

Therefore encourage one another and build one another up, just as you are doing.”



1 Thess. 5:11

Interactive gatherings designed to help you confidently counsel people's problems

Counseling with Families

Sept 11, 2025

Counseling with
Children/Youth
Nov. 13, 2025



Dana Roberts
Garden Gate Biblical Counsel

Three areas of counseling with families:

- 1) Enter in — to Build Friendship
- 2) Christ-Centered
- 3) Love and Sanctification

Presented from a “formal” counseling setting

Enter In — to Build Friendship

Proverbs 17:17 “A friend loves at all times.”

- Learn about each particular family and understand their unique struggle
- If the struggle is between parent and child, the child usually gives very little information initially
- My goal is to help the think, speak, and act to fulfill Jesus' command to love God most and love others well
(Matthew 22:37-39)

Things to consider:

- Show compassion about the struggle
- Where's God in the struggle? Why biblical counseling?
- What are they putting their hope and trust in?
- What are the goals for the family?
- Evangelizing opportunity or sanctification opportunity

Christ-Centered

Gal. 2:20 "The life I now live in the body, I live by faith in the Son of God who loved me and gave Himself for me."

- Who is the HERO of their story?
- Goal: help them think, speak, and act to honor God and grow deeper love for Jesus
- Ultimately, nothing will “fully work successfully” without Jesus and the power of His Spirit
- We sit together as weak and vulnerable and in desperate need of the gospel; together we look to Jesus

Love and Sanctification

2 Peter 1:3 “His divine power has given us everything required for life and godliness...”

- “growing in life and love” even in hard times
- Think, speak, and act in godliness = Christlikeness
- Gaze fixed on the Cross of Christ
- Model Christ’s strength and love
- Jesus is the greatest help and most trustworthy; with Him is truly how to “grow in life and love”

A wooden signpost stands on a dirt path in a dense forest. The sign is a dark brown wooden board with a white border. On the left side of the board is a white arrow pointing to the left. To the right of the arrow, the word "DETOUR" is written in large, white, sans-serif capital letters. The sign is mounted on a vertical wooden post. In the background, a dirt path leads into the forest, flanked by tall, thin trees. The foreground is filled with green ferns and other forest undergrowth.

DETOUR

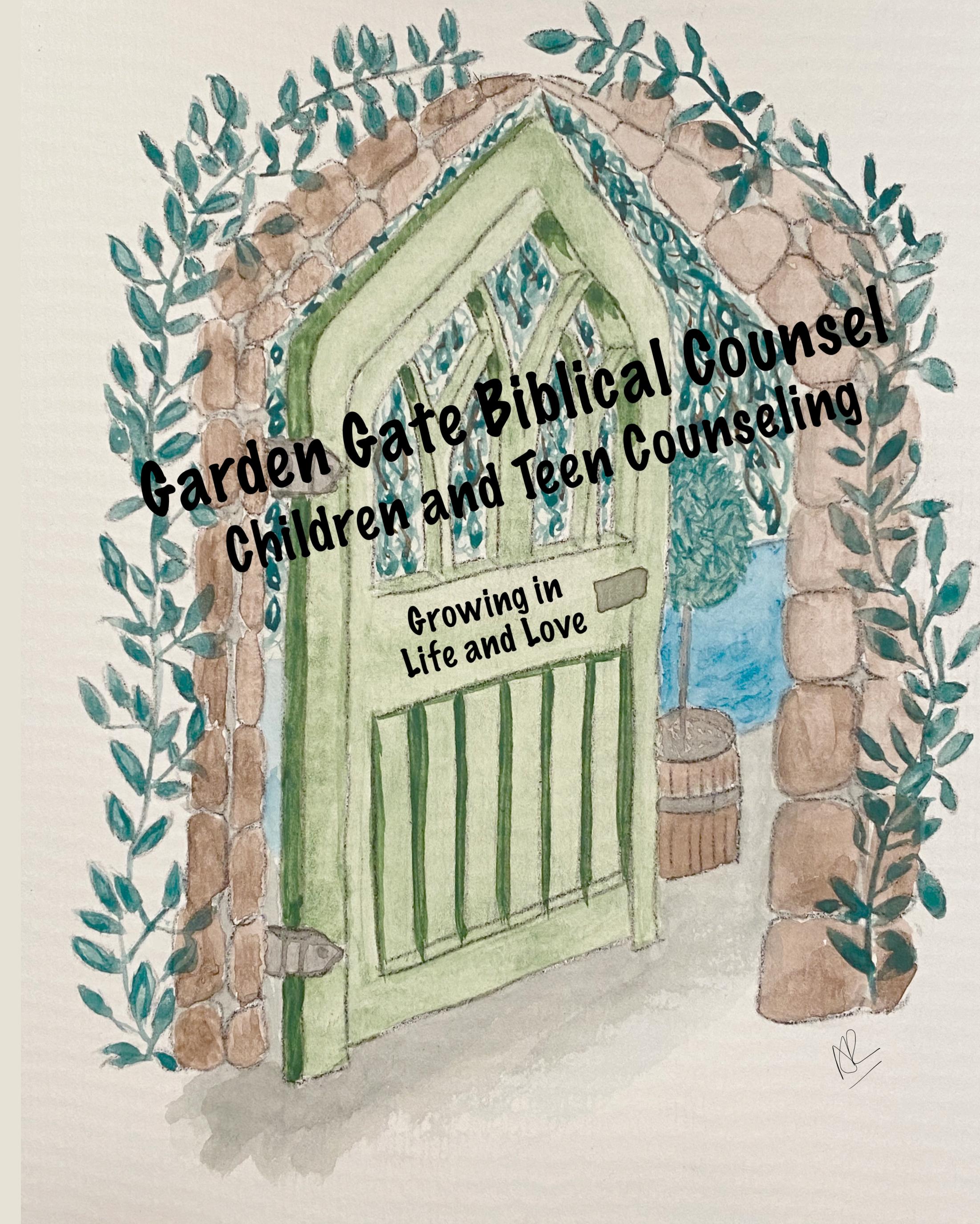
Heart Change for Everlasting Life Change

