

## INTRODUCTION TO COUNSELING

Thank you for sharing information about yourself. I'm so happy that you reached out for help. I am George Hage, Ed. D., Ph. D., LCMHCS, educator, pastor, and licensed therapist. You can read more about my background, education, experience, and counseling approach by clicking on my name on this page. From what you have told me, I believe I can help you. I have 32 years of counseling experience. 30 of those have been with agencies and two of those have been in private practice. I take a spiritual approach to counseling using biblical metaphors, mindfulness therapy, Cognitive therapy, and logo therapy. I encourage my clients to read *The Power of Now* by Eckhart Tolle and *Stillness Speaks*, the same author. Please go to my websites on google above, Psychology Today, Good Therapy, Open Path Collective, Therapy Tribe, and Being Seen. My sessions are generally approximately 2 hours for the first session to cover getting acquainted and paperwork as well as your presenting details of your problem, need, and history. Sessions generally are 75-90 minutes. Phone calls and texts are incidental toward your counseling and treatment. Blessings to you and yours.

The following writings provide the basis for my counseling approach.

<https://www.facebook.com/watch/?v=2744042518965586>

<https://www.youtube.com/watch?v=Zsw6iSVw8mk>

[The Power of Now and Stillness Speaks](#) by Eckhart Tolle (Check YouTube and Amazon)

I apply Mindfulness Cognitive Behavior Therapy centered on:

The Eastern Christian Monastic Principles of Stillness (Hesychasm), Mindful Vigilance (Nepsis), and Prayer of the Heart (Referring to the Nous, Noetic Prayer, the heart of the soul) in the state of Meditation. Fundamentally supportive literature: *The Way of the Pilgrim* and *The Pilgrim Continues His Way*, the wisdom of the monastic elders and masters compiled in the *Philokalia*, and the wisdom of the Holy Scriptures. (Check YouTube and Amazon)

Insurance: I take MedCost, BlueCross-BlueShield, Medicaid, and Partners Behavioral Health outside of Counseling and Spirituality, my solo practice. If you are desiring to see me and want to pay through the above insurances, I can make arrangements with you via another local agency I am contracted with.

Cash Payment: Currently, I am requesting \$25 for group therapy, \$50 for individual, couples, and family therapy, and \$60 for conjoint family therapy. I will take check, cash, PayPal, Venmo, CashApp, Apple Pay, and Google Pay. I may request an additional fee of \$1-\$3 covering the additional charge exacted by the aforesaid vendors for use of their means for my receiving payments. I am not a nonprofit organization but conduct my practice in the spirit of ministry to God and humanity. If you are desirous of seeing me but are unable to meet my rates, please discuss this with me.

Before your first appointment, please begin listening to the above links and books by Eckhart Tolle and peruse the following briefs and documents attached to prepare for signing of the NC Counselor Disclosure Statement and your medical rights to treatment, HIPAA. Also, brief the attached Family Composition Form so that you are ready to complete it with me in the first appointment.