

Additional Services

By Peaceful Waters offers a full range of professional services for families, individuals and companies.

These services include:

- Individual, Couples/Marriage, Family, Children & Teens, and Group Therapy
- Art & Music Therapy
- Spiritual Direction / Life Coaching
- Parenting and Family Coaching
- Nutritional Counselling
- Mediation Services
- Child Centred Divorce Services
- Parenting Coordination and Reunification Counselling
- Vocational Rehabilitation
- Educational Presentations & Motivational Seminars / Encounters



For more
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Prayer Counselling



A Powerful Tool for
Healing & Discovery

Prayer Counselling

A Unique Service

Prayer counselling at By Peaceful Waters is a unique service that focuses on integrating a client's spiritual history within the context of more traditional counselling methods. By Peaceful Waters offers prayer counselling as a part of an overall approach to spiritual, emotional, and cognitive well-being. This highly successful counselling method is provided by members of our team of specialized, educated therapeutic professionals under the guidance and direction of our Clinical Director.



Prayer counselling offers clients perspective, peace, and freedom from the negative patterns rooted in past traumas and hurts.

How It Works

When appropriate, By Peaceful Waters uses prayer counselling as a tool, blending the counsellor's expertise and area of specialization with a focus on using prayer to identify past hurts and work through them. Although every implementation of this technique will look slightly different, a session of prayer counselling will follow a basic structure:

- inviting Jesus to walk with the client back into past hurts, memories, traumas, and betrayals
- asking Jesus to show the client the lies he/she believed as a result of the past hurt
- identifying the negative feelings associated with these lies
- developing an understanding of where Jesus was while the hurt was occurring
- asking Jesus to reveal His truth to the client's heart and to give him/her a better view of the "bigger picture"

Our counselling professionals are trained to prepare our clients appropriately on what to expect from a session and to ensure that they are comfortable and in personal control. Each prayer counselling session is scheduled ahead of time, and after clients have had an adequate amount of time to process what they have learned, the method may be repeated in additional sessions as needed.

How it Helps

Prayer counselling is typically used to identify and remove blocks that hinder a client's progress – in counselling and in life. Our clients tend to report being profoundly affected by this method and the changes that result. It has been shown to help clients discover patterns in their family relationships and friendships that have a root in a past trauma, which allows counselling staff to provide the tools needed to repair the damage caused by these patterns. It can assist with identifying and breaking free from a sinful or negative behavioural pattern that has reverberated through many generations and left a legacy of damage and destruction in its wake.

Most importantly, it can put an end to painful feelings of shame and worthlessness that are neither productive nor necessary and stop the cycle of obsessive behaviours that are rooted in a vow to never feel a similarly devastating trauma again. It can pull clients from the mire of past hurts and give them the healing, perspective, and peace they both need and desire.