- Hold the soul of your child
- Massage the gospel into their inner person—it lives on for all of eternity
- NOTE: parents are not responsible for the child's response to the gospel, but they are responsible to dispense the gospel into their child
- Parents must be in God's Word in order to dispense God's Word

Assignments and Resources for Parenting

- Family Bible reading and/or devotions. I help them create a plan and give them the best suited resource for their family.
- Mother/daughter relationship: Lies Girls Believe/Lies Young Women Believe; Father/Son relationship: Lies Boys Believe
- Parenting: Everyday Talk by Jay Younce; Help! My Toddler Rules the House booklet by Paul and Karen Tautges; Parenting God's Way booklet by Alistair Begg
- Family: YoungPeacemaker Kid's Edition (I use the kid's edition for the whole family!)
- **Note:** if the parents need marriage counseling — I will refer them to a biblical counseling couple! If the marriage is in chaos, their family will be in chaos. Often I will continue to work with the children.

**END
DETOUR**



From: Hazel Smith

Subject: seeking counseling for my two children

Dear Dana,

I've received your contact information from a mutual friend. You counseled her daughter in the past. I would like to know how I can make an appointment with you for my son, Henry, and my daughter, Harper. Thank you, Hazel Smith.

Phone call revealed:

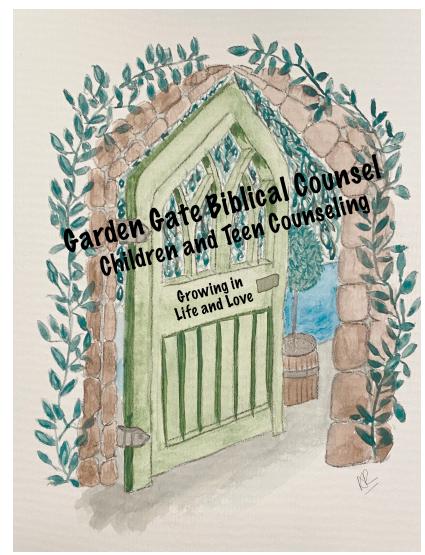
Dad, Harvey, late 30's — shift work at the local paper mill

Mom, Hazel, mid 30's — homemaker (on Harvey's off days she works at her family's farm)

They've been married for 13 years and live locally.

Son, Henry, age 13 in 8th grade — dx with Tourettes at the age of 10 and in May 2025 dx with ADHD

Daughter, Harper, age 11 in 6th grade — just dx with OCD in May 2025
They had just had the well-child check in May.



Welcome children and teens of all ages! Garden Gate Biblical Counsel is committed to helping those in need to find hope in Jesus. I believe that children and teens are able to develop a personal relationship with Jesus, resulting in everlasting heart change so that problems can be solved in a biblical manner. Together, we will walk through the garden gate, believing the sufficiency of Scripture, to become more like Jesus. **Trusting in Him, Dana Roberts**

DATE: Sept 1, 2025	
CHILD/TEEN'S NAME:	Henry (13) 8th grade; Harper (11) 6th grade
CELL PHONE (IF AVAILABLE):	homeschool
EMAIL (IF AVAILABLE):	
ADDRESS:	
PARENT(S) NAME:	Harvey and Hazel Smith
PHONE NUMBER:	married for 13 years
EMAIL:	
ADDRESS (IF DIFFERENT THAN ABOVE):	

