

Redeemer

C O U N S E L I N G

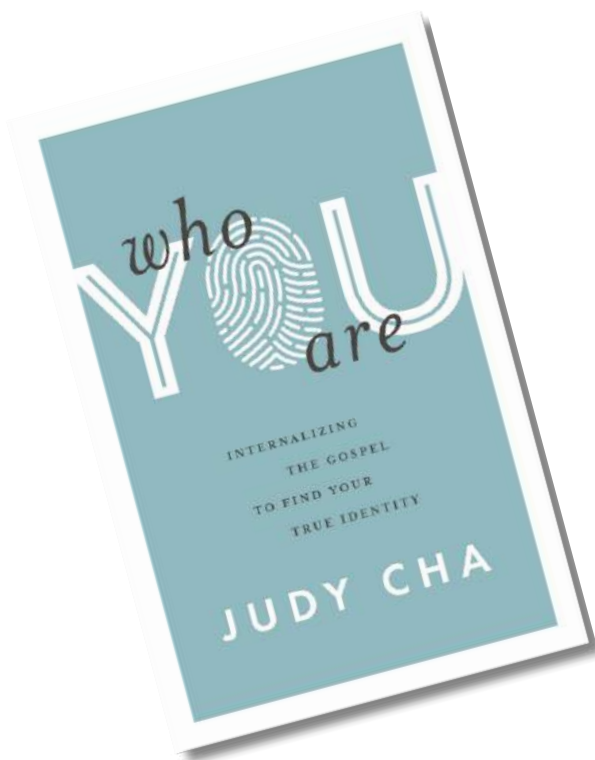
2023/2024
MINISTRY REPORT

HEALING AND TRANSFORMING LIVES

I want to thank you for your partnership as we seek to make our counseling services accessible and continue our training efforts for churches to address the mental health needs of their congregants.

Our chief aim at Redeemer Counseling is to make the Gospel central to mental health care, for we know that God's grace through Christ is what leads people on the path of complete healing and transformation. In 2023, we took a big step forward introducing our unique brand of counseling—the Gospel-centered Integrative Framework for Therapy (GIFT)—through the book, *Who You Are: Internalizing the Gospel to Find Your True Identity*.

We see this book as the start of expanding our reach beyond the tri-state area, especially as the stigma around mental health care in faith-based communities decreases and the demand for counseling continues to rise. More and more younger people are pursuing counseling and challenging churches to sharpen their understanding of holistic counseling care. We desire to strengthen the credibility of Christian counseling in the field of psychology so that therapy is not only effective in relieving symptoms but helps people deepen their connection with God.



DIRECTOR
JUDY CHA



19,948
Sessions

Provided to individuals,
families, and couples



120+
Church Network

Churches are confident
referring congregants to us



38%

Income < \$50,000

Clients receive counseling
through our sliding scale fees



59%

People of Color

Serving clients with a
diverse ethnicity

Sources of Revenue	2023	2022
Client and Training Fee	\$2,756,826	\$2,583,263
Donations and Grants	\$868,627	\$748,451
Total Revenue	\$3,625,453	\$3,331,714

Expenses	2023	2022
Counseling and Training	\$3,172,074	\$3,018,395
Management & General	\$461,185	\$413,237
Total Revenue	\$3,633,259	\$3,421,632

Change in Net Assets	(\$7,806)	(\$99,918)
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REMEMBERING OUR FOUNDER TIM KELLER



On May 19, 2023, New York City pillar and champion of the Gospel Tim Keller passed away after a long battle with cancer. A few hours later, the Redeemer network of churches and ministries met, as scheduled, in a Manhattan theater. The ministry-wide gathering had been planned months in advance, the first of its kind and the largest Redeemer community gathering since COVID-19 devastated the city. We felt the providence of God—that He called Tim home the same day as this one-of-a-kind

opportunity for us to be together. That night, and in the months that followed, we mourned a leader who honored the call of God to serve New York City. Tim’s obedience ignited a mission that now outlives him and gives God all the glory in everything. Redeemer Counseling is honored to be part of that legacy, as we serve the spiritual and mental health needs of New Yorkers.

