



## DIOCESAN COUNSELLING SERVICE

For Clergy, Lay licenced Workers and their households and diocesan staff

### 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. 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 Head of HR monitors the numbers of users against budget.

## COUNSELLORS AVAILABLE

### **Sue Armstrong**

**0797 329 9452**

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. She has many years of experience working with individuals, couples and families. Sue works both in Alresford and in Winchester.

### **Revd Mark Bailey**

**01962 886883**

Mark is a parish priest who worked for many years as Honorary Psychotherapist within the NHS both at the Royal South Hants, Southampton, Ridgewood Centre, Frimley and Farnham Road Hospital Guildford.

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.

### **Kathryn Fielden**

**01962 773593**

Kathryn is a Chartered Psychologist, HCPC registered Counselling Psychologist, BACP Accredited Counsellor, ex Relate Counsellor, Clinical Supervisor. She works from two locations (Ropley, near Alresford and Southampton) and has had over 35 years' experience in different locations in the UK, Germany and Asia. For further information please visit [KFCounselling](#)

### **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.

### **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.

## ORGANISATIONS

### 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**

### St Luke's Healthcare for Clergy

Any clergy needing advice or a second opinion for a medical or psychological issue can contact St. Luke's at [medical@stlukeshealthcare.org.uk](mailto:medical@stlukeshealthcare.org.uk) or by telephone: **020 7898 1700**.

St. Luke's website gives more information – [www.stlukeshealthcare.org.uk](http://www.stlukeshealthcare.org.uk) – under 'Your health.'

St Luke's Healthcare for the Clergy, Room 201, Church House, 27 Great Smith Street, London SW1P 3AZ

### The Olive Branch Christian Counselling Service

**01962 842858** E-mail: [secretary@theolivebranch.org.uk](mailto:secretary@theolivebranch.org.uk)

The Olive Branch, 14 St. Clement Street, Winchester, SO23 9HH

### The Romney Centre

61 The Avenue, Southampton SO17 1XS

**02380 226050**

### The Society of Martha and Mary Sheldon Centre

Sheldon Centre, Sheldon Lane, Doddiscombsleigh, Exeter EX6 7YT

**01647 252752**

## THE DIOCESAN COUNSELLING SERVICE COORDINATOR

The Revd Mark Bailey coordinates the service on behalf of the Diocese. He does not know who uses the system. He is, however, available to talk about the service, associated issues and will explore counselling as an option with you should you wish to contact him.

Please feel free to contact Mark on:

### Revd Mark Bailey

The Rectory

6 Green Close

South Wonston

Winchester

SO21 3EE

**01962 886883** / [mark-bailey@talktalk.net](mailto:mark-bailey@talktalk.net)

## 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 Bishop's Visitors and Diocesan Bishop's Advisers.