

## What will it Cost and how to pay?

Each counsellor/pastoral accompanier sets their own fee structure and you could expect the cost to be around £50/hour.

### Clergy of the Archdiocese of Birmingham:

Individual clergy will negotiate and arrange payments directly with their chosen counsellor.

Pastoral accompaniment is agreed to be a legitimate parish expenditure as part of your ongoing formation. For counselling the diocese may cover the total cost, some clergy prefer to privately pay or you may choose a combination of both.

To access diocesan funding please contact in confidence, Fr Paul Johnson who has been appointed to take special responsibility for this ministry at; paulgeorgejohnson@googlemail.com

## What is the JP2 Network?

The JP2 network is a community of counsellors who meet to explore how they work with issues of faith and religion.

Some members of the JP2 network also provide their contact details on the JP2 directory accessed through the Archdiocese of Birmingham intranet and is provided to assist clergy with making the first steps into finding support. The directory is not a recommendation of referral. It is a gateway to help finding the support that suits you.

All members of the directory are personally accountable for their own practice and are expected to maintain membership of a professional organisation with a published ethical framework for good practice and an accountability procedure.

## Welcome to the St John Paul II Centre for Human Formation

The centre is located at St Mary's College, Oscott. It provides human formation training and counselling for seminarians as well as providing some counselling and pastoral accompaniment advice & services for dioceses.

### Further Help

If you need any further assistance, have a question or have any concerns about your current counselling / pastoral accompaniment relationship please contact either Pete Smallwood or Fr Paul Johnson at the St John Paul II centre or the Vicar General.



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@JP2Network



St John Paul II Centre

for

Human Formation

Counselling

&

Pastoral Accompaniment

for

Catholic Clergy



THE ARCHDIOCESE of BIRMINGHAM

## What is counselling/psychotherapy?

Often referred to as talking therapy, counselling/psychotherapy is an opportunity to explore issues in our lives that are causing us distress and are stopping us from fully functioning in our day to day lives.

Counselling relies on people coming together to form a trusting and boundaried relationship.

The therapist is a trained professional who offers a safe-enough space for the client to explore the things they have brought to the therapy room. These may include thoughts, feelings or behaviours that the client wants to change.

You might want to discuss with your counsellor;

**Confidentiality** – what do we expect from each other about how we care for the things shared in the therapy room.

**Time** – how long will our sessions be, when can we meet and how many times will we meet. Can we have contact in-between sessions?

**Place & Cost** – where will we meet and what it is like, security, noise, access etc. How much will it cost and how can I pay?

There are many approaches to counselling which usually involve building a relationship with good rapport. Some approaches are more directional than others and some may help you to learn how to think or behave differently.

## What to look for in a therapist.

Try them out. Are they someone you can work with? If not find someone else. Your counsellor will be used to working with individuals to ensure they are receiving the best support so don't just put up with your first choice if it is not working.

Is my therapist qualified? Ask for qualifications if this is important to you. All **JP2** members are suitably trained.

All members of the **JP2** directory are required to be a member of a professional body such as British Association for Counselling & Psychotherapy, UK Council for Psychotherapy or National Counselling Society.

These organisations expect their members to work within ethical frameworks which cover issues such as the therapist's qualifications and ongoing development, how the therapist maintains their own care including supervision, and guidance for how your information is cared for including issues of confidentiality.

Remember, if you don't like your counsellor or you have some concerns, either discuss this with them or find another.

## Pastoral Accompaniment

Pastoral Accompaniment, sometimes called Pastoral Supervision, is an opportunity for you to express your thoughts and feelings about your ministry, with an independent, supportive consultant such as a counsellor, in a confidential environment.

### **Pastoral Accompaniment is;**

**Voluntary** – there is no requirement for clergy to seek this level of support, however pastoral accompaniment offers best practice in supporting clergy to meet their moral and ethical obligations toward ongoing formation and as part of taking responsibility for their own self-care.

**Regular & Focused** (perhaps monthly or bimonthly), a boundaried and purposeful time to spend with someone trained in counselling focusing on our ministry.

**A relationship** that is built on trust, acceptance, confidentiality, and respect that helps us to become unburdened, refreshed and facilitates personal growth.

**A place** where we consult and learn, we seek counsel rather than counselling, we evaluate and monitor our professional and ethical issues.

Pastoral Supervision is not line-management and whilst it can be therapeutic, it is not the same as personal therapy.