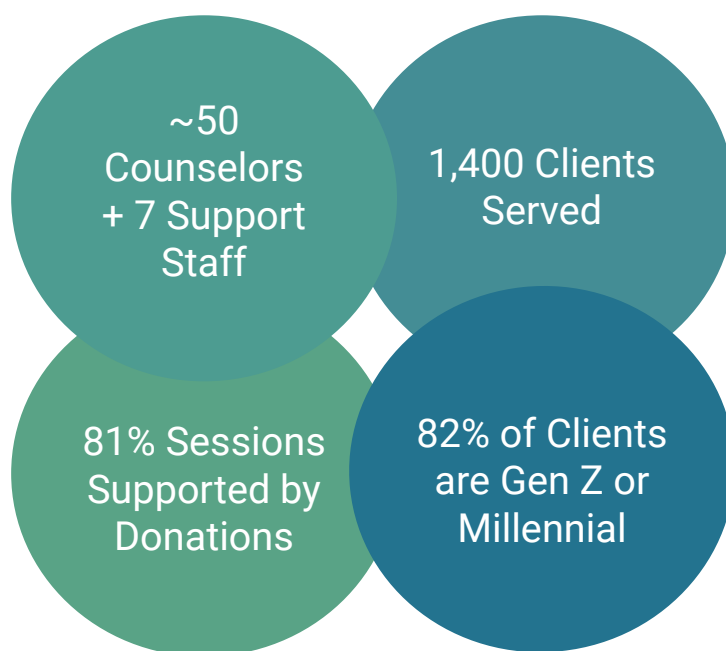
“We came to see that the great theme of the Bible itself is how God brings fullness of joy not just despite but through suffering, just as Jesus saved us not in spite of but because of what he endured on the cross. And so there is a peculiar, rich, and poignant joy that seems to come to us only through and in suffering.”

— Tim Keller

Walking with God through Pain and Suffering

COUNSELING SERVICES

For over 30 years, our approach to Gospel-centered counseling has been to create a context for healing and growth as people experience the power of the Holy Spirit and the truth of the Gospel in a personal way. RCS serves an average of 1,400 clients through 20,000 sessions per year in New York. We offer a sliding scale for session fees based on household income because high-quality, professional counseling is not financially accessible for low-income individuals/families in New York.



GROUP COUNSELING



ADRIANA'S STORY

My state of very high and constant anxiety and depression brought me to Redeemer Counseling. In my culture, counseling is not something that is talked about or encouraged, it is almost seen as a sign of weakness. I felt God prompting me consistently to seek counseling and I started my search until I found Redeemer Counseling.

Talking to my counselor, Annie, who was of the faith but was not in my circle of people, was such a blessing. Churches often offer counseling, but it is always someone you know.

A lot of my issues came from my family and church life, but I was the daughter of two leaders and was also a leader in my home church, so doing counseling in my church was not something I felt comfortable doing.



"Counseling was my refuge, an oasis where I could start to unpack years of trauma and generational issues, dig into my family of origin, and really find out who Adriana was, since I really did not know."

Therapy provided me the safe space to be vulnerable and the tools to do the work such as taking scheduled alone time, working out and meditating. Through

the three years I was in counseling, I saw the change in my anxiety and depression go from debilitating to completely manageable. I want to say thank you to all of you who have supported and continue to support Redeemer Counseling.

"I do want to say what a blessing the sliding scale is. It truly was a game changer to be able to afford counseling on a weekly basis while working and being a full-time student. Thank you because you are opening the opportunity for other people to heal during such a huge mental crisis, we are currently living in. Thank you because it changed my life—no it saved my life, and I am forever grateful."

MENTAL HEALTH TRAINING



The Redeemer Counseling Training team endeavors to equip the church and its leaders to love people well and minimize unintentional harm.

We have three goals:

1. Ensuring holistic, preventative pastoral care
2. Cultivating a culture of safety in churches and communities
3. Providing an appropriate level of care and response

Our team of trainers provides workshops and consultations, multi-week series for church leaders, and a 9-month training program called the Redeemer Counseling Fellows Program. We hope to help communities navigate the needs of the people they serve, while learning to take better care of their own spiritual and mental health.

In 2023, through the help of a grant from the Korean American Community Foundation, we trained three counselors as apprentices to expand our training offering. We refined our curriculum for training church leaders, which will allow us to equip more leaders in communities underserved in mental health care.

REDEEMER COUNSELING FELLOWS PROGRAM

The Fellows Program is a 9-month intensive mental health and counseling skill training program for pastors and ministry leaders. Classes are taught by our professional therapists, who are trained and seasoned in practicing GIFT, our unique The Fellows Program started in 2018 and grew out of New York City pastors' need for more in-depth counseling training to meet the pastoral care demands of the church. The program has become more valuable over time, as pastors and leaders recognized the greater mental health needs of their congregations.

“As a pastor, as a friend, and as a husband, the Fellows Program has given me tools, equipping, and resources in the counseling world. With all the needs that come up from our church, our members, and our own relationships, it is vital to have these tools.”

