A Listening Ear

The Counselling Support Network in the Diocese of Lichfield

Come follow Christ in the footsteps of St Chad
Counselling

- When you need to talk something over with someone outside your immediate situation
- When you wish someone understood
- When you are faced with questions
- When you feel afraid or anxious or low
- When you don’t understand why you feel the way you do
- When it’s hard to stop or relax
- When close relationships are difficult
- When you feel full of doubts
- When demands are too great
- Because it’s good to talk

Counselling can provide an opportunity to explore concerns in a safe and confidential setting with the support of a trained and experienced Counsellor. It enables people to share their thoughts and feelings in a way that can bring new insights.

The professional counsellor does not judge, nor tell people what they ought to do. The counsellor helps people to find their own solutions, to recognise their strengths and weaknesses and to have confidence to take responsibility for their own lives.

There need not be any crisis, simply a need for a listening ear which is both professional and strictly confidential.

Counsellors

We provide a professional, confidential service of counselling through a network of qualified and experienced counsellors and psychotherapists. This service has the full backing of the Diocesan Bishop and his staff, but is completely independent of them. The counselling is completely confidential within the terms of the British Association for Counselling and Psychotherapy (BACP) Framework for Ethical Practice.

Any concerns about the counselling service should be addressed to the Bishop of Stafford, The Right Rev’d Geoffrey Annas:

- Ash Garth, 6 Broughton Crescent, Barlaston, Stoke-on-Trent, ST12 9DD.
- Telephone: 01782 373308.
- Email: bishop.stafford@lichfield.anglican.org
This service is available to all clergy and their families and to lay employees of the Diocese and to Readers and other licensed lay workers. Ordinands in training may also access the counsellors by prior arrangement with the DDO. The service is free for up to six sessions (though donations may be made towards the cost); a further six sessions can be arranged within the subsidised scheme, with the client contribution being negotiated with the counsellor concerned. Cost should not be an impediment to seeking this help.

You can contact a Counsellor direct from the information given in this booklet, or through the Bishop’s Adviser for Pastoral Care and Wellbeing: The Revd Prebendary Dr Jane Tillie:

10 Plantation Park, Keele, Newcastle-under-Lyme, ST5 5NA
Tel: 07530 734079
Email: jane.tillier@lichfield.anglican.org

The Revd Nest Bateman
21 Christchurch Lane, Lichfield, Staffs, WS13 8BA
Tel: 01543 257681
Email: nestbateman@gmail.com

I am an Anglican priest, recently retired from the staff of Lichfield Cathedral, where my focus was on pastoral work within the cathedral community, and the training and supervision of lay pastoral ministry teams within that setting. I was also volunteer chaplain at a local hospice, working with individuals with significant emotional and spiritual issues as they come to terms with their mortality. I am currently volunteer chaplain for Staffordshire Police, working with police officers and staff who deal at the sharp end with the more extreme aspects of human tragedy and effects of criminal behaviour.

I have a B.A. degree in English Literature and psychology, and a postgraduate Diploma in Social Administration and Social Work. My first career was as a social worker/senior social worker, working primarily with those suffering from chronic and/or terminal illnesses and disabilities, focusing on the social, psychological and emotional impact of these conditions on individuals and their families. I also worked as a Relate counsellor for 18 years with couples and individuals where relationships were under stress or had broken down.

I am passionate about the importance of good relationships and am aware of the many and varied pressures and stresses which can threaten their survival. We are all human and vulnerable, and I believe in the importance of helping people understand the factors which may have contributed to their difficulties and pain, thereby providing them with a stronger basis for beginning the process of forgiveness, healing and reconciliation. I believe strongly in the importance of work supervision and support for clergy and staff within the diocese, and have training and wide ranging experience of supervising the work of staff / students as a senior social worker, as a Relate counsellor, together with supervision of the work of lay and ordained ministers in my role as an Anglican priest.
Helen Bowes
3, Saxifrage Drive, Stone, Staffs, ST15 8XY
Tel: 01785 812317 or 07594554198
Email: helenbowes@live.co.uk

I am an Integrative Pastoral Counsellor who is Registered and Accredited with the British Association of Counselling and Psychotherapy (BACP). I am also a BACP Senior Accredited Supervisor of counsellors and tutor on Counselling Courses. My qualifying training was in Pastoral Counselling which combined the theory and practice of counselling with the study of theology. Since qualifying I have trained in Couple and Family Counselling, Cognitive Behaviour Therapy and Transactional Analysis. My base for working is humanistic and rooted in relationship.

