

Church Based Counseling Services of Methodist Healthcare Ministries

Methodist Healthcare Ministries welcomes Laura Lopez, LPC to Sinton. She will be serving as the Church Based Counselor at Sinton United Methodist Church. Church Based Counseling Services provides individuals and families with counseling that would not receive it otherwise. This may be due to lack of insurance or lack of finances to pay for these services. Clients are asked to pay what they can on a modest sliding scale. No one is denied service due to inability to pay for services.

Laura Lopez is a Licensed Professional Counselor and received her Bachelor's Degree in Psychology at Texas A&M University-Corpus Christi in 1998 and her Master's Degree in Counseling at Texas A&M, Corpus Christi in 2000. She has experience in individual, group, family, and marital therapy. She has counseling expertise with children, adolescents, adults, and the elderly.

What does a Church Based Counselor do?

As a counselor, she is trained to help others through difficult times in life: family problems, parent and child problems, marital issues, anxiety, anger, depression, bereavement, or mental illness issues.

Will anyone find out if I am in counseling?

Counseling sessions are confidential and private. That means that counselors cannot discuss what is said in sessions to others. In addition, the sessions are in a safe environment in a faith based setting.

What kind of people benefit from counseling?

Many people avoid going to counseling because they believe that it means that something is "wrong" with them. This is a mistaken belief. In fact, persons from many walks of life benefit from professional counseling. Most people decide they would benefit from counseling because life often throws struggles at them for which they are unprepared or do not have the skills to cope with effectively. As a counselor, Laura encourages clients to learn to accept themselves and to gain new skills for living in a more constructive and positive way.

If someone you know is interested in our counseling services, call at **361-652-3573**. The first appointment is free.

Laura Lopez, MS, LPC

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