



New Reflections Counseling

Illuminating A Path Forward

**Professional Christian Counseling
Individual - Marriage - Family**

937-776-7290

NewReflectionsCounseling.com

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About the Contents

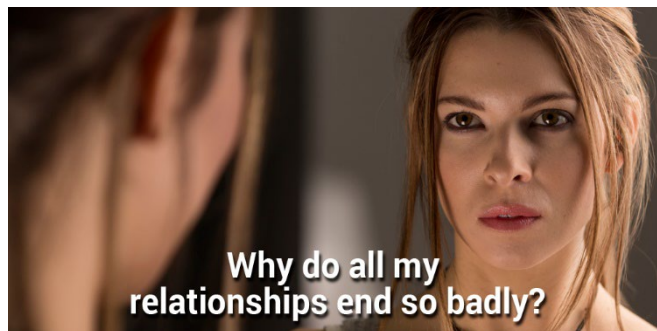
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Purpose and Mission

New Reflections Counseling exists to lovingly help people understand and be changed by God's truth.

And he gave the apostles, the prophets, the evangelists, the shepherds and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ, so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes.

—Ephesians 4:11-14



We Illuminate a Path Forward

We are Uncompromisingly Christian

We Comfort and Equip

We Provide a Safe Haven for Healing and Growth



CHRIST IS CENTRAL

In the maze of life's circumstances, our counselors illuminate your path to Christ, the ultimate goal.

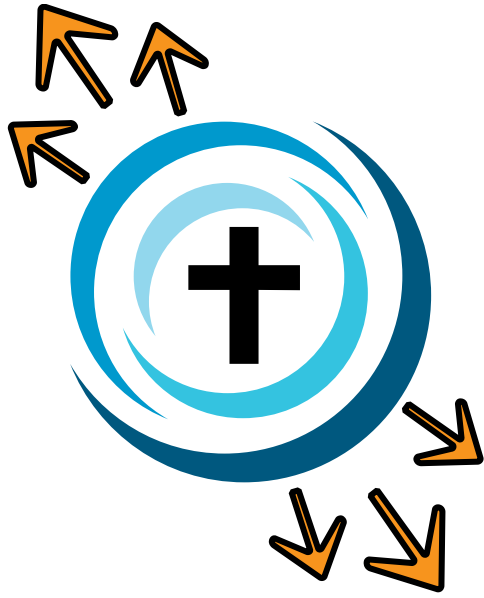
The Gospel of Jesus Christ is our highest value and foundational truth because it has the power to change you.



MARRIAGE IS A COVENANT

Putting Christ at the center maximizes unity of husband and wife.

Our counselors work to see marriage thrive for a lifetime because marriage represents our relationship to God.



YOUR IDENTITY IS SIGNIFICANT

You matter! We equip you so you can stand firm against evil. We help you find your identity among other believers.

Growth and healing start inside and move outward. As you grow, the kingdom of God expands.



CHRIST ANCHORS AND SECURES

When life is chaotic like a hurricane, Christ is the only absolute answer — the only true stability.

New Reflections provides a safe haven from the storms of life. We comfort you when you are hurting, as God has comforted us.

Areas of Special Focus



How can I know what
God wants for me?

Discover Your Identity

After God, your identity is your most important and powerful possession. Understanding yourself is hard because there are many traps that can deceive you into latching onto a false identity. We want you to grow in your awareness of who you are — the person God created you to be. Knowing who you are is an essential part of knowing what God wants for you.



No one really
understands what
I've been through.

Recover from Trauma

Life can be unpredictable and heartbreaking. Sometimes the difficulties pile up and stretch you beyond your current ability to cope. Recovering from trauma requires a focused time of healing. We want you to be able to grieve your losses and regain your true identity, so you can pursue God's plans for your life.



Thrive in Marriage

At some point in their lives, most people attempt an intimate relationship with the opposite sex. A healthy marriage requires great effort, but offers great reward. Without a healthy foundation, marriage can be a source of deep suffering. Relationships break down for lack of trust, forgiveness, honest communication and conflict resolution. We provide the right environment so your marriage can thrive after difficult situations like infidelity.



Belong When Single

Whether you are single by choice, single until married, or single after marriage, you need intimate relationships. Life won't feel like it's worth living if you don't feel you belong anywhere. How can you become better at relating if you are isolated from others? We help you develop confidence as a single person so you can develop deeper relationships.

Scheduling Appointments

Our counselors answer our phone lines. During regular business hours, they might be with a client. If you are ready to schedule an appointment or have a specific question, use our secure [Contact Form at db.newreflectionsounseling.com](https://db.newreflectionsounseling.com). You can select About -> Contact Us after you browse to db.newreflectionsounseling.com. Filling out an online contact registers you in our system.

Calling is always an option too, especially if you have questions you'd like to get answered all at once. Call 937-776-7290 if you are a potential new client. One of our counselors will answer your questions and direct you to the counselor who best matches your needs. You can also request that we call you at your convenience.