I trained in local lay ministry as a Reader and was authorised in 2004. I currently serve as a Reader in Stone, Staffordshire where I have lived since June 2013. Before that I lived in Shropshire where I was also commissioned as a Workplace Chaplain for Telford Christian Council, a role I had for 7 years.

From 2010 - 2014 I was employed as Domestic Abuse Counsellor for a church based charity in Stoke-on-Trent, but finished there when the funding for my role ended. I currently work for the NHS as a Staff Counsellor at the Royal Stoke University Hospital for 3 days per week and on the other days I work with private clients and supervisees at my own home. Clients come through self referral and various EAP (Employee Assistance Programmes) providers. Previously I have counselled clients for the charity Homestart and in a further education college student services department.

I am able to work with individuals and couples with a whole range of issues – anxiety, self-esteem, anger, depression, stress, trauma, loss and relationships.

Sarah Bruce
WV10
Tel: 07769655013 / Landline: 01902 734090
sarah@act2change.co.uk

In 1980 I did a short counselling course as part of a pastoral care training programme. An opportunity to do an initial qualification in counselling enabled me to understand something of the complex issues Christians face in life. In 2015 I undertook a Master’s in Counselling psychology and am currently studying on a Doctoral programme in which I am researching Mindfulness and spirituality. My training has given me a good understanding of two counselling approaches, but I can also draw on insights from a range of others depending on your needs.

Being informed as a counsellor is only part of the story; being able to create a safe and trusting environment where you can explore your difficulties is, of paramount importance to
an effective outcome of therapy. I run my own counselling business from my home in the
WV10 area of Wolverhampton, which is easily accessed from M6. My work situation allows me
to be flexible and I will do my best to offer you an appointment which fits with your schedule.

I am registered with the Counselling Directory, so if you wish you can find more information
from an extended profile on this site. I also am registered with the Churches Ministerial
Counselling Service so am building more and more experience in working with ministers and
their family, enabling them to face the unique challenges of being in Christian ministry.

If I am not available when you call, please leave a message and I will endeavour to contact you
as soon as is possible.

Sally-Anne Bubbers
Centre for Positive Health, 11-13 Whitchurch Road,
Wellington, Telford, Shropshire, TF1 3DS
Tel: 07971 349151
Email: sabubbers@hotmail.co.uk

I work with individuals in a pluralistic, flexible way, based on Person Centred counselling,
drawing on different humanistic approaches and my belief that everyone is a unique
individual. I have a particular interest in how the body is able to hold memories of
overwhelming distress, which we cannot always find words for. This can sometimes lead us to
behave in ways we do not understand. I have worked as a GP counsellor and in workplace
counselling with NHS staff.

I originally trained as a bereavement counsellor and later gained an MSc in Counselling
Psychology and SPI trauma training. My office has free parking or is a 5min walk from
Wellington train and bus station. I am a member of the BACP and Registered member of CPC
(Counsellors and psychotherapist in Primary Care).

Gill Carding
10, Mayfield Park, Shrewsbury SY2 6PD
Tel: 07885 367120
Email: gillcarding@btinternet.com

I am a senior accredited counsellor and supervisor with BACP (the British Association for
Counselling and Psychotherapy), working in an integrative way. I also have senior accreditation
with APSE (the Association for Pastoral Supervision and Education). I am a Reader, firstly
serving in St Asaph diocese and now in Lichfield.

Coming originally from a background in mental health social work, I trained with Relate
(Marriage Guidance as it was then) in the1980’s, which was followed by an M.A in Counselling
from Keele University in 1994. Having counselled in primary care and psychological therapies in the NHS, I then became Head of Counselling for Chester Diocese for 10 years. Thus I am well acquainted with the particular pressures, issues and joys of clergy life.

Now semi-retired, I have a small practice in counselling, seeing individuals and couples, as well as offering pastoral supervision. I am particularly interested in the ongoing care and nurturing of those in ministry.

