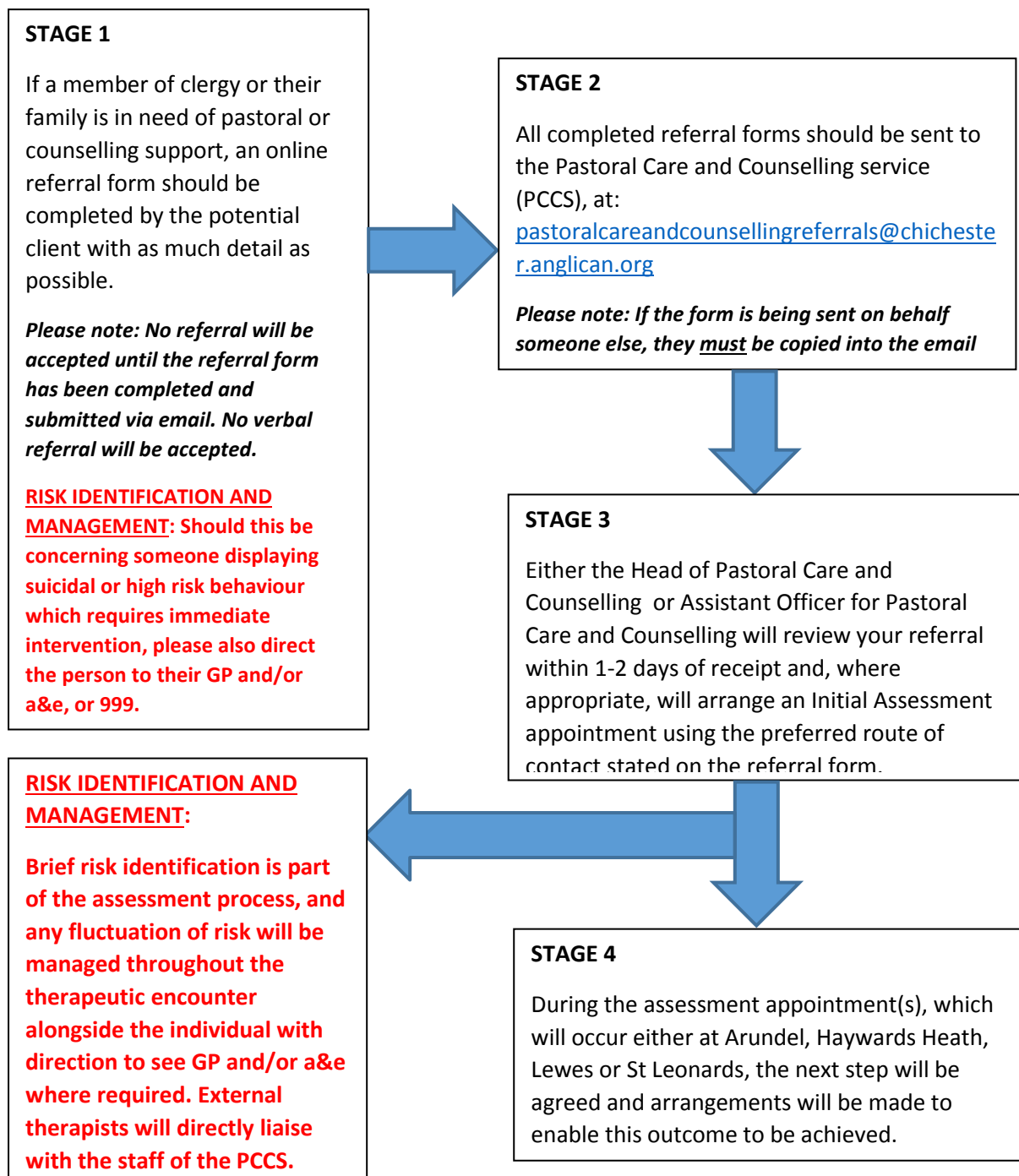


Pastoral Care and Counselling Service (PCCS)

Referrals pathway



Diocesan Church House, 211 New Church Road, Hove, BN3 4ED

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The Chichester Diocesan Fund and Board of Finance (Incorporated) Charity No 243134

A Company Limited by Guarantee Registered No 133558

Secretary: Gabrielle Higgins

'In-house':

The Head of Pastoral Care and Counselling is part time and holds a max caseload of 7 clients, alongside overseeing the service.

The Assistant Officer for Pastoral Care and Counselling is also part time and holds a max caseload of 8 clients.

External counsellors are used where referrals exceed caseload allowances, or where a need is evident which requires different skills.

In-house therapeutic skills include:

- 1:1 Adult Psychotherapy
- Couples Psychotherapy
- Family Psychotherapy
- CBT (from Autumn 2018)
- 1:1 young people psychotherapy

STAGE 5

Potential outcomes:

- 1:1 'in-house' pastoral support (short-term)
- 1:1 'in-house' counselling (mid – longer term)
- External counselling
 - o Child / YP
 - o Art Therapy
 - o Psychosexual Therapy
 - o Addiction Therapy

Where external Counsellors are required, the staff of the PCCS will arrange this following assessment, and the Head of Pastoral Care and Counselling will oversee all payment arrangements to enable confidentiality to be maintained.

RISK MANAGEMENT: Risk continues to assessed throughout the sessions, and is actively managed between therapist and client. Safeguarding liaison may also become necessary within the realms of confidentiality.

Approved External Counsellors and Psychotherapists (all areas of Sussex).

A process of approval for external Counsellors and Psychotherapists has been used to build a network of those therapists who hold sound qualifications, professional body membership including insurance and appropriate experience and practice areas, as well as an understanding of the complexities of clergy, and clergy family, life.

All external counsellors, or managers of therapeutic services, meet with the Head of Pastoral Care and Counselling, and are invited to attend regular therapists gatherings in order that they maintain an up to date awareness of any service developments.

Where the area is highly specialised, and distance a subsequent factor (such as London specialist therapists) a telephone discussion will replace the meeting.