Our regular administrative hours (for answering the phone) are 9AM to 6PM Monday through Friday. When contacting us outside of regular hours, or if we happen to be busy and unable to answer the phone when you call, please leave your name, number and the best time to reach you. We will return your call as soon as possible (usually within four hours). Appointments are given on a first-come-first-serve basis, but we will make an effort to see clients in crisis as soon as possible.

All correspondence is held in strict confidence. Keep in mind that we cannot provide any therapy until you've read and agreed to our informed consent forms.

Cost of Professional Counseling

New Reflections Counseling, Inc. (NRC) is self-pay and accepts cash, check, and debit or credit card, including HSA and FSA. The standard fee for 50 minutes is \$160. Discounts can reduce this to as low as \$100 for those who need it. Counselors and fees are subject to change.

Annual Household Income	Credit or Debit Card	Cash or Check
Standard Fee	\$160	\$155
\$79,000 to \$149,000	\$135	\$131
\$0 to \$78,999	\$110	\$107

Prepayment a month in advance for 2 or 3 sessions will reduce fees by an additional 3%. 4 or more sessions will reduce fees by an additional 6%.

NRC is committed to investment in our counselors. We spend time improving ourselves, our skills, and our abilities. We seek out the best counselor training. We are continually growing both professionally and personally. Clients who directly pay NRC for their counseling needs gain the following benefits:

- Confidentiality and privacy: Using insurance creates a paper trail and your insurance company has the right to review your clinical records.
- Quality: Personalized attention in a comfortable environment.
- Choice: You get to select the right counselor for your personal concerns.
- Availability: Less waiting for an appointment to become available.
- Ownership in your counseling: You will likely feel more responsible for and invested in the counseling process and might even see quicker results due to increased motivation.

Counseling Foundations

New Reflections Counseling (NRC) offers faith-based counseling. We believe in absolute truth but we also realize each person is at a different place of readiness to engage the truth. We aren't associated with any particular church or denomination. The Bible is the foundation for our beliefs and interventions. Most people are comfortable with our services — even those that don't share the same beliefs. NRC respects clients' established beliefs and offers services to everyone, regardless of what they believe.

The following statements describe how NRC achieves its mission when providing counseling services:

- Counseling is Christian discipleship. The Gospel is the number one foundational truth, having the most power to bring true change to a client.
- NRC staff are willing vessels for God to use for His purposes; we trust God is present and at work in the counseling session through the Holy Spirit; we rely on the Holy Spirit to interpret and communicate God's truth found in the Scriptures. The Holy Spirit gifts us with spiritual gifts and whatever else is needed so we may accomplish God's work.
- The counseling process has elements of truthful objectivity and artful application. We use the Scriptures to test and inform our counseling interventions. The Holy Spirit assists us in using creative ways to communicate the truth to each unique person.
- To heal, clients need both truth and grace; we attempt to communicate God's truth (confronting) in love (supporting). To heal, clients need to hear the truth and experience the truth; we attempt to communicate God's truth (teaching) and be God's truth (loving).
- We comfort and equip our clients, providing scripturally sound, psychological interventions. We believe the discipline of psychology (where it doesn't conflict with Biblical teaching) offers helpful tools and approaches to promote emotional healing and growth.
- Every client is at a unique place in their faith journey; some clients are ready for or benefit from direct communication of Scripture's teaching; other clients benefit from communication using everyday words and phrases. We attempt to intervene in the client's life using whatever method will most expeditiously help the client develop a deeper understanding and closer relationship with God.
- Counseling works best when relationship precedes confrontation; we seek to develop a relationship with the client with the goal of earning the right to speak truth into the client's life; the Holy Spirit helps us discern the appropriate timing for confronting and supporting.
- God uses us, imperfect as we are, to help others who are also imperfect. We don't know everything and we recognize the need to be lifetime students of God's principles.
- We need an active, growing faith in order to help clients and we attempt to genuinely live out our faith in both our personal lives and in our counseling sessions.
- We pray with clients and/or for clients as God leads.
- Professional counseling is beneficial to the client because it provides an objective and focused environment (as free as possible from ulterior motives from those you already know).
- We anticipate God's kingdom to be advanced in some way as a result of our effort.

Counseling Methods

Matt utilizes a form of therapy he calls Christian-identity therapy (CIT). The goal of CIT is to bring your self-image into alignment with your God-given identity. Having your self-image out of sync with your true identity can produce a significant level of discomfort. Most people cope with this pain through distraction and numbing. But grieving and lamenting are healthier options because they communicate any emotional pain directly to God.

CIT is an insight-oriented therapy. It helps you build awareness of your identity so you can grow into who God made you to be. Your identity is who you are. Your self-image is who you think or feel you are. Your *identity* can't change, while your *self-image* changes frequently. Life's challenges (sin, loss, abuse, and neglect) and creation's curse can seriously distort your self-image so that you can no longer comprehend who you are. The resulting confusion prevents God's people from thriving.

Read more detail about this therapy including symptoms, techniques, and benefits at:

<https://newreflectionsounseling.com/static/pdf/ChristianIdentityTherapy.pdf>.