**Margaret Cox**

18 The Charters, Lichfield, Staffs, WS13 7LX  
Tel: 01543 300101  
Email: mcoxlichfield@yahoo.co.uk

I am a Jungian analytical psychotherapist and work both with individuals and with couples. Following my original training as a Relate Counsellor in 1980 I worked in a GP Practice for a number of years and also part-time in the NHS. I offer short term counselling and longer term psychotherapy. I am registered with UKCP and the BCP and now maintain a private practice. As the widow of a clergyman, I am particularly aware of the strain and stress of parish life which I know can precipitate very painful situations for all involved.

I trained as a Clinical Supervisor with Relate in 1990 and then in 2006 with the Society for Analytical Psychology. Since then I have supervised many counsellors and therapists. In the last few years, through my work with clergy, I have had a growing interest in Pastoral Supervision, supporting myself in this by becoming a member of the Association of Pastoral Supervision and Education [https://www.pastoralsupervision.org.uk/](https://www.pastoralsupervision.org.uk/). Providing a safe space where Clergy and other Christian workers can think about their work can often be a lifeline, enabling many to maintain their creativity and joy in the work and even prevent burnout!

**Christopher Craddy**

96 Main Street, Barton-under-Needwood, Burton-on-Trent, DE13 8AB  
Tel: 07946754837  
Email: craddychris@gmail.com

Following a Psychology degree in 1975 and then many years as a teacher, I commenced my counselling training in the early 1990s. I worked for five years as an alcohol counsellor with an independent counselling practice in my spare time. For some years, I was also employed part-time within the NHS as a staff support counselling doctors, dentists and local council employees. I am currently in full time Independent practice. My orientation is integrative, primarily of the cognitive-behavioural and humanistic strands of therapy. I have an MSc in Counselling and Psychotherapy and am accredited by BACP. I am particularly interested in psychological dilemmas which can arise as a result of Christian faith.
The Revd Peter Mockford  
The Vicarage, Church Lane, Blurton, Stoke-on-Trent, ST3 3DU  
Tel: 01782 312163  
Email: mockford.peter@gmail.com

I am a Clergyman and for the last twenty years I have been a Vicar in Stoke on Trent and continue to be so! I am well aware of the tension and stresses that can arise as a result of parish ministry. As a Psychotherapist, I have an MSc in Integrative Psychotherapy, which means my approach is flexible and draws on a number of schools of Psychotherapy. I am registered with the United Kingdom Council for Psychotherapy. For the diocese I am the Bishop’s Officer for the deliverance ministry. Partly as a result of this role I am very aware of the overlap that occurs between spirituality and wellbeing. I also hold a certificate in Reflective Practice and pastoral supervision, and am a member of APSE (the Association for Pastoral Supervision and Education https://www.pastoralsupervision.org.uk/) . I have a deep concern for the wellbeing of clergy and their families.

Martina Platten  
78 Chillington Drive, Codsall, Staffordshire, WV8 1AY  
Tel: 07773 299078  
Email: martina312@hotmail.co.uk

I am a Psychotherapist, holding an MSc in Integrative Psychotherapy. I have had a private practice for almost 20 years. I also trained and worked with a Victim Support and Rape Crisis Team and spent a short time as a therapist in the NHS. I am accredited by the United Kingdom Council for Psychotherapy. I originally studied Theology to train for ministry and have worked as part of teams in church leadership. My experience of church leadership and my father being a clergyman has given me valuable experience in understanding and appreciating the stresses and strains on clergy and their families, and the tension of feeling the need to maintain a public face whilst struggling with pain or conflict. I am also a Consultant to the Churches Ministerial Counselling Service. In addition to individual therapy I work with couples and also offer Pastoral Supervision.

Bishop’s Visitors

Visitors act on behalf of the Diocesan Bishop in cases where a clergy spouse may need practical help and emergency financial provision because the couple are separating. The Visitors are usually the first port of call in such a crisis. Visitors are appointed by the Bishop: they do not offer counselling but are selected for their skill and experience and always maintain strict confidentiality. If you need this kind of support, for which there is no charge, contact your Area Bishop in the first instance.