

**Diocesan Professional Counselling Service (DPCS)  
Fact Sheet (September 2011)**

**1. Introduction**

- 1.1 The Diocesan Professional Counselling Service exists to help provide support with some of the challenges facing staff and clergy in the diocese.
- 1.2 In the many cases where clergy, clergy families and diocesan staff successfully fulfill their roles and maintain a healthy family life, there can be a need to seek independent professional support at times of difficulty, personal crisis, stress and anxiety, the DPCS can provide confidential support.
- 1.3 With a commitment to high ethical and professional standards, which will protect the client on a clearly agreed basis of confidentiality, the DCPS does not replace, but supplements other sources of pastoral and practical care and support for all.
- 1.4 The DPCS counsellors have experience working with clients with a wide variety of issues including issues of personal relationships, bereavement, decisions for the future, anxiety, depression, marriage/relationship stress, post traumatic stress disorder and issues related to addiction, debt, sex, illness, disability, and sexual abuse.

**2. Who can use it and how can it be accessed?**

- 2.1 This DPCS is available for all diocesan clergy and their spouses, ordinands and their spouses, and diocesan employees and their spouses/partners.
- 2.2 Individuals can refer themselves to the DPCS, or they can access it through a referral by the Diocesan HR Manager (see 5.2)
- 2.3 In some cases our Occupational Health doctor, The Revd Dr Brian Ludlow, may recommend a referral to the service to an individual.

**3. How much does it cost?**

- 3.1 The process includes an introductory session with one of the two contact Counsellors for the DPCS and then three further counselling sessions – the cost for these four sessions is covered by the diocese through an invoicing process by the DPCS which ensures anonymity for all clients through a simple coding process.
- 3.2 If further sessions are requested by the individual the costs for each of the next three sessions is shared, £20 per session payable by the diocese and £20 payable to the DPCS by the individual at the start of

each session. Again the invoicing to the diocese is anonymised as set out in 3.1 above.

- 3.3 Individuals are then free to request further sessions where they are responsible for covering the costs in full, payable at the start of each session to the individual counsellor.\*
- 3.4 In exceptional circumstances or when Occupational Health recommend that further sessions may be helpful, subject to the individual's informed consent, then the case is discussed **in strict confidence** with the Occupational Health doctor and the HR Manager to identify whether further Diocesan funding may be available.

#### **4. Is it really confidential?**

- 4.1 One of the ethical principles counsellors work to is that of gaining and honouring the trust of their clients. Respecting client confidentiality is a fundamental requirement of keeping trust. In practice this means that counsellors protect personally identifiable and sensitive information from unauthorised disclosure. Should disclosure be authorised either by the client or by law, counsellors are required to ensure that any disclosure is undertaken in ways that best protect the client's trust.

#### **5. How to make contact with the DPCS**

- 5.1 Contact one of the two link counsellors through their details below in strict confidence. They will arrange for you to have an initial assessment appointment and talk things through with you.

Sarah Jones  
Email: [sarah@ctpweb.co.uk](mailto:sarah@ctpweb.co.uk)  
Tel: 01242 680740

Sarah has been the co-ordinator of our professional counselling service since 2000. She has worked as a counsellor and counsellor trainer since 1997. Sarah has been a licensed Lay Reader since 2004.

Sheila Appleton  
Email: [sheila.appleton@tesco.net](mailto:sheila.appleton@tesco.net)  
Tel: 07772 759835

Sheila has many years experience in counselling, social work, nursing, and mental health resource management. She was also the Director of Listening Post in Gloucestershire.

- 5.2 If you require any further information about any aspect of this support or if you'd like to talk to the Diocesan Human Resources Manager in strict confidence in the first instance before a referral please call Judith Knight on 01452 835526 or email her at [jknight@glosdioc.org.uk](mailto:jknight@glosdioc.org.uk)