Counselors Available

Matt Pavlik MA, LPCC-S

I balance compassionate listening with direct questions and sharing my insights. I take time to really know you and provide personalized care. I patiently walk you through the process of healing deep hurts. I assign homework as appropriate to facilitate growth and healing. I have experienced with my clients that healing often happens when we dig into the root causes of your concerns and bring attention to what hurts while focusing on God. True healing involves experiencing truth and grace through a relationship with Jesus.

Accomplished by: Christian Counseling Talk Therapy, Christian Spiritual Direction, Inner Healing Prayer, Formational Counseling, and EMDR. These therapies include a blend of Spiritual, Experiential, Cognitive, Emotional, and Behavioral approaches.

Recovery from: Abuse, Neglect, Abandonment, Infidelity, Trauma, Post-Traumatic-Stress-Disorder (PTSD), Complex PTSD, Anxiety, Panic, Dissociation, Poor Self-Esteem, Insecurity, Codependency, Distance from God, Loneliness, Depression, Loss

Help with: Emotional and Spiritual Healing, Communication, Conflict Resolution, Finding your Identity, Confidence, Boundaries, Trusting, Marriage Restoration, Recovery from Abusive Relationships, Living Life Single, Dating Decisions, Divorce Prevention (Pre-Engagement and Pre-Marital Counseling), Grieving, Personal Growth as an Introvert, Getting in Touch with Feelings, Sorting through Out-of-Control Emotions, Spiritual Growth and Connecting to God

I write about identity, emotional healing, and security of the true believer at ChristianConcepts.com. As a child of God, I desire to see God's truth become real in my life and in the lives of others. My books, [To Identity and Beyond](#), [Confident Identity](#), and [Marriage from Roots to Fruits](#), contain practical exercises to help readers move God's truth from head to heart, developing the resilience needed to overcome life's challenges.

Matt became a Christian July 1991. He graduated from the University of Illinois in 1993 with a B.S. in Computer Science. In 1995 he moved to Ohio to pursue a Masters of Arts in Clinical Pastoral Counseling from Ashland Theological Seminary. He married in 1999 and has 2 daughters and 2 sons. Matt founded New Reflections Counseling, Inc. in March 2003. In addition to counseling services, he provides supervision and clinical oversight.

How Others View Matt

The following comments contain others' perspectives on Matt's role as a counselor. Because each person's struggles are unique, each person will respond to counseling differently. In addition to a counselor's skills, many other factors (such as a client's availability, investment, motivation, attitude, and ability to face difficult emotions) can determine the results of counseling. While Matt practices with evidence-based methods, the outcomes of counseling cannot be determined ahead of time. He might interact with you in completely different ways (than those depicted below) to help you reach your goals.

Matt is not able to help all people. Sometimes there is not a good fit between what people need and what Matt is able to provide. The comments below do not necessarily represent the specific outcome you will realize. They are only meant to help you get a better feel for Matt's personality and approach to counseling. They have been edited for readability. While Matt cannot guarantee any specific outcome, he will work with you to achieve the best results possible.

- Matt has an ability to ask questions that go right to the heart of the issue. Sometimes I did not like his questions, however, through answering them I was able to begin to see more clearly the real problem.
- He challenged my thinking pattern. He helped me to begin to see how my thought pattern was dysfunctional.
- He showed me a way to begin making my own decisions based on my priorities instead of impulsive thinking.

- The books, handouts, and exercises Matt had me read or complete were helpful. They showed me new ways of looking at different situations. They taught me life skills to use to deal with problems in my life.
- Matt helped me understand how my childhood has effected my marriage.
- He helped me understand there are boundaries to which no one should cross and I have the power and ability to set those boundaries.
- Matt listened and directed my thinking in a way that made sense.
- He helped me rediscover my God relationship. God and I have a much better relationship because of counseling.
- Matt helped me understand how to think of others to have a fulfilling life.
- He helped me see the need to break out of my safe zone and take risks to do things in different ways to achieve different results.
- He helped me understand the relationship between how I was nurtured or not nurtured as a child and mapping my views of my parents onto God whereas I should map the ideal view onto God and rely on that ideal to be met not the limited defective images I've seen through my parents.
- As a marriage counselor, Matt helped me by being a true neutral party. He gave simple, sound advice, which was easy to put in place and to see the results.
- Matt is easy to talk to and comfortable to be around, even for someone who has been uncomfortable around strangers their whole life.
- He showed concern and redirected my thoughts when needed. He was patient with me which was greatly needed.
- He pointed out how I was allowing others to compromise myself. I am not in a relationship any longer because he helped me realize the control that I actually do have over my life.
- I have expressed the joy and the bad aspects of my life to him and I am glad that he was there to hear me when no one else was.
- I thank him very much for these things that have helped shape my future relationship; they will always be in my mind.
- I found several moments very illuminating, and it was helpful to be able to respond to Matt's questions and see our relationship from an outside perspective.

Office Location

We provide face-to-face counseling at our Dayton office. We also provide counseling anywhere in Ohio via phone or video.

