10 WAYS TO INCREASE YOUR IMPACT AS A CHRISTIAN THERAPIST



***BY: SHAKEETA TORRES*, COACH TRAINER, LCSW, CCTP, CGCS, CO-AUTHOR, MENTOR**

01-SPEND TIME WITH GOD DAILY

Over the years, I have counseled other therapists who have not made spending time with God a priority. As a Christian Therapist you are God's eyes and ears. You need to be full of His spirit, power, and anointing if you truly want to make an impact.

02-ASK GOD FOR THE GIFTS OF THE SPIRIT

Ask God for the Gifts of the Spirit according to 1 Corinthians 12:8–10. Read this in its entirety. These gifts will increase the impact that you can have on your clients.

03-STUDY THE WORD OF GOD

Reading His Word anchors you. As you counsel your clients who desire Christian Counseling, the Holy Spirit will highlight to you scriptures to share with them and give you and them revelation. It's so powerful.

04-YOU MUST HAVE BALANCE

Self care and soul care is so important. You can listen to my viewpoint on my Podcast, ***Pain, Passion, & Purpose***. Also, make sure that you aren't being overly spiritual and really work with the client to provide them with clinical tools and provide a safe space for them to process their pain.

05-BE SURE THAT YOUR SOUL IS ANCHORED

Be aware of the things that you still need healing from. Make sure you have an outlet, a mentor, a therapist, and/or community that can pray for you and help you when you are in need of a safe place to *Heal on Purpose!*

06-HAVE BOUNDARIES WITH YOUR CLIENTS

Remember one man sows, another man waters, and God is the one who brings the increase. We are not required to be our client's savior, God is. Always rmember that.

07-ALWAYS STUDY AND IMPROVE YOUR NICHE

Always seek training and knowledge within your specific niche. It is not your employer's responsibility or anyone else's to assure that you have the skills you need to make an impact. Take quality CEU trainings. Become a member of sites dedicated for therapists' tools that can enhance your clients' experience with you. Operate in excellence, not perfection.

08-ASK GOD FOR THE FRUITS OF THE SPIRIT

You will encounter all types of people and situations. If you are in private practice, honey, you will need strength. Read and study Galatians Chapter 5. Being a business owner is not for the faint at heart.

09-KNOW WHO YOU ARE

Often I see and know clinicians who do not know who they are in Christ. They do not know the authority and weight they carry as a therapist. You have the power to speak life in death - not only in your life but also in the lives of others. It's not fair to you to always speak into your clients, encouraging them while you yourself struggle with imposter syndrome, knowing your value, and knowing that God made you in His image.

10-CONSULT AND JOIN A LIKE MINDED COMMUNITY

We all have blind spots. Being able to consult with people you can trust in reference to a client and what to do both spiritually and clinically is priceless. We all get stuck sometimes. I myself have mentors and people with whom I can process some of my cases to assure that I am not missing anything. This is why I have created this community for you, so that you can be everything God has called you to be in the "Therapy Room".

ABOUT THE VISIONARY



Mrs. Shakeeta Torres is a Licensed Clinical Social Worker and is the owner of EmPowered2Shift Counseling Services, a Virtual Christian Based Mental Health Organization located in Fayetteville, NC. She has been a Licensed Therapist since 2013 and a Social Worker since 2006.

Mrs. Torres is the co-owner of R&S Coaching & Consulting Services Llc. where she serves as a Life Purpose Coach, Coach Trainer, and Consultant. She is an Inspirational Speaker and Licensed Minister. Her mission is to, EmPower Christian Leaders to UnPack Pain, Discover their Passions so they can Walk Boldly in their God Given Purpose.

She is the creator and founder of EmPowered Purpose Academy (registered trademark), an Online academy that provides Christian Life Coaching Certification, Mentorship for Aspiring/Existing Christian Therapists, and Coaching Services to Christians who desire to build a relationship with God and grow spiritually all while understanding the God Given Purpose.

To learn more about our Mentorship Program for Aspiring & Existing Christian Therapists go ***HERE***



Mrs. Torres is the Founder and President of Doing It for The Kingdom Inc., a 501C3 tax exempt nonprofit organization. Its primary focus is to provide education to her community and surrounding areas about Human Trafficking and resources to Survivors who are currently in the rehabilitation phase of their life.

She is the #1 International Best Selling Co-Author of, "Just Say No", an international book created by women all over the world that share a piece of their story and how we had to learn to Set Boundaries: God's Way through our own trials and tribulations.

What drives Mrs. Torres and empowers her to continue to do what she is called to do is the fact that she is a survivor of l childhood trauma who has transitioned from "Pain to Purpose." Mrs. Torres is known for being transparent, being able to connect with others easily, having a joyful spirit, full of life, drive, passion, and compassion. These qualities along with her education and continued growth transcends and sparks a hunger within her clients to embrace the process of healing, become their authentic selves, and to Heal on "Purpose."

