



April 2, 2024

TO: Ministers, CREs, Certified Educators or the Presbytery of Arkansas and their families

FR: Rev. Rebecca Spooner, LPC, NCC

RE: Free counseling provided by the Presbytery

Happy Easter!

I am writing to remind you of the 8 free counseling sessions/year provided to you and your family through the Presbytery of Arkansas. We have therapists around the state who have experience working with church professionals who have agreed to work with us and participate in our Clergy Counseling Network. Attached, you should find a list of these providers.

You can make an appointment with any of these therapists, just let them know that you are covered under the Presbytery of Arkansas contract. I will pay them for their time from funds pre-paid by the Presbytery. It is completely confidential. None of your information is ever shared with the Presbytery. If you finish your 8 sessions and want to continue to get support, you also have 6 sessions from Cigna EAP (Employee Assistance Program) every year. You simply call to get the sessions activated (1-800-926-2273).

We have several therapists here at Wellspring, including me, who are covered under the contract, as well as therapists in every area of the state. If you are currently seeing a therapist, and would like them to be added to the Network, simply let us know and we will send them all the pertinent information.

We also host a Clergy Support Group here at Wellspring. We meet monthly on Fridays from noon to 2 p.m. and you can use your free sessions for that group. We can also file your insurance. Just let me know if you are interested. It is a great way to gain support and fight any feelings of isolation. The group consists of pastors from different denominations and the sessions are confidential.

Please do not hesitate to contact me with any questions about these services or any way that we can help you or your congregation.

Grace and Peace,

A handwritten signature in black ink that reads "Rebecca".

Rev. Rebecca Spooner LPC, NCC

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A Center for Healing, Health and Wholeness