



Healing Hearts • Restoring Relationships • Liberating Lives

God knows. God cares. God speaks to your situation.

We all suffer in this fallen world. Our suffering might look different and might occur for various reasons, but we all face difficult days and dark endless nights. When I entered the most painful and frightening days of my life I trusted in the fact that God knew all about my circumstances. Fortunately, I had been taught that God cared about me as an individual and that He had something to say to me personally about and through my suffering. God wanted me to know that He loves me, and that He is with me – no matter what I see before me. Knowing and relying on these life-giving truths gave me the strength and courage to not give in to despair when it certainly seemed that despair was the easier road. Knowing that God knew, He cared, and that He was speaking to me in my pain steadied me in a dark storm until the clouds parted and I could see hope again.

As a counselor at Wellspring, I meet with individuals who are broken and suffering. They often enter my office believing that God has forsaken them. Sadly, this belief only serves to compound the individual's pain and makes it seem intolerable. I have the awesome privilege of sharing the Good News with my clients. I have real hope to offer them in the midst of their suffering. They too have a God who knows about their pain, cares about them, and has words of comfort, encouragement and guidance for them. Together, with hope in Christ, we work through the darkness until they too can see the light again.

**Jane Henke, LPC, Staff Counselor
Wellspring Christian Counseling**

Meet the Counselor:

Jane Henke is a Licensed Professional Counselor (LPC) in the state of Missouri. She earned her Master of Education in Counseling (MEC) from Missouri Baptist University in St. Louis, Missouri and a Bachelor of Science in Psychology (BS) from Missouri State University in Springfield, Missouri. Jane completed her internship at Wellspring Christian Counseling and joined the staff in 2005.

Jane's areas of special interest in counseling include a wide variety of women's issues as well as sexual abuse, addictions, grief, codependency, spiritual struggles, eating disorders, and marital conflict. In addition to her formal counseling training, Jane has received specialized training to assist those in conflict through the use of mediation. She has experience and enjoys opportunities to speak to groups on a wide range of topics including conflict resolution, parenting, marital issues, teen pregnancy, and spiritual issues. Jane was recently appointed by Governor Matt Blunt to serve on Missouri's Child Abuse and Neglect Review Board.

Jane has been married for fourteen years and has two children. She attends a non-denominational church in the St. Louis area, where she serves in various leadership roles. Though Jane says she doesn't have any hobbies per se, she reveals that her favorite leisure activity is shoe shopping at the mall!