

Counselling in the Diocese of Ripon and Leeds

For access to the service:

Please contact Sue Clements-Jewery, the Bishop's Adviser, who will allocate you to an appropriate counsellor.

Sue Clements-Jewery

01484 318 132

(24-hour answerphone)



 THE CHURCH
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Counselling for Clergy, Readers, DBF Employees and their Spouses

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Introducing Counselling for Clergy, Readers, DBF Employees and their Spouses

Why is counselling needed ?

Ministry brings its particular and unique stresses, including:

- ◆ Managing the boundaries between professional and personal life
- ◆ Feeling overworked, isolated and undervalued
- ◆ Relationship stress and family problems
- ◆ Dealing with loss and bereavement
- ◆ The tension between the desire to serve God and the need to please people

Who is it for ?

The service is available to all clergy, readers and DBF employees in the diocese and their spouses.

What is counselling ?

Counselling is a co-operative process in which the counsellor and the client work together. Through counselling, people are enabled to understand themselves and their situations more clearly and work towards making their own decisions.

Counselling is most effective where there is continuity, and you will be expected to make counselling appointments a priority.

Sessions last about one hour and usually take place on a weekly basis.

What is provided ?

A professional, confidential service offered by qualified and experienced counsellors who work from their own premises at various locations throughout the Diocese. They work in accordance with the ethical Framework of the British Association for Counselling and Psychotherapy and are subject to its Complaints Procedure.

Confidentiality

The service has the backing of the Bishops but is completely independent of them. Information about who uses the service and what help they receive is not available to the Senior Staff of the Diocese unless this is requested by the user.

The Bishops and Archdeacons may refer people for help on the understanding that no feedback (other than that the person has attended) will be given to them.

What you share with your counsellor remains confidential unless someone's safety is at risk—then further discussion is necessary.

Cost ?

Up to 6 sessions are provided without charge. If additional sessions are required, funding may be available. Clients may be asked to make some financial contribution towards the cost of the service if more than 6 sessions are needed.