

COUNSELING

— THROUGH LET THERE BE LIGHT —



LET THERE BE

light

COUNSELING

T H R O U G H L E T T H E R E B E L I G H T



What is Counseling?

Counseling through the lens of *Let There Be Light* is for those ready to engage in deeper inner work that leads to lasting transformation. In a world that often prioritizes performance over presence, counseling creates space to slow down, process honestly, and tend to what feels heavy, hidden, or unresolved.

Counseling is a safe and supportive environment to work through mental health challenges, relational struggles, past wounds, and patterns that no longer serve you. It's not about fixing you- it's about freeing you, so you can move forward with greater wholeness, resilience, and a stronger sense of self.

We work with licensed counselors who are also Christian. You do not need to have a faith background to participate. Faith will only be integrated into counseling if you choose to bring it into the conversation.








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How Do I Know if Counseling is for Me?

Counseling may be for you if:






-  *Life feels heavy and you don't want to keep living the same way*
-  *Your mental or emotional health has been suffering*
-  *You're navigating difficult or painful relationships*
-  *Past hurts or trauma are affecting your present life*
-  *You're noticing patterns you want to understand and change*

Whether you're in the depths of a hard season or simply sensing that something needs attention, counseling can be a meaningful and courageous next step.

What Does It Look Like to Be Counseled?

Being in counseling looks like meeting with a licensed professional who offers a confidential, compassionate, and structured space for healing and growth.

Counseling may include:

-  *Processing emotions, experiences, and challenges in a safe environment*
-  *Exploring past wounds, trauma, and present-day patterns*
-  *Developing healthy coping tools and emotional awareness*
-  *Gaining clarity around relationships, boundaries, and decision-making*
-  *Working toward healing, resilience, and sustainable change*

Counseling is intentional, individualized, and paced with care. You set the tone and direction, supported by professional guidance.



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Where Do I Go From Here?

If this resonates with you, the next step is simply to explore **counseling**.

Counseling at Let There Be Light is encouraged for anyone, regardless of faith background. If you're ready to stop carrying everything on your own and begin moving toward healing and freedom, there is space for you here.

Fill out our Counseling Interest Form on our Let There Be Light website so that we can help match you with a licensed counselor in your state. **Coming soon*

