

DIOCESAN COUNSELLING SERVICE FOR CLERGY, DIOCESAN STAFF & THEIR FAMILIES



DIOCESE OF TRURO

DISCOVERING GOD'S KINGDOM
GROWING THE CHURCH

WHAT IS THE SERVICE?

The diocesan counselling service aims to provide confidential counselling to support clergy, Truro Diocesan Board of Finance employees and their families in times of personal difficulty.

It is a confidential and professional service that works alongside other support providers, and makes referrals to independent practitioners or specialist agencies. It is separate from the Employee Assistance Programme offered by the diocese's occupational health service.

Counselling may be requested for:

- Personal stress related to work;
- Changing life circumstances;
- Relationship difficulties;
- The breakdown of marriage;
- Stress within marriage and families;
- Conflict management;
- Depression;
- Isolation;
- Anxiety and panic attacks;
- Alcohol/addictions;
- Loss and bereavement;
- Burn out;
- Other issues that cause concern.

WHAT IS INVOLVED IN COUNSELLING?

Individual and couple counselling is not advice-giving but involves meeting regularly with a professionally trained and independently supervised counsellor.

Counselling gives you the opportunity to talk about whatever is concerning you. It is your choice what and how much you say and share with your counsellor. There are different styles of counselling but all of them depend on the quality of the relationship between client and counsellor.

Counselling can be a difficult process, involving self-exploration and change. This may lead to the opening up of choices which can help people feel more in control of their lives and enrich their life experience.

Both short-term and long-term counselling and psychotherapy can be offered. Short-term means 1 – 12 sessions. Longer term counselling or psychotherapy can be negotiated according to need and circumstances.

You don't have to be "cracking-up" to use the Pastoral Care and Counselling Service. To use it while problems still seem manageable may avert a crisis later on.

WHAT ABOUT CONFIDENTIALITY?

This is often a concern for clergy and staff. With this in mind and because of the nature of the work, the Bishop's Advisor, who is responsible for the provision of this service, can be contacted privately.

The advisor's role is independent and the intention is to ensure confidentiality, with respect and discretion. The advisor's professional supervision also takes place independently from diocesan structures.

An agreement is made at the outset on confidentiality with the advisor and your personal counsellor. However, exceptional circumstances may arise when consent may be sought for a change in this agreement. For example, where there is a clear risk of harm or abuse to you or others, and a referral to a GP or the local mental health services may need to be considered.

Also confidentiality would not be maintained if a breach of it were required by a Court of Law. This is in accordance with the British Association of Counselling's Code of Ethics and Practice.

DO I HAVE TO PAY?

The Diocesan Counselling Service is a free service.

At the moment we undertake to provide up to 12 free sessions. Beyond this the duration of counselling is negotiable. Usually the diocese is able to cover the cost of long-term counselling. However, it may be that in some circumstances clergy may choose to continue with a counsellor as a private, paying client.

No person will be refused counselling on the grounds of financing.

Some people may prefer to make their own arrangements for counselling/ psychotherapy via their GP. The Bishop's Advisor will be happy to discuss a situation informally and advise on suitably qualified practitioners in the diocese or locality.

WHO DO I CONTACT?

Contact with the service is made through the Bishop's Advisor in Pastoral Care and Counselling:

THE REVD CANON JANE VAUGHAN-WILSON

Bishop's Advisor in Pastoral Care & Counselling

T 01736 351825

E jane.vaughan-wilson@truro.anglican.org

An initial assessment discussion with the advisor can be arranged at a mutually convenient time and place and as quickly as possible.

The advisor is required to keep minimal records of those using the service. These consist of a brief 'in-take' form and a brief ending form. These records are confidential and would only be released under exceptional legal circumstances.



GET IN CONTACT

T 01872 274351

E info@truro.anglican.org

www.trurodiocese.org.uk

Church House, Woodlands Court,
Truro Business Park,
Threemilestone, Truro, TR4 9NH



DIOCESE OF TRURO

DISCOVERING GOD'S KINGDOM
GROWING THE CHURCH