

THE BIBLE CHAPEL - RECOMMENDED COUNSELOR

THOMAS NOWAK



Thomas received his Bachelors in Social Work from the University of Pittsburgh in 1989, and his Masters in Counseling from the Christian graduate school Regent University in 1994. His training and experience qualify him to provide counseling and psychotherapy for individuals, couples, and groups. His approach to counseling involves creating a collaborative effort in a safe environment for you to set goals and process the issues that you want to discuss and resolve.

Thomas says: "People recover from struggles with anxiety, depression, addictions, and relationship conflicts when they discover alternative ways to approach situations, clarify what they truly value and believe, and find the courage to change or to grieve and accept what they cannot change. Discussing your spiritual life and the use of Christian expressions of faith can be powerful and meaningful. Spiritual interventions, such as applying principles from Scripture, and prayer, will only be used if you agree to and are comfortable with them."

For more information, contact counseling@biblechapel.org.

