Confidentiality

All information disclosed within sessions and the written records pertaining to these sessions are strictly confidential and may not be disclosed / revealed to anyone without client’s written consent, except where disclosure is required by law.

FAQs

What is the cost and length for a session?

* There is a free, initial 15- minute consultation so the potential client can ask any questions prior to making an informed decision to whether to begin counseling with Dave.
* With the exception of the initial 15 minute consultation, the fee is $125 per session.
* Sessions are for 50 minutes.

Do you accept insurance?

* No insurance is accepted.

Do you offer a sliding fee scale?

 There are currently no sliding fees.

What time do you have sessions?

 I offer a flexible schedule which includes days and evenings hours.

How often do we meet>

 Ideally, sessions are scheduled weekly. It is understood that meeting weekly is not always possible due to a variety of reasons. Please discuss with Dave.

Home
Welcome. My name is David Hughes. My clients call me Dave. I am a Master level Christian Counselor and Biblical Counselor currently doing teletherapy (virtual) from Batavia, Illinois. My studies have included theology, biblical studies, history and counseling psychology. I have over 28 years in Christian counseling working in private practice, churches, a mental health facility, a drug treatment center, and public schools. My education includes studies at Asbury University, Chestnut Hill Grad School, Georgia State, and Eastern Seminary (now Palmer Seminary).

I work with men and women from all cultures and socio-economic backgrounds. I have worked with people struggling / suffering from a broad spectrum of issues. My counseling has included marriage counseling, relationship counseling, women’s issues, men’s issues, and topics such as forgiveness, anxiety, depression, self-esteem, divorce, abuse, childhood abuse to name a few. My experience includes work in the spiritual, psychological, emotional, and cognitive areas of life. I am intentional about treating my clients with grace, kindness gentleness and dignity, along with some challenging and prodding. Please contact me and let’s talk. May you experience grace, comfort and peace of Jesus this day!

My Christian faith and professional practice

After a decade of meaningful events that occurred in my life, I was led into the field of counseling. I soon understood that by integrating my faith combined with sound counseling practices that I could help people in meaningful ways. I have a heart for helping men and women struggling with life issues. Let’s face it, life can be tough. Relationships can be difficult and hurtful. The problem many of us face can be many. Our self-esteem and identity can be full of things we believe about ourselves and even were told. It is often some of our beliefs about ourselves are baseless, based on lies. The wonderful news is that Jesus will help set us free and give us freedom and victory of what we are struggling with. He wants to set us free from the chains that bind us and to walk along side of us for the rest of eternity. I want to help those I work with experience forgiveness, redemption, healing and victory. IT IS POSSIBLE!

Specialties

Abandonment issues

Abortion recovery

Abuse and Trauma

Divorce Counseling

Cognitive Behavior issues

Conflict resolution

Divorce and Divorce Recovery

Domestic Abuse

Grief / bereavement

Marriage counseling

Men’s issues

Pre-marriage counseling

Spiritual growth

Stress / anxiety/ depression

Women’s issues

About Me

I grew up in a pastor’s family in southern NJ along with my 3 brothers. Part of my growing up took place along the Jersey shore. I loved living 8 blocks from the ocean. The memories of spending my summers on the beach and boardwalk are wonderful. The town I grew up in had a busy and robust seafood harvest industry. I spent countless hours watching the various boats coming into dock and unloading the various seafood. I remember on more than 1 occasion letting my curiosity get the best of me. Sometimes I would climb onto the boats to get a closer look only to be chased away by a playful bearded fisherman pretending that he was a pirate and that he would make me walk the plank if I didn’t “scram”.

Professionally, I have had several challenging and life altering experiences. One of these experiences was to serve on an early response team that was sent to New York City immediately after the horrific events of 911. The memories of these events are still vivid in my recollections. Another exciting experience was when I was chosen to be a part of a team of 7 individuals for a new project in the state of NJ. Our team’s project was to create / develop a statewide traumatic loss coalition with the goal of having an early response team chosen, fully trained and available to respond to any traumatic event in the of the NJ counties. Additionally, we tasked and reached the goal of having a fully trained early response team in 75% of the school districts in NJ. These teams consisted of law enforcement, teachers, school counselors, mental health professionals, nurses, doctors, clergy and other vocations.

I’ve been married 30+years to Sancha Cosby, a girl I met at college. She is from the great state of GA. We have 3 adult children who are scattered, living in Philadelphia, Chicagoland, and South Korea. We enjoy sports, landscaping, dining out with friends and family, water sports, traveling, hiking, and campfires. My favorite teams are the Atlanta Braves, the Philadelphia 76ers, and University of Kentucky boys basketball team.