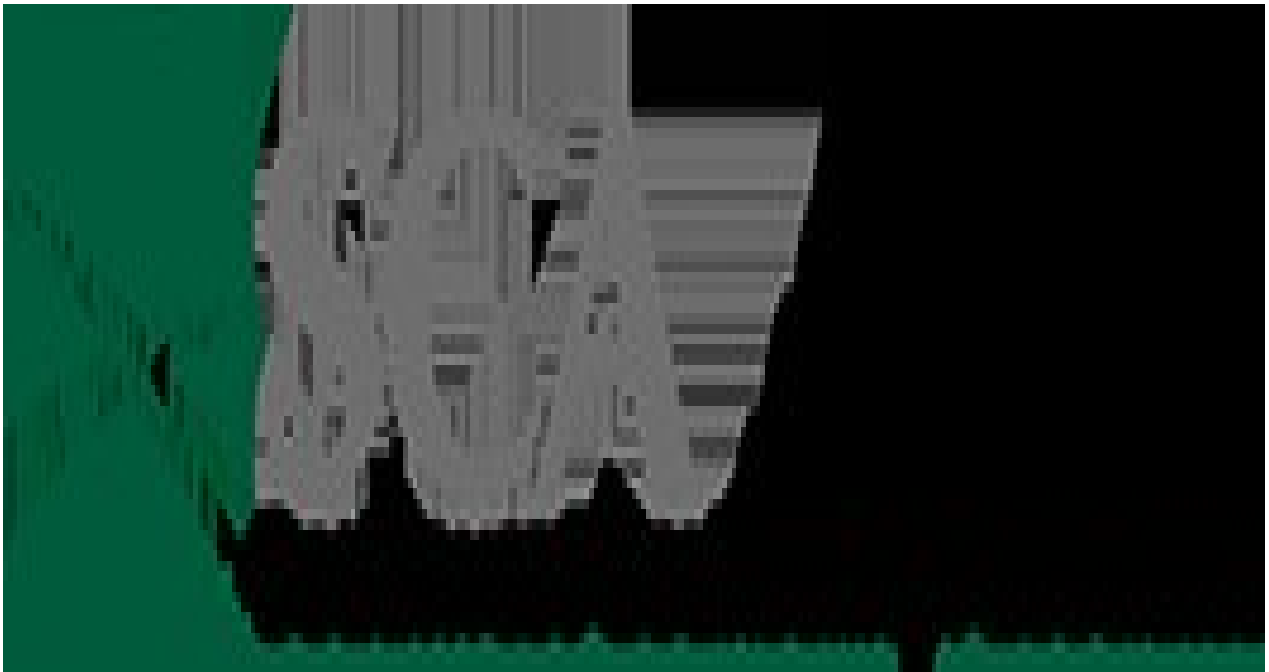




## **Littleton Counseling Group Combines Psychology With Christian Values**

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Southwest Counseling Associates (SCA), based in Littleton, Colorado, has revealed that they combine psychological counseling with Christian values. The 25 licensed counselors at SCA are all qualified to approach counseling from a Christian perspective at the request of the client. The treatment provided builds on the unique positive experiences and strengths of the client with the goal of achieving a desired change.

Jim Lewis, psychotherapist at Southwest Counseling Associates, says, "We work with clients to assess their needs, to define specific goals and to take practical steps in pursuing their goals. We also help them manage their feelings by choosing healthy thoughts and living consistently with those thoughts. When clients so desire, we help them clarify and strengthen their faith, integrating it with their lives as a whole. Counseling services include psychotherapy, spiritual guidance, assessment and consulting."

The counselors at SCA specialize on the treatment of a number of issues. These include depression and other mood disorders; anger management; anxiety and panic attacks; premarital, marital and family therapy;

men's issues / women's issues; recovery from infidelity and divorce; stepfamily adjustment; ADHD; learning disabilities; child and adolescent therapy; grief and bereavement therapy; eating disorders; childhood sexual abuse; and various addictions.

Southwest Counseling Associates also provides Biblically sound and clinically proven counseling for pastors and church staff members. Many of the therapists at SCA providing Littleton counseling have pastoral and ministry experience. They can offer encouragement, empathy, and insights reflecting both their personal experience and training.

Jim Lewis points out that in the same way they treat other clients, they will carefully protect the privacy of pastors and church staff members. Counseling for pastors and church staff include a number of features. These include limited phone consultation at no charge; cooperation with other persons and organizations as the client chooses; payment options that include assistance arrangements with individuals and groups; complete confidentiality; and treatment based on the Bible, supported by ministerial and clinical experience.

The professional staff at SCA can custom design a package of services to meet the needs of a particular church or organization. Examples of the services they can provide locally and worldwide include speakers at seminars, classes, retreats, and other occasions; provision of training, coaching and consultation for staff members and volunteers who are doing mental health-related work; problem solving and conflict resolution; supervision of people regularly providing mental health services within the client's organization; and assessment and evaluation to help in making the best choices in recruiting and hiring staff members and volunteers.

Southwest Counseling Associates also provides missionary care. This is provided through Missionary Care Services International (MCS), which is a non-profit Christian counseling and consulting ministry partnering with churches and sending agencies to offer services to the global worker community, either locally and internationally. MCS has already served more than 3,000 global worker units from more than 80 agencies, serving in more than 115 countries.

All of the therapists from SCA are well trained and licensed by the state of Colorado, have cross-cultural experience, and committed to Christ and world missions. All of the local services are provided at the Littleton office of the SCA. They also work onsite at conferences or particular locations for one to three weeks. The length of the service and cost will depend on the services to provided.

Southwest Counseling Associates originated in the mid-1980s when Dr. Clyde McDowell, who was then the senior pastor of Mission Hills Church, conceived of a church extension ministry that would serve the mental health needs of people in the Colorado Front Range. Mission Hills Church launched in 1986 with the assistance of two Christian psychologists the first SCA office near Mineral and Broadway in Littleton.

Those who want to learn more about Littleton counseling services from Southwest Counseling Associates can check out their website or contact them on the phone or through email. They are open from Monday to Thursday, from 8:00 am to 5:00 pm, and Fridays from 8:00 am to 2:00 pm.

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For more information about Southwest Counseling Associates, contact the company here: Southwest Counseling Associates Jim Lewis (303) 730-1717 [swcounseling2016@gmail.com](mailto:swcounseling2016@gmail.com) 141 W Davies Ave N # 105, Littleton, CO 80120

### **Southwest Counseling Associates**

*Southwest Counseling Associates is a dynamic ministry constantly adapting to the needs of the community around us.*

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