



DIOCESE OF GLOUCESTER

Diocesan Professional Counselling Service (DPCS) Fact Sheet 2018/19

1. Introduction

- 1.1 The Diocesan Professional Counselling Service exists to help provide support with some of the challenges facing clergy and employees in the diocese in times of difficulty, personal crisis, stress and anxiety.
- 1.2 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, professional, and practical care and support.
- 1.3 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 and children, ordinands and their spouses and children, and diocesan employees and their spouses/partners.
- 2.2 Individuals can refer themselves to the DPCS directly, or they can access it through a referral by the Diocesan Head of HR and Safeguarding (see 5.2)
- 2.3 In some cases for clergy, ordinands and employees, Occupational Health doctor may recommend a referral to the service to an individual within a wellbeing support framework.

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 six further counselling sessions – the cost for these 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 these sessions may be shared on a case by case basis.

- 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 Linked to the Church of England's `Responding Well` policy and practice, the Diocese is able to make funding available for counseling support with the DPCS for those who have suffered abuse in the Church. This can be discussed **in the strictest of confidence** with the Head of HR and Safeguarding or the Diocesan Safeguarding Officer, who will ensure that there is easy access to further fully funded counseling sessions through the DPCS or other counseling services as appropriate, and what other support may be signposted, appropriate or helpful.
- 3.5 In exceptional circumstances, and also through Occupational Health where further sessions may be helpful, and subject to the individual's informed consent, this is discussed **in strict confidence** with the Occupational Health doctor and the Head of HR and Safeguarding 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.
- 4.2 An anonymised coding process is used for invoices to the Diocese.

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 **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@graappl.plus.com. **07946 723851**

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 For more information about support, or to talk about any aspect of support that might be helpful, people can contact the Head of HR and Safeguarding assured of confidentiality. Canon Judith Knight on 01452 835526/01452 508216 or email her at jknight@glosdioc.org.uk

