



THE CHURCH  
OF ENGLAND

**Diocese of St Edmundsbury  
and Ipswich**

## **COUNSELLING SERVICE FOR CLERGY**

**Bishop's Adviser for Pastoral Care of the Clergy**

**The Revd Canon Susannah Izzard**

**07702 571760  
susannah.izzard@cofesuffolk.org**

## **Who is the Bishop's Adviser for Pastoral Care of the Clergy?**

The Revd Canon Susannah Izzard is a psychoanalytic psychotherapist registered with the UKCP (UK Council of Psychotherapy). She is also a priest with PTO in the Diocese of St Edmundsbury and Ipswich. It is her role to be available to clergy who are experiencing difficulties of any kind. Clergy who wish to make use of her availability should contact her to make an appointment to see her in her office near Beccles. This initial appointment is free of charge and is an opportunity to explore in confidence the nature of the difficulty and consider possible avenues of help. Should counselling be appropriate, Susannah will offer this herself, or make a referral to a counsellor near to the clergyperson's home where possible.

## **What is counselling?**

Counselling offers a confidential relationship with a qualified and experienced professional who has no other role in the client's life. This relationship offers the opportunity to explore personal issues, increase self-awareness, and develop new ways of addressing problem areas of life. Some of the issues that bring people to counselling include:

- Anxiety and panic attacks;
- Relationships (professional and personal);
- Stresses of ministry/work;
- Loss and bereavement;
- Depression;
- Sexuality;
- Transitional life events or crises;
- Feelings of loneliness and isolation.

## **Who is the counselling for?**

The counselling service is normally available to Licensed Clergy and Readers, and clergy spouses and civil partners.

## What is available?

Counselling with an accredited counsellor or psychotherapist. The number of sessions will be decided at the assessment session with Susannah, but will normally not exceed 12.

## Confidentiality

Confidentiality is crucial to the effectiveness of the counselling relationship:

- The **identity** of each counselling client in the diocese is confidential – only the Bishop’s Adviser for Pastoral Care of the Clergy is aware of who is or who has been receiving counselling.
- If clients are referred by a third party there is never any **feedback** given to that person about the nature or content of the help given.

There are a few rare exceptions to the confidentiality of the service:

- If there is risk of serious harm to the client or to others it may be necessary to for the counsellor to consult the client’s GP or mental health professionals;
- The Diocesan Safeguarding Policy requires that disclosure of child abuse be reported to Social Care Services for Children and to the Diocesan Child Protection Adviser.

It should be noted that it is a professional requirement of counsellors that they discuss their therapeutic work with a clinical supervisor. The anonymity of the client is preserved in the supervision process.

Statistical reports are compiled by the Bishop’s Adviser for Pastoral Care of the Clergy as part of her role – any reports produced fully protect client confidentiality.

## **Accountability**

All counsellors referred to in the diocese are either accredited by the British Association for Counselling and Psychotherapy or registered with the UK Council of Psychotherapy, which includes adherence to their Code of Ethics or Ethical Framework.

In the event of any grievance which cannot be resolved by discussion with the counsellor, clients have recourse to the accrediting body to which the counsellor is affiliated and professionally accountable.

## **How much will it cost?**

Typically professional counselling and therapy costs around £50 a session. The diocese has some funding available for counselling work but expects each client to make a financial contribution, according to their means. The amount of this contribution will be agreed with the Bishop's Adviser for Pastoral Care of the Clergy, and is paid directly to the counsellor, who then invoices the diocese for the balance.

## **How can the counselling be accessed?**

Make an appointment to see The Revd Canon Susannah Izzard, Bishop's Adviser for Pastoral Care of the Clergy, when there will be an opportunity to explore what support or counselling might be of most help to you.

**Susannah Izzard's contact details are:**

**07702 571760**

**[susannah.izzard@cofesuffolk.org](mailto:susannah.izzard@cofesuffolk.org)**