Availability to meet for counseling

DAY OF THE WEEK	TIME OF DAY
any day	flexible

CONSENT TO BIBLICAL COUNSEL AND TERMS OF UNDERSTANDING:

- Biblical counsel is based on God's promise that "His divine power has given us everything required for life and godliness through the knowledge of Him who called us by His own glory and goodness" (2 Peter 1:3).
- Counseling sessions are guided by God's Word and the Holy Spirit to solve life's struggles. Thus, Garden Gate Biblical Counsel does not practice as a licensed professional, make any diagnosis of medical conditions, or submit insurance claims.
- There is no charge for biblical counseling, however Garden Gate Biblical Counsel is a donation based ministry and greatly appreciates any support. \$25 per session is a suggested donation.
- Each counseling situation is unique. This counseling is primarily one to one. However, parent(s) or legal guardian(s), are welcome to observe and may be asked to join in on sessions as needed.
- It is imperative for an individual's long-term care and church family support to stay in regular communication with the referring local church leader (such as Pastor, Children's Director, Youth Pastor, etc). This form gives permission to discuss necessary information with the appropriate and concerned parties in accordance with the confidentiality guidelines explained below.
- Confidentiality is an important aspect of biblical counsel and information is carefully guarded. There are situations, however, when it may be necessary to share certain information with others:
 1. When there is a clear indication to harm him/herself or someone else
 2. When there is evidence or reasonable suspicion of abuse
 3. If there is a subpoena or court order to disclose information
 4. When the biblical counselor is uncertain of how to address a particular problem and needs to seek advice and wisdom from another biblical counselor or mentor
 5. When a person persistently refuses to renounce a particular sin and it becomes necessary to seek the assistance of others in the church to encourage repentance and reconciliation (Proverbs 15:22; 24:11, Matthew 18:15-20)

In any of these instances, every effort will be made to be sensitive to your situation. Please be assured, it is a last resort to disclose any personal information to others. The desired goal is to always help resolve difficult situations as discretely as possible.

I have carefully read and understand the above Consent and Terms. With my signature, I give consent for my child/teen to begin biblical counsel with Garden Gate Biblical Counsel, and agree to hold Garden Gate Biblical Counseling harmless for any liability regardless of event or outcome.

Parent/Guardian Signature: _____

Date: **Sept 1, 2025** _____

Referred by: **Friend of Family** _____

PERSONAL DATA INVENTORY FOR CHILD OR TEEN

CHILD/TEEN'S NAME: Henry	DOB: May 1, 2012	GENDER: M
GRADE: PRESCHOOL ELEMENTARY MIDDLE SCHOOL HIGH SCHOOL		
PLEASE LIST NAMES AND AGES OF SIBLINGS: Harper (11)		
WHO DOES CHILD/TEEN LIVE WITH: parents and sister; great grandma Gertie		

HEALTH HISTORY

CURRENT PHYSICAL HEALTH: GOOD AVERAGE POOR	SLEEPING PATTERNS: STATIC OR BROKEN HRS
DATE OF LAST MEDICAL EXAM: May 15, 2025	5-6HRS 7-8HRS 9-10HRS
CURRENT MEDICATIONS: none but now wondering if would be helpful	
LIST ALL ILLNESSES, INJURIES, OR HANDICAPS: Tourettes (age 10); ADHD (May 15, 2025)	
PAST OR PRESENT ALCOHOL OR DRUG ABUSE? YES NO IF YES, DATE(S):	
PAST SEXUAL OR PHYSICAL ABUSE? YES NO IF YES, DATE(S):	
OTHER THERAPISTS OR COUNSELORS? YES NO IF YES, DATE(S): therapist age 10 to help cope	

Henry

BASIC INFORMATION SHEET –Please have child/teen fill out, if possible:

What is the main problem, as you see it? What brings you here?

I have Tics and I hate that people can see me shrug my shoulders all the time

ADHD

What have you done about it?

deep breaths and sit on my hands

What can I do or what are your expectations in coming to biblical counseling?

To know why did God make me this way

As you see yourself, what kind of person are you? Describe yourself...

funny, happy, mad a lot, sometimes sad, good friend, good at basketball

Is there any other information you'd like to share?

