



How do I contact a counsellor?

Please ring any of the counsellors listed overleaf. Alternatively you may wish to discuss options with the co-ordinator whose number also appears overleaf.

How much will it cost?

The first session is free. The cost of further sessions is £35 each and clients are asked to contribute as much as they can afford. Financial help to augment client contributions is available from the diocese; this is claimed by the counsellor and client identity is not divulged.

What will it involve?

Counselling usually involves up to 12 weekly sessions of an hour in length.

Accountability

All counsellors adhere to the Ethical Framework of the BACP (British Association for Counselling and Psychotherapy).

In the event of any grievance which cannot be resolved by discussion with the counsellor or the co-ordinator, clients have recourse to the accrediting body to which the counsellor is affiliated and fully accountable professionally.

Counselling and Pastoral Supervision

Our counsellors and therapists are all registered with a recognised professional body:

Sue Anderson
07729 241065
sra555.sa@gmail.com
Hereford
(Individuals, including trauma therapy)

Helen Dacey
07815 809624
hdacey@me.com
Monmouth and South Herefordshire
(Individuals)

Gill Carding
07885 367120
gillcarding@btinternet.com
Shrewsbury
(Individuals & couples, for Pastoral Supervision only)

Richard Lewis
01547 510360
richardlewis668@btinternet.com
Llanfair Waterdine (Knighton)
(Individuals, couples and young people)

Allan Walter
07754 585362
allan@allanwalter.co.uk
Much Wenlock
(Individuals, couples and young people)

Tim Marks
07817 465213
tim@timmarkscounselling.com
Malvern Wells (Individuals)



The Diocesan Office • The Palace • Hereford • HR4 9BL

t: 01432 373300 e: info@hereford.anglican.org

www.hereford.anglican.org



Counselling Service

The counselling service provides emotional and psychological help for clergy, their spouses and children (over 16 years).

The service is also available to:

- Ordinands
- Readers
- Readers in training
- Accredited Lay Workers
- Diocesan employees



www.hereford.anglican.org



What is Counselling?

Counselling offers a confidential relationship with a qualified and experienced person (who has no other role in a client's life) through which to explore personal issues and values, increase self-awareness, facilitate personal growth and develop new ways of addressing problem areas of life.



"That pool must first be filled that shall be made to overflow... So that God by satisfying my self-love, hath enabled and engaged me to love others"

- Thomas Traherne

Whatever is troubling you, counselling can help you understand yourself and enable you to develop effective coping strategies.

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



What can I talk about?

Some of the issues which bring people to counselling are:

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

Maintaining confidentiality

Confidentiality is crucial to the effectiveness of the counselling relationship. Client identity is known only to the counsellor concerned and not divulged to anyone else. If clients are referred by a third party there is never any feedback given to that person about the nature or content of the help given.

There are a few rare exceptions to the confidentiality of the service. If there is risk of serious harm to the client or to others it may be necessary to consult the client's GP or mental health professionals. Also confidentiality cannot be maintained if a breach of it is required by law. Exceptionally it may be breached with the written consent of the client.

It should also be noted that it is a professional requirement of counsellors that they discuss their therapeutic work with a supervisor; identity of clients, however, is not divulged. Statistical records are compiled by the co-ordinator of the service as part of the monitoring process; they fully protect client confidentiality.

How to book

If you would like to make of counselling service or have further questions, please contact the Hereford Diocesan Counselling Service Coordinator:

Fiona Quayl
01584 841840
fionaquayle@btinternet.com