

A multitude of COUNSELORS



As our world becomes more chaotic, it seems logical that more people find themselves concerned and anxious about their mental health. Although they are seeking help in greater numbers than ever before, they are faced with a bewildering world of medications, eastern meditation philosophy, and many other “solutions” that end up hurting, rather than helping.

A BREATH OF FRESH AIR

Considering these difficulties, 3ABN’s program development manager, Shelley Quinn, says she felt impressed by God to do a new series for those who are struggling. “My husband J.D. and I do a lot of counseling when we travel,” she says. “But many times, people bring us problems that need professional Christian counseling. I remember discussing this with him, and the fact that Adventist counselors are few. Then I said, ‘We need to do a program with Adventist Christian counselors, because they’re out there, but we don’t know where they are.’”

“Then I thought of Proverbs 11:14, that says, ‘Where there is no counsel, the people fall; but in the multitude of counselors there is safety,’ and Proverbs 15:22, that says, ‘Without counsel, plans go awry, but

in the multitude of counselors they are established.’”

“Immediately, I thought of Jennifer Jill Schwirzer, a committed Seventh-day Adventist Christian counselor, so I contacted her and she agreed to host it, along with Robert Davison.”

UNSCRIPTED AND HONEST

Jennifer was happy to help. “The purpose of this series is it to raise our viewers’ awareness of the principles of biblically based psychology, sharing with them secrets to better mental health, relationship health, and spirituality,” she says. “Each program has three guest counselors, representing a variety of specialties in mental health. We start out by defining a mental health problem, then I speak briefly on its prevalence, cause, prognosis, and treatment. Next, we open it up to the counselors, by asking, ‘What works in your practice?’”

“The discussion is unscripted and honest, leading the group to a ‘presenting problem,’ or hypothetical case, presented by my co-host, Robert Davison. At that point, the group will discuss what each of them might do to help restore that person to mental and spiritual health, using biblical principles.”

Individual mental health problems discussed on the program include mood disorders, anxiety, trauma, psychoses, obsessive compulsive disorder, addiction, and eating disorders. They also address relationship problems such as abuse, loneliness, miscommunication, codependency, conflict, and anger.

Jennifer says that the Seventh-day Adventists have long held the health Message dear. “We have to reconnect the health message with the gospel message,” she says. “Teaching about the *mental* health message with good, biblically grounded psychology, will bridge the two back together and make us more effective as individuals and as soul-winners.”

Her co-host, agrees. “God created us in His image to be whole, physically, mentally, emotionally, and spiritually; but sin has wreaked havoc on His good work. Because Jesus promised to finish what He started, it is my honor to partner with Him, the Wonderful Counselor, in this healing journey of restoration, toward His ultimate goal of making ‘all things new.’”

A Multitude of Counselor begins Tuesday, October 4, at 5:30 p.m. Central! 📺

MEET THE COUNSELORS



Christina Cecotto

LSMW – Wildwood Lifestyle Center



Dr. David Guerrero

ND, BCCC, CNC – Rekindle the Flame Ministries



Dr. H. Jean Wright II

PsyD – Clinical and Forensic Psychologist



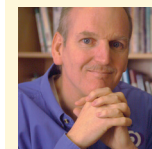
Jennifer Jill Schwirzer

LPC, NCC, – ABIDE Counseling



Nivischi Edwards

PhD, LMHC, NCC, DCC – Southern Adventist University



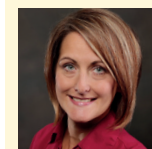
Paul Coneff

MFT – Straight 2 the Heart Ministries



Robert Davison

MA, NCC, LGPC – Life Christian Counseling Network



Shelly Wiggins

LPC – Driftwood Counseling Services