



A Brief Guide For Pastors....

- of the professionals at CCCU have interest and expertise in and understand the benefits of using spiritual resources as part of treatment, and they will address religious issues and the spiritual aspects of problems if the client desires.
3. Our professional, support staff, and Board are committed Christians with diverse backgrounds and specialties teaming together to provide quality services in the name of Jesus.
 4. We actively collaborate and cooperate with local churches and church leaders in the provision of services to address community needs. We provide consultation for pastors/church leaders and educational presentations/workshops for area churches, office space is "shared" by churches.
 5. We accept third party payment (insurance, Medicaid, Medicare, etc.) and use a sliding fee scale to maximize access to services. The top of our sliding fee scale is consistent with corresponding "going rates" and the bottom-end fees are up to 45% of going rates. When Practicum Students and Interns services are available the cost is as little as \$20 an hour. Very few others Christian providers accept third party payment and fewer still have a sliding scale fee structure. This is consistent with our non-profit charitable organization status. We pursue charitable donations to enable us to provide services on a sliding scale basis.
 6. We emphasize, support, and provide preventive services. We host a webpage directory of Utah Christian 12-step, support, and miscellaneous groups open to the public and present public presentations and workshops many of which are available at no charge.
 7. Our services are tailored to the needs of our clients and include addressing short-term problems as well as long-term and complex issues.

Our Professional Staff

- ♥ **Rob Pramann, PhD** -- Clinical Director, Licensed Psychologist (ext. 26)
- ♥ **Jerry Budd, MC** -- Licensed Associate Marriage and Family Therapist (ext. 27)
- ♥ **Darryl Collier--Freed, MS** -- Licensed Marriage and Family Therapist (ext. 24)
- ♥ **Lori Groat, MA** -- Licensed Associate Professional Counselor (ext. 51)
- ♥ **Kristin Riggs, BA** -- Mental Health Counselor Practicum Student, University of Phoenix (ext. 56)
- ♥ **Vinessa Trotter, PhD** -- Licensed Psychologist (ext. 22)

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- * Do you feel drained by a particular counseling relationship and need to refer elsewhere?
- * Do you have a counselee who requires more counseling than you can give?
- * Do you have a counselee who needs professional help?
- * Are you concerned a counselee may harm themselves or others?
- * Is the cause of a counselee's problem evident but the solution elusive?
- * Do you find yourself in an awkward counseling relationship with a person of the opposite sex?

WE CAN HELP !

Christian Counseling Centers of Utah professionals are aware that mental health counseling and related services that are rooted in biblical principals and Christian values is at a premium in our community.

We partner with pastors and church leaders to provide resources they can trust to meet the needs of their flock and to advance God's kingdom. We believe this brochure will provide you with a better understanding of who we are and how we can work together to share God's love and wisdom with those who are struggling in with behavioral, relational, or mental health issues.

Our Office Locations

- Sandy Main Office/Mailing Address:
731 East 8600 South
Sandy, UT 84094-6312
- Magna: 3665 South 8400 West
- Ogden: 2909 Washington Blvd., 101
- Salt Lake City: 193 West 2100 South

Our Contact Information

- Local (801) 561-9987
- Toll Free (800) 530-1934
- www.cccutah.org

Our Statement of Faith

God is Father, Son, and Holy Spirit: God the Father, who creates and sustains us; Jesus Christ, the Son, who redeems and rules us; the Holy Spirit, who guides us personally and professionally through God's inspired Word, the Bible, our infallible guide of faith and conduct, and through the communion of Christians.

Our Services



Whole Hearts, Whole Minds For Your Whole Life
Through professional client-centered counseling,
coaching, consultation, and training services.

Shepherd's Staff Christian Counseling Center's new dba is Christian Counseling Centers of Utah. We rebranded in 2010 to reflect the expansion of our vision to reach hurting people throughout Utah and the western states.

We are both an incorporated non-profit organization [501(c)3] and a ministry, providing professional mental health services from an interdenominational Christian perspective. We believe that traditional counseling and psychotherapy are more effective when they are applied and understood from a perspective sensitive to one's faith and spiritual commitment. We also believe that the human experience, whether troublesome or fulfilling, has spiritual as well as social, psychological, emotional and physical components.

We are confident that the compassionate, healing ministry of Jesus Christ continues today by the work of the Holy Spirit through His believers, and as believers, we combine up-to-date professional practice with the application of Biblical principles to the unique circumstances of each of our clients. Though we are evangelicals, we welcome and respect those from other faiths as well as those who have no religious affiliation, because we believe that the Holy Spirit shines through us to testify of the goodness of God and the love He has for all people.

It is our hope to complement the efforts of local clergy from all denominations who may at times desire the support of a professional counseling service that will be in tune with spiritual values and beliefs of their parishioners.

We provide individual treatment, family therapy, child and adolescent therapy, marital and couples counseling and group therapy. Our staff also handles concerns related to personal and spiritual growth, behavioral and emotional matters, psychological, addictive, trauma, and grief issues. See staff biographies for staff practice interests and specialties.

We also provide seminars, workshops, critical incident stress management, interventions for organizational dysfunction and team building, and supervision and consultation for pastors and other professionals. See our website for a list of presentations previously and currently offered.

Our Fees

Our fees are based on a sliding scale depending on income and number of dependents. We work with many insurance companies and third party payers, including Medicare and Medicaid. Those who make full payment at the time of service receive a prompt payment discount.

How To Refer or Make An Appointment

Appointments can be made by contacting us at (801) 561-9987; those outside the Salt Lake area can call (800) 530-1934. One of our counselors will call back to talk with the inquirer, answer questions, and identify the person's needs. Prospective clients may also request the therapist they would like to see. Each counselor sets their own appointments according to their availability. If you wish to refer someone, we recommend having them call to schedule an appointment. In exceptional situations we will obtain their contact information from you and call that person for further information.

CCCU Mission and Ministry Distinctives

We are both a non-profit organization [501(c)3] and a Christian ministry. We focus on advancing and building God's kingdom and providing kingdom services. We believe that through our response to client needs, use of spiritual resources, staffing with born-again Christians, financial accessibility of services and our charitable posture, and services tailored to address prevention of and treatment for short-term, long-term, and complex problems, difficulties, and issues, we can achieve this goal.

1. We all have a "God-shaped vacuum" in our hearts. Many, but not all, of our clients are from a Christian background. Some are coming from another faith tradition or have no identified faith in God but they come hungry, seeking spiritual answers and grounding. Though we focus on the presenting relationship or mental health need and do not pursue proselytizing, sometimes that hunger results in spiritual conversion.
2. We know from scientific research that counselees become like their counselors and therapists. Some clients come because other mental health professionals are hostile to or fail to appreciate spiritual issues. Some counseling centers require their clinicians to avoid using spiritual elements as part of treatment or even the discussion of spiritual issues. All