I want a phone so that it will help me focus

PERSONAL DATA INVENTORY

CHILD/TEEN'S NAME: Harper	DOB: Feb, 17, 2014	GENDER: F
GRADE: PRESCHOOL ELEMENTARY MIDDLE SCHOOL HIGH SCHOOL		
PLEASE LIST NAMES AND AGES OF SIBLINGS: Henry (13)		
WHO DOES CHILD/TEEN LIVE WITH: parents and sister; great grandma Gertie		

HEALTH HISTORY

CURRENT PHYSICAL HEALTH: GOOD AVERAGE POOR	SLEEPING PATTERNS: STATIC OR BROKEN HRS		
DATE OF LAST MEDICAL EXAM: May 15, 2025	5-6HRS	7-8HRS	9-10HRS
CURRENT MEDICATIONS: none but now wondering if would be helpful			
LIST ALL ILLNESSES, INJURIES, OR HANDICAPS: OCD (dx in May)			
PAST OR PRESENT ALCOHOL OR DRUG ABUSE?	YES	NO	IF YES, DATE(S):
PAST SEXUAL OR PHYSICAL ABUSE?	YES	NO	IF YES, DATE(S):
OTHER THERAPISTS OR COUNSELORS?	YES	NO	IF YES, DATE(S):

RELIGIOUS BACKGROUND

CURRENT CHURCH ATTENDED, IF ANY: Local Christian Church of the Cross
CHURCH ATTENDANCE PER MONTH, IF APPLICABLE: 1 2 3 4 5 6 7 8 MORE
PLEASE LIST ANY SMALL GROUPS OR CHURCH EVENTS, IF APPLICABLE: Youth Group for Middle Schoolers
PERSONAL BIBLE DEVOTION/READING: YES NO IF YES, HOW OFTEN:

Harper

BASIC INFORMATION SHEET –Please have child/teen fill out, if possible:

What is the main problem, as you see it? What brings you here?

Mom said it would be good for all of us to meet with someone to help us not fight and to learn how to cope with our sicknesses

What have you done about it?

I try not to yell at Henry but he is so annoying I just can't stop

Mom tells me just to ignore him, but when I do that he just bothers me more

What can I do or what are your expectations in coming to biblical counseling?

To help me stop fighting and to help me not wash my feet and hair so much

As you see yourself, what kind of person are you? Describe yourself...

singer, dancer, cry a lot from hurting feet and hair, good friend, good at gymnastics

Is there any other information you'd like to share?

I am sad when I think of Great Grandpa Gary, but I'm happy Great Grandma Gertie lives with us

Thoughts?

1)MOM: “we are all fighting more and not knowing how to handle kids during the day”; DAD: “I don’t know how to help my kids with what they are struggling with- Henry is always ‘wired’ and Harper wants to constantly wash her hair and feet.”

2) MOM: “have kids say sorry to each other and I try to avoid Harvey if he’s frustrated”; DAD: “I try to just ignore Henry when he’s hyper but then I usually blow up. And with Harper sometimes I will put lotion on her feet but usually just let Hazel help her. I do tuck the kids in every night I’m home though and tell them I love them!

3)MOM: “help me know what to say” DAD: “help my kids cope with their struggles”

4)MOM: “I used to be happy, but now I’m just surviving” DAD: “I’m a good dad- I provide for my family and bring my kids to activities and I don’t drink or any of that kind of stuff”

5)MOM: “My Grandma Gertie lives with us. She moved in when Grandpa Gary died about 4 or 5 years ago. It’s too much work at my parent’s farm and it’s just easier for her to be with us. She’s helpful with the kids sometimes and can still take care of herself mostly.” DAD: “Not right now”

Parent meeting revealed:

- Two “overwhelming” children. Medical DX not what they wanted for their family. How to live “normally”? Dad is angry and Mom is sad.
- Believers during high school at youth event. Dutifully attend church. Kids in youth group. Do not serve at church.
- Frustrated with God that life is hard and don’t deserve this. Dad prays for easier life. Mom prays to be a good parent.
- Rarely together as a family: Dad’s work, Mom’s farm family. Whoever can take kids to activities just does it. Sunday suppers when Dad is home.
- Goal: easy and fun life together but getting harder. Goals for kids: Mom wants happiness, Dad wants them to be healed from medical dx
- Where is Jesus? “We think about Him when we are at church. We hope that He will hear our prayers.”

Next meeting:

- Saint, Sinner, Sufferer
- Three Causes of Suffering
- Relationship Builders
 1. Mom and Dad **MUST** pray together - use JOY prayers (so will kids)
 2. Pick two nights of the week to read Psalms together as family — put it on calendar
 1. Take turns reading out loud
 2. Who is God? What does He do?
 3. Sunday Supper **at the dining room table!** Dad=pray! Discuss three questions
 1. Best thing this week
 2. What would you have changed this week
 3. What are three gratitudes from this week

Round Table Discussion:

- What did you like and can implement into your ministry/counseling?
- What would you change or do differently?
- What else do we need to know about this family?