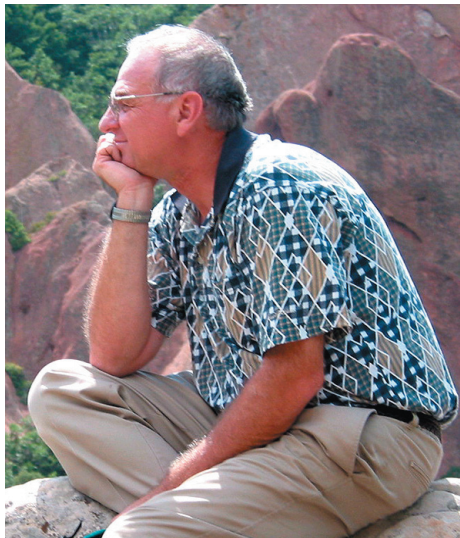


About Dave

David Sandel is an ordained minister with an M.S. in Counseling. First as an elder at Waynesville Christian Church, then as a campus minister at the University of Illinois, and now with Christian Counseling Service, David has more than 20 years of experience in pastoral counseling.

In Waynesville, David and his wife, Margaret, developed and implemented a program for training church members in listening and encouraging one another. He and Margaret have led small groups and participated in team counseling at Vineyard Christian Fellowship in Urbana and First Christian Church in Champaign.

David is certified in domestic violence counseling by Family Life Skills International, Inc.



Christian Counseling Service was established in 1991. We work with couples, families, and individuals of all ages.

We work hard to provide appropriate, timely, cost-effective treatment to meet the unique needs of each person.

We offer individuals and families the opportunity for understanding and growth, for moving toward the Lord and toward a healthier way of living.

Appointments and Rates

Individual appointments are available at all hours in a comfortable home setting. Fees are set on a sliding scale between \$60 and \$75 per 50-minute session. Group sessions are also available; the fee is \$25 per group session. Telephone appointments are available on request; payment for these can be made via Paypal.

To make an appointment or to obtain more information, you can call (217) 344-2436 at any time. You can be sure that all information will be kept strictly confidential.



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Christian Counseling Service



The earth will be full
of the knowledge of
the Lord, as the
waters cover the sea.

Isaiah 11:9

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Asking for help is hard for us to do. We want to solve problems ourselves. But when you or someone you know is hurting, where do you turn?

Jesus Christ loves us so much. He wants to heal our hurts and free us from the bondage we experience. The Holy Spirit wants to illuminate the darkness inside us and show us how to become the people God made us to be.

A Christian counselor can help. When we ask God to direct a counseling session, then it is His agenda that we seek to discern and follow. And it is His healing that we encounter.

About Counseling

Together we will listen to and cooperate with our Creator, who knows us better than we know ourselves. The counselor will take time to listen and understand your views and values, give perspective, identify alternatives. New skills will be taught and modeled.

The counselor will expect commitment and monitor results. However, responsibility for making changes is left in your hands, as is the credit for the change. Your competence and control will not be undermined but enhanced.

Counseling is temporary, yet powerful. It is caring, yet objective. There is no room for falseness or pretense. It is often difficult.

Growth is sometimes painful. Truth is hard to face. The old ways are hard to give up. Counseling is an experience in elemental honesty, openness and courage.

Problems . . .

Christian Counseling Service offers help dealing with a wide variety of personal and family issues. Here are some of the problems that people bring to counseling:

- Anxiety, doubt, a lack of self-understanding
- Struggles with matters of faith
- The feeling that something is missing in life
- Physical or emotional problems
- Alcohol- and drug-related issues
- Codependency
- Financial problems
- Premarital values clarification and decision-making
- Marriage and family problems
- Inability to communicate
- Sexual frustration or confusion
- Sexual abuse
- Emotional or physical violence
- Recovery from divorce
- Loneliness and insecurity
- Personal illness or the illness of another
- Loss of a family member
- Depression
- Job-related stress
- Difficulties with school or social life
- The feeling that life is no longer worthwhile

. . . and Solutions

Our goal is to help people achieve wholeness as individuals and families. Here are some of the skills taught:

- Communication with God and each other
- Listening to God
- Learning to listen to others
- Identifying needs and values
- Emotional expression
- Being forgiven and learning to forgive
- Learning to deal with shame and guilt
- Learning to trust
- Respect for self and others
- Accepting responsibility
- Learning to be accountable
- Anger management
- Relaxation and stress management
- Understanding differences between males and females
- Learning to be assertive
- Decision-making
- Problem solving
- Emotional bonding
- Sexual bonding