

Pastoral Care and Counselling

for Clergy



The Church of England
Diocese of Ely

Help is at hand

Specialist Pastoral Care and Counselling is available to Clergy and aims to provide:

- A comprehensive, caring, compassionate and professional service.
- Full confidentiality (within normal limits) and complete anonymity.
- Only approved counsellors and psychotherapists who are accredited by a recognised professional body, such as BCAP, UKCP, or ACC, many of whom have specialist areas.
- Six sessions on a regular basis.

Counselling and Psychotherapy:

- Gives you time and space to stand back and look at personal issues and difficulties
- Can help you understand and value yourself more
- Is not about giving you advice
- Is about understanding your patterns of behaviour, defences, ways of coping so that you can find a way through the issues you face
- The relationship between you and the counsellor is an important part of the counselling process
- You do not need to be in crisis to benefit from counselling. It is not a sign of failure. Seeking help is a sign of maturity and takes courage.



Bishop's Advisor for Clergy Counselling
Eleanor Richards
clergy.counselling@elydiocese.org

Indicators

Indicators of when the Pastoral Care and Counselling service could be of value

- Experiencing high levels of unhealthy stress over an extended time, with loss of sleep and concentration
- Distress or conflict in marriage, family or other relationships
- Feelings of imposed burden or isolation
- Anxiety and depression
- Addictive behaviours
- Sexual issues
- Unresolved work issues
- Pressure of role expectations and assumptions
- Debt
- Bullying
- Loss of faith

'We pray to be visible and generous people of Jesus Christ... it surprised me how helpful reflecting and talking about my life and work was.'



Access to Confidential Counselling

Counselling is normally accessed by self-referral to the **Bishop's Advisor for Clergy Counselling, Eleanor Richards** who can be contacted on clergy.counselling@elydiocese.org.

Following initial confidential contact (not a counselling session) with the Diocesan Advisor, to identify the issues and discuss options, a referral may be made to a suitable counsellor or psychotherapist.

The Advisor may suggest referral to your GP, spiritual direction, assertiveness training, work consultancy, stress management training, conflict resolution training, resilience or other training courses currently offered.

The initial meeting with the Diocesan Advisor and any subsequent counselling or psychotherapy remains totally confidential, unless there is a serious concern for your well-being or that of others.

You will have a unique ID reference number which will be used on all counselling invoices submitted to the Diocese by the Advisor and on any necessary administrative correspondence.