

# Counseling and Mental Health Insights

“General Questions and My Personal Private Practice vs Others and the System”

**By Dr. John Simms, Ph.D.**

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**1). In your opinion, do you think different forms of counseling and therapies are better than others?**

**Answer:** Yes, due to specialization, the individual's subjectivity, unique situations, etc. Personally, I like to utilize an eclectic approach because I care about positive results.

**2). Do you use cognitive behavioral therapy?**

**Answer:** No and I've never been not a fan of it. Instead, I use approaches that are more practical and effective in both the short and long term. In regards to evidence based therapy, they're not a panacea and their studies are arguably flawed.

**3). Why do you dislike modern day counseling?**

**Answer:** A lot of counselors and therapists use a one size fits all approach and they tend to be too idealistic, focus too much on the symptoms and present and even distort things that aren't useful. In all, I'm an open-minded realist who customizes to each person or situation for positive outcomes and results.

**4). Why don't you accept insurance?**

**Answer:** I didn't want politics, bureaucracy and insurance companies to control me or my clients/patients in regards to rendered services and duration of care to say the least. And on top of that, I also created an insurance alternative that is arguably better than regular insurance coverage and fee for service arrangements.

**5). For advice, why should I go through you (counselor) and not one of my friends or family members?**

**Answer:** Besides competence and confidentiality issues, most likely I'm going to be more honest with you than your friends and family members. After all, they may lie and deceive you because they don't want to hurt your feelings even though sometimes the truth hurts. That being said, I'm very objective, reliable, professional and authentic whereas they may not be.

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**6). I'm a life coach, why do I need you?**

**Answer:** In addition to being a competent counselor, psychotherapist and master life strategist, I could help you keep your ego in check for starters. And I can mentor you and make you better like the others that I worked with. And on top of that, I have a business background and I'm very successful. That being said, I could improve you and your business among other things.

**7). Why do people refuse counseling or therapy?**

**Answer:** Besides financial reasons, I would say pride, arrogance and denial mostly. And many people out there have problems with truth and reality that pertains to the various ego defense mechanisms, cognitive biases, the Dunning-Kruger Effect, etc. And as a consequence, they may refuse help, counseling, truth and facts not to mention continue to make poor decisions, have false assumptions and don't properly address or improve the status quo. In all, a lot of people need counseling or therapy and they don't get it.

**8). In your opinion, why does counseling or therapy fail people?**

**Answer:** For many reasons. Besides utilizing the wrong approaches and having incompetent counselors or therapists involved in the past or present, many people are not willing to help themselves or improve the status quo not to mention they don't listen or follow directions and lack commitment and consistency. Also, there's a lot of people who have little to no counseling/therapy due to financial and/or insurance issues. In regards to my private practice, you're dealing with a competent professional who's willing to work with people's financial situations. And on top of that, I'm upfront about what is expected from my clients/patients in which I only help those who want to be helped.

**9). In your opinion, what do you have over other counselors and therapists?**

**Answer:** Besides not being controlled by politics, bureaucracy and insurance companies, I'm more resourceful, skillful, open-minded and practical than the majority of them. I also created my own version of hypnosis and utilize advanced psychological techniques and unorthodox approaches that tend to be more effective than traditional counseling and psychotherapy. And on top of that, I have an insurance alternative that benefits me and my clients not to mention that I'm a holistic medicine practitioner who addresses the whole person. That being said, the other services I provide deals with some physical health, spiritual advising, mentorship and life coaching for life mastery, personal potential and empowerment. And I even help small businesses via consulting, employee programs, etc. In all, I offer more services and have more power and lower costs than most of my colleagues.

**10). Why do you offer Christian Counseling and Spiritual Guidance?**

**Answer:** Because religion and spirituality could affect mental health not to mention people's lives and situations. I also wanted to point out that religion and spirituality are different from one another. And you may want to watch my free informational videos and read my special reports on my website regarding Christianity and spirituality.

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**11). What types of issues do you take care of?**

**Answer:** I deal with a lot of issues such as depression, stress, anxiety, ptsd, religious, spiritual, sexual, dating, relationships, financial, physical health, death and grieving, substance abuse and recovery, rites of passage, etc. However, many people use me for my life coaching and personal growth and development services.

**12). I'm not mentally ill, can I still talk to you and use your services privately?**

**Answer:** Yes. And that's the beauty of my private practice. Besides confidentiality, there's no insurance involvement and you don't need a diagnosis to utilize my counseling, psychotherapy, life coaching, personal development and holistic medicine services. And on top of that, you could even pay me anonymously. Needless to say, anyone can use my services and most counselors, therapists, life coaches, personal development experts, spiritual advisors, holistic medicine practitioners, organizations, etc don't have what I can offer you.

**13). Why do you offer holistic medicine in your private practice?**

**Answer:** Besides my diversified interests and multi-potentiality, I understood early on that various things can directly and indirectly affect you in more ways than one. And I also realized that alternative approaches may be better than traditional ones to say the least.

**14). In my opinion, why do clients/patient use your services?**

**Answer:** Besides competence, professionalism, confidentiality and working with people's financial situations, I would say my very high satisfaction and success rates with my clients/patients. It also helps that I take pride in my work and I legitimately care about people. And on top of that, many individuals like my insurance alternative (Simms Care) because they get more services and it costs less money than their regular insurance coverage and fee for service arrangements with others.

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