

God made us and God mends us

GOLDEN HILLS COUNSELING CENTER exists because of the vision and heart of the elders of Golden Hills Community Church. In the early 1990s, it became clear that the people in the congregation and in the surrounding community were struggling with various issues in their lives and needed some type of individualized professional help in order to work through these problems. That help was often beyond the reach of those who really needed it.

God has blessed this vision and the Counseling Center has grown from a couple of part-time counselors in 1990 to 18 full and part-time counselors. The purpose has remained constant throughout this time—to provide professional, affordable Christian counseling to those who need to experience the healing touch of Jesus.

We strive to be an expression of the healing presence of Jesus in the East County Community through counseling, training, and equipping those people whom God brings for His touch. We believe that *God made us, and God mends us.*

Some of the issues & situations we help others face:

Communication, Boundaries, Confrontation, Depression, Grief, Divorce, Life Transitions, Anxiety, Addictions, Phobias, Cutting, Marriage, Parenting, Adolescence, Family Problems.

We have a list of referrals for the services we do not provide:

Acute Care, In-patient Care, Pastoral Counseling, Psychiatric Care & Meds

FOR MORE INFORMATION OR TO SET UP AN APPOINTMENT:

Please call 925.809.1888 x7162

FOR MORE INFORMATION YOU CAN ALSO VISIT OUR WEBSITE:

goldenhills.org/counseling



GOLDEN HILLS COUNSELING CENTER

Navigating life's problems together



2401 Shady Willow Lane · Brentwood, CA 94513
(925) 516-0653 · www.goldenhills.org

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Why therapy? Isn't God Enough?

God made us and God mends us. He does this in many different ways. Sometimes He uses medical doctors to help facilitate healing in our physical bodies. Sometimes He uses trained Christian counselors to help facilitate healing in our emotional selves and in our relationships. In 2 Corinthians 1, Paul talks about God bringing people into our lives to walk with us through the dark times. Gifted Christian counselors can be those people.

How long does it take?

Only God really knows. However, like in the medical field, healing from simple trauma happens more quickly than healing from severe or chronic trauma. Some issues are resolved in a few sessions; others may take months or even years to be fully healed.

How do I get help?

You can call our Counseling Center during business hours at (925) 809-1888 x7162. The Intake Coordinator will help to get you scheduled with the counselor best equipped to work with you and your problems.

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God.

2 CORINTHIANS 1:3-4



What are the qualifications of your counselors?

Our Center is a professional clinical counseling center with therapists who are working on or have completed a Masters Degree in Psychology, and are either licensed or working towards state licensing.

Do I have to be a Christian to receive counseling at your Center?

All of our counselors are Christians; however clients don't have to be Christian nor do they have to attend Golden Hills Church to receive counseling here.

Our Director

DENISE OLSON

LMFT • LPCC

Denise Olson, a Licensed Marriage and Family therapist, is our Director. She earned her Bachelor's degree in Intercultural Studies from Biola University and her Master's degree in Counseling at California State University East Bay. Clinically trained in EMDR and ImTT as well as Biblically based in-depth therapeutic methods. She's a certified supervisor working in our Center since 1997.



How much does it cost?

LICENSED MARRIAGE &
FAMILY THERAPISTS | Fee \$110/hr

ASSOCIATE MARRIAGE &
FAMILY THERAPISTS | Fee \$75/hr

MARRIAGE & FAMILY
THERAPISTS TRAINEES | Fee \$60/hr

For a list of our therapists & info:

Visit our Website
goldenhills.org/counseling