

Accountability

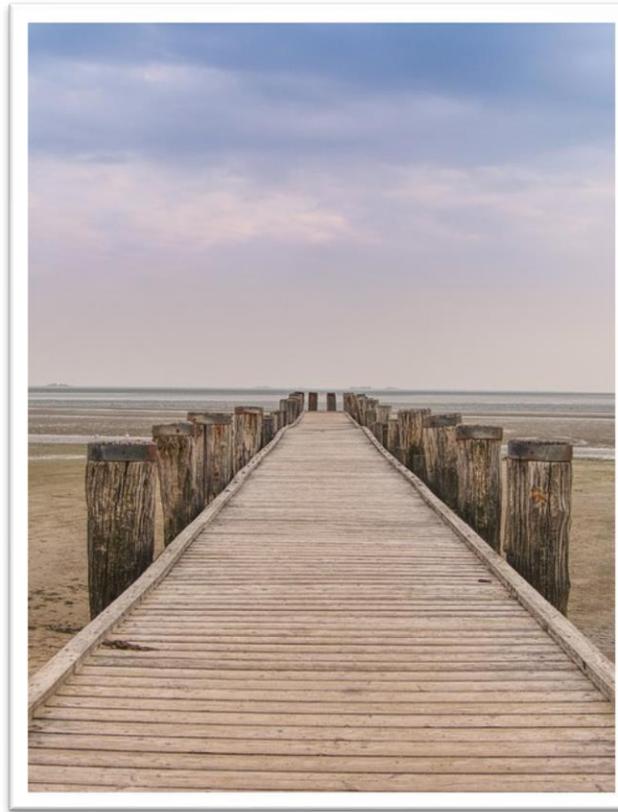
All Diocesan Counselling Service Counsellors are accredited by and or registered with the British Association for Counselling and Psychotherapy or the UK Council of Psychotherapy, which includes adherence to their Code of Ethics/Ethical Framework and Grievance procedures.

How much will it cost?

Typically, professional counselling and therapy costs around £50 a session. The Bishop has some funding available but expects each client to make a financial contribution. The amount of this contribution will be agreed at your free assessment session. The agreed contribution is paid directly to the counsellor and the counsellor invoices the Bishop for the balance.

How can it be taken up?

Susannah Burn is the Bishop's Adviser for Counselling and the initial point of contact. Together you can explore what support is available and might be most helpful. Where appropriate, Susannah will put you in touch with a counsellor for a free initial meeting to discuss your needs and see if they are the right person for you. Susannah is herself an experienced and fully qualified counsellor and Counselling Team member.



**Diocesan Counselling
Service for Clergy &
Licenced Lay Ministers**

Contact Susannah Burn

Bishop's Adviser for Counselling

07742-908947 or 01638-780131

susannah.burn@cofesuffolk.org

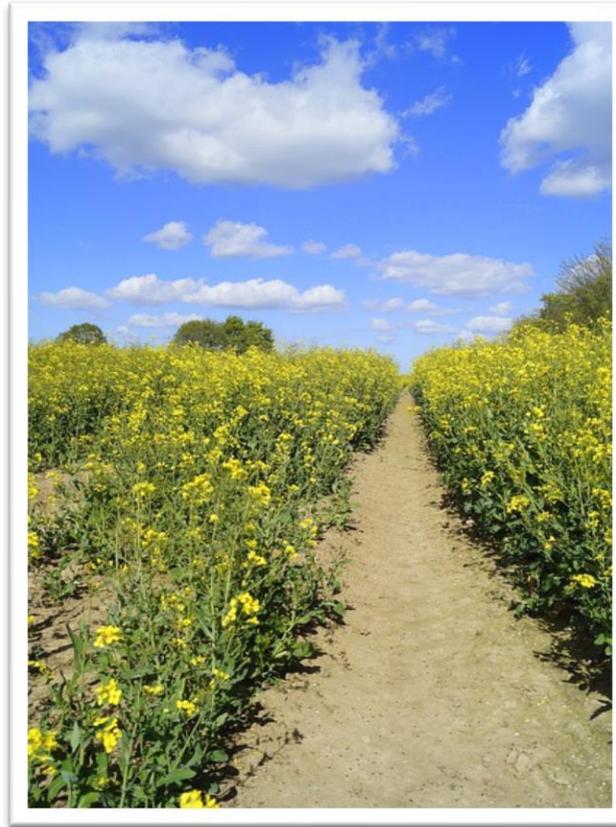


What is counselling?

Counselling offers a confidential relationship with a qualified and experienced professional who has no other role in the client's life. This relationship offers the opportunity to explore personal issues, increase self-awareness, and develop new ways of addressing problem areas of life.

Some of the issues that bring people to counselling are:

- Anxiety and panic attacks
- Stresses of ministry/work
- Self-image and self-esteem
- Relationships (professional and personal)
- Loss and bereavement
- Depression
- Sexuality
- Transitional life events or crises
- Suicidal feelings or thoughts



Who is it for?

The service is available for Licenced Clergy, Licenced Lay Ministers and Clergy Spouses and Civil Partners.

“Confidentiality is crucial to the effectiveness of the counselling relationship.”

Confidentiality

Confidentiality is crucial to the effectiveness of the counselling relationship. The identity of each counselling client in the Diocese is confidential – only the Bishop's Adviser for Counselling is aware of who is or who has been receiving counselling.

There are a few necessary legal, moral and ethical exceptions. For example; where there is risk of serious harm to the client or to others, child protection issues, etc

Professional Supervision is an ethical requirement of all counsellors and therapists although client anonymity is maintained in this work.

Statistical reports are compiled by the Bishop's Adviser for Counselling – again any reports produced fully protect client confidentiality.

What is available?

Confidential counselling is available in various locations across the Diocese with an experienced counsellor or psychotherapist.

The number of sessions will be decided at your initial session, but will not normally exceed 12.