

Recent feed-back from some who have used the Diocesan Counselling service:

I am not exaggerating when I say that this experience has been life changing & indeed life-saving. Busyness seems to have become an addiction! I can say this because that's where I was myself.

The counselling I received was excellent. It was really helpful to have someone walk with me through what has been an incredibly difficult year. I feel much more equipped following the sessions.

My sessions were invaluable. Having a non-judgemental, impartial 'observer' meant I could receive feedback I could trust. It also very much helped me identify that the actual situation I faced was dysfunctional when I'd thought it was mainly my own incapacity to cope. I've already recommended this service to colleagues & will continue to do so. I can't see how it's possible for Clergy NOT to need this service at some point in their ministry!

We (a married couple) had greatly appreciated the sessions, would be happy to return to the counsellor if the need arose, and were amazed at just how far we had come, and how so many of the issues had been resolved/worked through during these past few months.

I found her (the counsellor's) encouragement and unpacking of complex issues extremely helpful. I can honestly say that I wouldn't be able to return to work next week without these sessions. She really helped me to understand how I had gotten to that stage, what I needed to do to get through my time away from work and some of the changes needed to enable me to get back to work with a different mentality. She has helped me to make a number of big decisions regarding how I approach my work/life balance and to understand how to manage external stresses beyond my control.

I would wholeheartedly recommend the diocese' counselling services, to anyone considering accessing it. I had already recommended it to others after my first set of sessions (2019). This latest round of sessions has only solidified my belief that therapeutic counselling can be transformative.