



We Are Professionals.

I have always loved to help people. Have you ever noticed that certain people just exude an aura about them that says, “Come and talk to me about your problems”? I believe I was one of those people and, perhaps, you or someone you know can identify. Although my heart was willing, at times my knowledge and understanding of what needed to be said wasn’t always correct. I “counseled” out of my own beliefs and life experience and many times walked away wondering if I had said or done the right thing. I may have been more of the problem than the answer. We see that in Job’s friends. They were honored that Job called upon them in his distress, but their advice wasn’t that helpful. They were misguided and more part of the problem than the answer. As believers, we are all called to support and care for our friends through words and deeds. But there are times when we need to refer them to a caring Christian professional who is specifically trained to help in their particular situation. The difference between friendly support and professional guidance became abundantly clear to me as the Lord called me into ministry as a professional Christian counselor.

I am so pleased to be a part of Wellspring Christian Counseling. The counselors are committed to being professionals, while having the warm, caring element of a friend. Each Staff Counselor is a Licensed Professional Counselor (LPC) or a Provisionally Licensed Professional Counselor (PLPC), meaning that they have completed a Masters-level program in Counseling. Besides their education, they must complete 3000 hours of supervised counseling before receiving the LPC. Some of our counselors have also completed a Master of Divinity degree. Licensed Professional Counselors are also required to continue advanced training throughout their career. Through their training, our counselors begin to specialize in certain areas, and their expertise is sharpened.

If someone you know is struggling with depression, a troubled marriage, abuse or other issues, and needs more help than you feel you are able to give, be a friend and refer them to the caring professionals of Wellspring Christian Counseling. To inquire further into the professional help offered at Wellspring, visit our web site at www.wellspringstl.org.

**Peggy Hughes, LPC, Staff Counselor
Wellspring Christian Counseling**

Meet the Counselor:

Peggy Hughes is a Licensed Professional Counselor (LPC) in the state of Missouri. She holds a Master of Education in Counseling from the University of Missouri-St. Louis and a Bachelor of Arts in Psychology from William Jewell College in Liberty, Missouri. She completed her internship at Wellspring Christian Counseling and joined the staff in 2002.

Peggy is a member of the Missouri Mental Health Counseling Association (MMHCA) and the American Association of Christian Counselors (AACC.) She specializes in marriage, family and parenting issues and has field and training experience in abuse, depression, anxiety and eating disorders. Peggy has also received specialized training to assist those in conflict through the use of mediation. Peggy travels teaching and speaking on parenting, biblical peacemaking, depression and marriage and is available for seminars, workshops, classes and retreats.

Before her career in counseling, Peggy earned a Bachelor of Arts (B.A.) in Business Administration from William Jewell College in Liberty, Missouri. Previous life experience includes counseling birth parents in the adoption process as well as working in law enforcement. Peggy currently serves on the board for Joy FM radio in St. Louis. Peggy has been married for 31 years and has 2 grown children.