter.org/start-launch>.