The Diocese will normally meet counselling costs.

The Diocese is committed to ensuring confidentiality and is not required to disclose your name or any information to anyone in the Diocese or to third parties. Any information you provide will be treated in the strictest confidence.

The initial meeting with the Diocesan Adviser will last for up to an hour and is a simple way to discuss your concerns with a professional who can help you understand your options.

There is total confidentiality unless there is an immediate threat to persons or others.

FURTHER INFORMATION

- Loss of faith
- Bullying
- Debt
- Assumptions
- Pressure of role expectations and unresolved work issues
- Sexual issues
- Addictive behaviours
- Anxiety and depression
- Feelings of imposed burden or isolation
- Other relationships
- Distress or conflict in marriage, family or work
- Experiencing high levels of unhealthiness

Consulting Service could be of value

Indicators that the Pastoral Care and

...you are my life and work

...helpful reflecting

it surprised me how

...Jesus Christ is present to

...resilient people of

...We pray to be

...
Counselling

Counselling is normally accessed by self-referral or by the Diocesan Adviser. However, for some people, simply talking to a suitable counsellor or psychotherapist may be the only referral. A complaint about the issue and discuss a counselling session with the Diocesan Adviser. In doing so, there will be a clear way through the role of behaviour change. Ways of coping and personal issues and give you time to talk about and make a decision.

Counselling and correspondence necessary administrative

The number of sessions may, by agreement, be extended in special circumstances.

Keep your name and identity confidential. Whether you are in crisis or not, you do not need to be in crisis to benefit from counselling. It is not a sign of
ger

Help is at hand

Access to Counselling

Psychology

Counselling and psychotherapy

Counselling is available to clergy and their families and non-clerical clergy. A comprehensive, caring, compassionate service is provided. Counselling is accessible to all. Only counsellors and psychologists who are accredited by a recognised professional body, such as BACP, UKCP, or ACC, many

Ten sessions on a regular basis as close to home as possible.

Counselling is a confidential and complete professional service (within normal limits) and complete confidentiality (within the relationship between you and the counsellor).

Confidential sessions

Counselling is an important part of the process for those you face. It is a sign of maturity when you seek help. Seeking help is not a sign of failure.

Practical suggestions

The relationship between you and the counsellor is not a relationship which you can find a way through the process of behaviour change. Ways of coping and

Support and advice

Counselling is normally accessed by self-referral or by the Diocesan Adviser. Physically, the process of behaviour change can be a difficult and emotionally

Confidentiality

Counselling is normally accessed by self-referral or by the Diocesan Adviser. Physically, the process of behaviour change can be a difficult and emotionally