

**Archbishop's Adviser and Coordinator of Pastoral Care**  
**Rev Andrew De Smet**

Andrew can offer or arrange for:

**Clergy (including Self Supporting) their immediate families, Diocesan employees**

Counselling

Mediation.

Space to talk through confidentially, pastoral, professional or personal matters.

Supervision for pastoral work

Spiritual Direction

Work Consultancy

***This is a confidential service***

**Readers:** Counselling for ministry related issues, mediation and space to talk through one offs.

**Church Wardens:** One off sessions to talk through confidentially, pastoral, professional or personal matters. Information on availability of counselling, mediation and other pastoral care

**Andrew's contact details:**

01439 770760 [andrewdesmet@btinternet.com](mailto:andrewdesmet@btinternet.com)

Kirkdale Vicarage, Main Road, Beadlam, Nawton, York YO62 7ST  
(between Helmsley and Kirkbymoorside on the A170)

**Counselling and Psychotherapy** offer a safe, non judgemental and confidential space with a qualified person to explore thoughts

feelings and experiences to find a way forward. They can also offer strategies and resources for coping.

Counselling is of value when experiencing

- High levels of stress over an extended periods possibly with, with a loss of concentration and problems with sleeping patterns
- High levels of long term anxiety
- Unresolved work issues are causing personal distress
- Distress or conflict in family or other relationships
- Pressure of role expectations and assumptions
- Isolation
- Bullying
- Addictive behaviour
- Sexual dysfunction
- Past abuse affecting present experience
- Debt
- Loss of faith or spiritual crisis (Spiritual direction is also very helpful here)

Andrew De Smet and a team of counsellors/psychotherapists round the Diocese and beyond offer confidential counselling. For clergy their immediate families and Diocesan employees 8 sessions of counselling are free in some cases this can be extended. Some low cost or free counselling can often be arranged for Readers .

**Mediation** can help when conflict seems to be getting beyond what can be settled between two parties. An impartial third party can assist those disputing with each other work out an agreement.

The mediator's role is to meet with the parties, listen to them and look at the situation and help them work out an agreement, it is a voluntary process which seeks to help:

- Communication
- Help exchange of perceptions, ideas and feelings.

- Resolve conflict
- Make realistic workable agreements
- Treat people fairly
- Achieve “win/win” solutions

**Archbishop’s Visitors** offer practical support to clergy spouses, when clergy marriages break down. Referral is initially through your Bishop or Archdeacon. Cleveland: Ann Wilson 01642 700508; York: Elaine Stanley 01904 674524; East Riding: Jane Thorpe 01723 892628

**Debt** Archdeacons can provide advice, Referral for confidential debt counselling is also available.

Counselling and Mediation are good responses to times of difficulty.

**Spiritual Direction** is a vital support to those in ministry or anyone exploring faith in good times and bad. A regular meeting with a spiritual director provides an opportunity to reflect on where you are with God, prayer, and your life journey. (see Spiritual direction leaflet for more details). For help finding a spiritual director:

Cleveland: Rev. Andrew De Smet (details above),

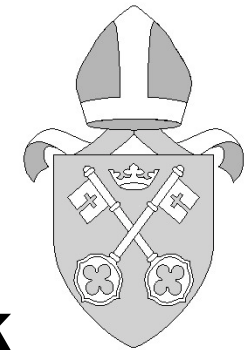
Rev. Adam Reed 01287 622007 [bilpop@btinternet.com](mailto:bilpop@btinternet.com);

York: Rev Susan Collier 01904 706064 [susan.collier@mac.com](mailto:susan.collier@mac.com);

East Riding: Rev. David Jago 01482 443566 [jago@jago.karoo.co.uk](mailto:jago@jago.karoo.co.uk)

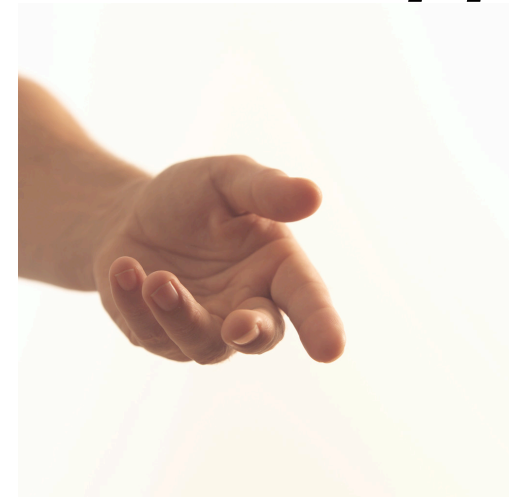
**Supervision** offers an opportunity to talk through and get new perspectives on pastoral or other areas of work. Exploring things with someone else can help us take a step back from situations and see them in new ways. Supervision sessions can be one offs or a regular arrangement.

**Work Consultancy** like supervision is ministry or work focused, focusing more on direction, priorities, working more effectively and work life balance.



# Diocese of York

## *Pastoral Support*



## *for those in Ministry and Diocesan Employees*

Summer 2012