

Counselling in the Diocese of Coventry

- is available to Clergy and their families, and to Diocesan employees. Others associated with the Diocese may be referred to the counselling team by a member of the Bishop's Core Staff Team.

If you are unsure whether you qualify please contact the Diocesan Adviser rather than miss out.

You do not need to be in crisis to benefit from counselling. Seeking help is a sign of courageous maturity and not a sign of weakness.

Counselling is offered on a subsidised basis and aims to provide:

- ◆ a comprehensive and professional service.
- ◆ Confidentiality.
- ◆ Counsellors who are accredited by a recognised professional body, such as BACP, UKCP or ACC and have expertise in many areas.

- ◆ usually up to 10 sessions on a weekly or fortnightly basis.
- ◆ an initial assessment, usually with the Diocesan Adviser, to identify the issues and discuss options.
- ◆ professionally supervised counselling. Supervision is a professional requirement for all Counsellors but your identity is disguised when discussing client work with a supervisor.
- ◆ counselling in accordance with the Ethical Framework of the British Association for Counselling and Psychotherapy (BACP).

Counselling

- gives you time and space to look at personal issues.
- can help you understand and value yourself more.
- is not about giving you advice.
- is about understanding your patterns of behaviour, defences, and ways of coping so you can find a way through the issues you face.

- the relationship between you and your counsellor is an important part of the counselling process.

Confidentiality

Unless there is a serious concern for your well-being, or for the well-being of others involved, the counselling is confidential.

If it is considered necessary to involve another professional – such as your GP, any of the statutory agencies, or a senior member of the Diocese – then wherever possible this will be done with your agreement, after discussion with your counsellor.

Otherwise, your name and identifying characteristics will not be part of any information passed to the Diocese.

Claims for fees and any necessary correspondence will use a unique ID reference number. Only the Counsellor and/or the Diocesan Adviser will know the link between the reference number and your name.

Costs

The Diocese fund the Assessment session in full. Thereafter, you will usually be asked to make a weekly contribution towards the fee charged by the Counsellor. Your contribution is negotiable and will be agreed at the assessment, based on your personal circumstances.

The number of sessions may be extended in special circumstances or you may choose to see your counsellor on a private basis. Funding may be available from charitable organisations to help with the cost of further sessions.

At the end of the sessions funded by the Diocese you may wish to continue to see your Counsellor and so you are free to enter into a private arrangement with them if appropriate.

Missed sessions or cancellations of less than 24 hours notice may be charged at a reduced fee.

Referrals - can be made directly to the Diocesan Adviser, Heather Vernon. For third party referrals, information will not be passed back without your written permission.

Concerns - If you have any concerns or complaints please try to address the issue with your counsellor. If this is not possible then contact the Diocesan Adviser.

If a resolution cannot be reached you may be directed to the counsellor's accrediting body.

If you are in doubt as to how to contact them, or have difficulty, then the Diocesan Adviser may be able to assist with contact details or information.

Contact:

- by telephone:
to the Diocesan Adviser for Pastoral Care and Counselling - Heather Vernon on 07960-879406
- by e-mail:
heather.vernon@covcofe.org

Pastoral Care and Counselling

