

# SIMPSON

COUNSELING SERVICES



Having entered professional pastoral ministry in 1987, I have done Christian counseling with individuals, couples, and families in many different situations over the last 30 plus years. I began to notice early in my ministry that people came to me suffering from behavioral health issues that were beyond my ability to diagnose and treat as an ordained minister. Just as I would refer to a doctor if someone had a physical illness, I sought out professional counselors to whom to refer my parishioners. I found that while there were many who were spiritually qualified counselors, as I was, and there were many who were qualified

mental health counselors, there were very few who were equally qualified in both areas. Many of my parishioners were leery of psychology and professional counseling, thinking these were antithetical to the Christian faith, which they are not. Many people confused spiritual and psychological issues. I helped people that thought that there must be something wrong with their relationship with God if they were anxious, depressed, or struggling with symptoms of trauma. For the last 15 years, as a bi-vocational pastor, I have continued to work in the church and community, but also furthered my education and licensure and worked as a professional counselor in residential facilities with a truly national and international clientele. I have worked with people from all over the country and the world who came to elite treatment facilities in Tucson by the thousands over the years to recover from some of the most complex co-occurring mental health issues. In addition to being a Primary Therapist at these facilities, I also worked as a Family Therapist with patients and their spouses, siblings, parents and grandparents. Their lives and relationships had been turned upside down by anxiety, mood disorders, anger issues, addictions, and other mental health issues. Indeed, just before entering private practice, I was the Family Program Coordinator at one such facility in charge of the entire Family Department. The one driving passion throughout my career has been to answer my calling to help hurting people find health and wellness in their mind, body, soul, and relationships. As I endeavor daily to be faithful to that calling, let me engage with you the grace, truth, knowledge and experience given to me for that purpose. Let me walk a bit of your life journey with you, and help you find healing, strength, and resilience in your life spiritually, emotionally, mentally, and relationally as you move toward the abundant life that we are all called to experience. Having degrees, training and experience in both the fields of theology and psychology, I can implement treatment modalities such as CBT, DBT, EMDR and Family Systems and at the same time help people integrate their faith with these modalities to find the health God created them to experience. All truth is God's truth and I use all I know to benefit my clients.

Michael G. Simpson, MSC, LPC

## **Simpson Counseling Services**

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