—Pastor Charles "Cheech" Chung, 2023 Fellow



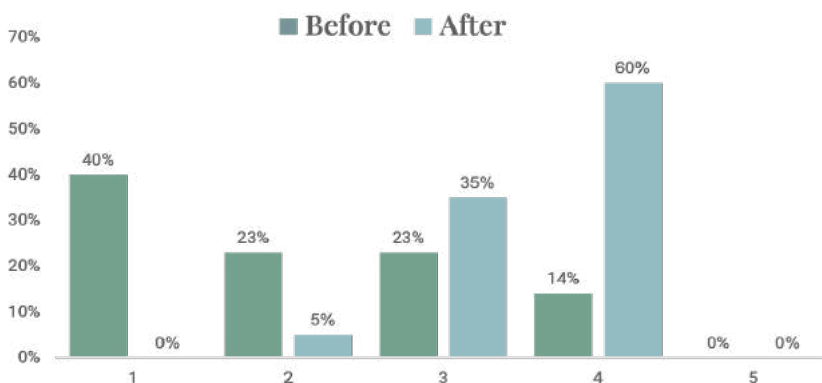
TRAINING SERIES FOR LEADERS

Our curriculum for this 5-week series is based on decades of Gospel-centered counseling experience in New York City. Participants are introduced to our unique Gospel-centered Integrated Framework for Therapy (GIFT), which provides a new way to understand congregants and gain direction for contextualized ministry.

Some of the topics include responding well to people's struggles, trauma, and abuse. Leaders have the opportunity to grow personally as well as practice learning to ask good questions, to become better listeners, and to discern appropriate boundaries in pastoral care.

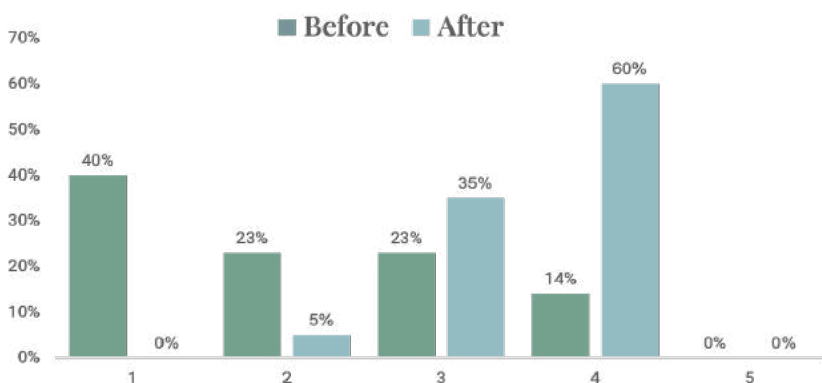
DATA OF CHANGES THROUGH THE SERIES

"I feel equipped to address the mental health concerns in my congregation or ministry context." (Scale of 1 to 5)



"This training series was an answer to prayer."
— Pastor David Kim

"I have a healthy rhythm of boundaries and self care." (Scale of 1 to 5)



PASTOR PAUL'S STORY



Through the training series, Redeemer Counseling helped us start the conversation about integrating counseling into our church. We know the process will take a while, and there will be hurdles, but my hope is that through the trainings we received, our church can be a place that meets with people and serves them through counseling in a more official way. By God's grace, Redeemer Counseling consulted with us to create a care team and helped us transform one of our rooms into an inviting private conversation space. Culturally, it is easy for my community to ignore or sweep issues under the rug, grit their teeth, and just push through. The series has been a good step in getting the community I serve, which is a Korean American community, the counseling that they so desperately need.

"Redeemer Counseling has changed my life and the life of my church."

With the resources we were given, I realized I do not have to judge myself with questions like, "Why are you like this?" Instead, I can ask, "What happened in my past and childhood?" In class, we started to deal with our past and childhood trauma. We were led to have a corrective experience and encounter with Jesus. I was working through a trauma of being attacked by people in my neighborhood. Bringing Jesus into that traumatic moment was a restorative process for me. As the healing was taking place, I asked myself, "Is this what counseling is?" My wife then did the exercise as we were walking around the park. She went through one of her childhood traumas and invited Jesus into it. The same thing happened to her. She said, "This is amazing!" She was crying. It was unexpected but healing.



"Going through the science of our design in a biblical way was very helpful for me and helped me see there is a reason why we react the way we do. I see the kingdom-minded heart that Redeemer Counseling has to share these resources and bless other churches and people."

GIVE TO HELP US REACH MORE PEOPLE!

Redeemer Counseling Services

Memo: General Fund

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