



DIOCESE OF
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Living God's Love

**CLERGY
COUNSELLING
SERVICE**

WHAT WE OFFER?

A professional, confidential counselling service for all clergy and/or spouses, civil partners and older children. We provide individual and couple counselling offering one off consultations, short term focused counselling, weekly sessions for up to one year and supervision sessions.

HOW CAN WE HELP?

We all have times when life can be difficult and challenging. You may be experiencing a major life change such as a bereavement, a relationship breakdown, facing retirement or have recently moved to the Diocese. Ministry can be demanding; juggling different priorities and managing many relationships can be stressful. Or you may be struggling with your mental health, feeling anxious or depressed. Whatever your concerns it can be helpful to talk to one of our counsellors, someone outside your network; exploring in confidence, without judgment, ways you can manage and cope with your situation.

WHO ARE WE?

We are experienced counsellors/ psychotherapists who are responsible for managing the service. We work with a team of affiliate counsellors/ psychotherapists who are based throughout the Diocese.

We all adhere to our professional body's code of ethics: the United Kingdom Council for Psychotherapy, the British Psychoanalytic Council and the British Association for Counselling and Psychotherapy.

HOW CAN I ACCESS THE SERVICE?

Please make contact with one of us. We'll arrange an initial meeting over the phone so we can talk through how best we can help. If ongoing counselling is required you will be referred to one of our affiliates. Sessions can be arranged in person or online.

WHAT DOES IT COST?

The cost of a session to the Diocese is £45. To ensure the service is available to as many people as possible, however, the session cost is shared between the Diocese and the people using the service. You will be able to discuss what you can contribute with your counsellor. The exploratory session with us will be free of charge.

To protect your privacy the counsellor will redact your personal details when they submit their invoice to the Diocese.

Please make contact with Christine or Carole, see their details in the box below.

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