



**DIOCESAN
COUNSELLING SERVICE
FOR CLERGY, LICENSED LAY
WORKERS AND THEIR HOUSEHOLDS**



**A resource for your ministry
as well as personal and professional
development and understanding**



COUNSELLING

WHAT IS ON OFFER?

The Diocese of Winchester provides a confidential counselling service that is available to clergy and licensed lay workers (single, married or divorced), as well as their households.

A preliminary assessment meeting with a counsellor is offered, and up to another five sessions, when the situation will be reviewed. All the counsellors approved by the Diocese are appropriately experienced, qualified and insured. (Page 2)

WHY COUNSELLING?

Counselling is a contemporary resource and has many approaches. It can help clarify thoughts and feelings by talking in a safe place with a qualified person, and in a supportive, impartial and non-judgmental way. Counselling is all about helping to find the best way forward, rather than telling people what to do. It can aid understanding and help change people's lives, in good times and bad.

WHO PAYS?

The Diocese provides funds from Trust sources to pay for the six sessions, but those seeking help may want to contribute towards the costs, by negotiation with the counsellor.

HOW IS IT CONFIDENTIAL?

The system works by self-referral, using the enclosed list of counsellors available at present. The Diocesan Adviser in Pastoral Care and Counselling is grateful for suggestions of names and organisations that have been of help to clergy, lay workers and their households. (Page 5)

Only the person, couple or family seeking help and the counsellor will know who is using the service. The Diocesan Finance Department administers payment by numbered docket, and the Diocesan Adviser monitors the numbers of users against budget.



COUNSELLORS AVAILABLE

Sue Armstrong – 01962 734542

Sue is a Relate trained counsellor with an MA in Couple Therapy and works in the area of relationship and family counselling as well as being trained to work with young people where family conflict and divorce/separation are an issue.

Revd Mark Bailey – 01962 886883

Mark is a parish priest and Honorary Psychotherapist at the Specialist Psychological Therapies Unit at the Farnham Road Hospital, Guildford. He has worked for many years within psychotherapy departments within the NHS. He is a very experienced therapist working with long-term clients, but also available for short-term counselling, using a psychoanalytic approach. He works with individuals who have suffered long-term depression and trauma and is quite used to working with clergy.

Revd Andy Edmeads – 01264 391464

Andy works on a 1-2-1 basis. Client centred therapy is based on the work of Carl Rogers. This therapy is non-directive and non-judgemental, believing that we grow to our full potential and make the necessary changes we need to make when we are fully accepted. Client-centred therapy has as its basis the 'core conditions' of unconditional acceptance, empathy and willingness on the counsellor's part to be genuine and open.

Kathryn Fielden – 01962 773593

Kathryn is a Chartered Counselling Psychologist, BACP Accredited Counsellor, Relate Certificate Couple Counselling. She counsels in three locations (Winchester, Alresford and Southampton) and has had over 25 years experience in different locations in the UK, Germany and Asia. For further information please visit www.kfcounselling.co.uk

Hilary Linssen – 023 8090 9592

Hilary works in a psychodynamic way and has run a private practice and worked in a GP surgery for over 12 years, focusing on people with mental health issues or relationship problems. Her qualification as a



psychosexual therapist complements her training as a Relate Counsellor. She is also able to respond to crisis situations.

Sister Jean Page – 023 8045 3718

Sister Jean has a counselling diploma, and works with individuals, using insights from her training in psychodynamic counselling and Transactional Analysis. She also works as a Spiritual Director.

Revd Dr John Preston – 02392 637673

John specialises in relationship and sexual matters and issues related to bereavement and has a Diploma in general counselling. He is registered with the United Kingdom Council for Psychotherapy and accredited with the British Association for Sexual & Relationship Therapy.

Quentin Stimpson – 01329 826621

Quentin undertakes both short and long-term counselling and psychotherapy with individual clients and couples, and works from a psychodynamic and integrative base. He is familiar with the practices and structures of the Church of England and has experience of working with people from Religious Communities.

CHANNEL ISLANDS

JERSEY

Angela Siddell – 01534 730102

Jersey Counselling and Psychotherapy Services

GUERNSEY

Felicity Quevatre – 07781 428498

Catalyst Counselling and Training Professionals



ORGANISATIONS

The Olive Branch Christian Counselling Service

The Winchester Centre, 68 St George's Street, Winchester. S023 8AH
01962 848028

Andover Crisis and Support Centre

17 New Street, Andover. SP10 1EL
01264 366122

Basingstoke & District Counselling Service

Goldings, London Road, Basingstoke. RG21 4AN
01256 843125

Premier Counselling & Psychotherapy Services

4 Carlton Crescent, Southampton. S015 2EY
023 8022 6050

The Society of Martha and Mary

Sheldon Centre, Dunsford, Exeter. EX6 7LE
01647 252752

St Luke's Hospital for the Clergy

14 Fitzroy Square, London. W1T 6AH
020 7388 4954 Fax: 020 7383 4812

St Luke's personal and confidential counselling service focuses on the effects that work, professional life and ministry of the Church of England can have on personal relationships. More information on their counselling services can be obtained on 020 7388 4954 or by e-mail at counselling@stlukeshospital.org.uk



THE DIOCESAN ADVISER IN PASTORAL CARE AND COUNSELLING

The Bishop has appointed Ian Tomlinson to this post. He has been parish priest of a rural benefice since 1979. He has studied at London, the Open, Hull and Oxford Universities, at the Richmond Fellowship College and the Tavistock Clinic, in London. He is a Professional Associate of the Grubb Institute of Behavioural Studies and has also used psychotherapy to inform his ministry.

Ian is not an expert, but a colleague. He is not a counsellor, but manages the service on behalf of the Diocese. He does not know who uses the system. He is, however, available to talk about the service, and associated issues. Ian is happy to listen to and reflect with others on the present stresses, strains, successes and implications for people working together in the church and society.

Please contact him at the address below, and on a telephone number different from his parochial one, with the BT Call Answer service, for messages.

The Revd Canon Ian Tomlinson

The Rectory
Ragged Appleshaw
Andover
SP11 9HX

Tel/Fax: 01264 771302

e-mail: ian@raggedappleshaw.freereserve.co.uk



INDICATORS OF WHEN THE SERVICE COULD BE OF VALUE

- § Experiencing high levels of unhealthy stress over an extended time, with a loss of sleep and concentration
- § Distress or conflict in family or other relationships
- § Feelings of imposed burden and isolation
- § Addictive behaviour
- § Sexual dysfunction
- § Unresolved work issues, causing personal confusion
- § Pressure of role expectations and assumptions
- § Reality assessment in planning for the future
- § Debt
- § Bullying
- § Loss of faith

PART OF A TEAM

This counselling service complements the range of pastoral care already available for clergy in the Diocese and provided in a variety of ways – through the ministry of Bishops, Archdeacons and Rural Deans, the regular pastoral consultations with the Bishops, consultations with Spiritual Directors, Clergy Chapter meetings, Clergy Spice and the work of the Diocesan Advisers for Women's Ministry, Non-Stipendiary Ministry, etc.

BISHOP'S VISITORS

The Visitors act on behalf of the Diocesan Bishop in cases where a clergy marriage is in difficulty, and where a clergy spouse may perhaps need practical help or emergency financial support. If you need this kind of help, contact the Bishop or a Visitor direct:

Mrs Jan Collins - 01962 732105

The Rectory, 37 Jacklyns Lane, Alresford. S024 9LF

Mrs Felicity Harding - 01962 860434

35 St John's Street, Beggars Lane, Winchester. S023 0HF



DIOCESE OF WINCHESTER

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