

Archbishop's Adviser and Coordinator of Pastoral Care
Revd. Andrew De Smet

Andrew De Smet can offer:

Counselling/psychotherapy

Mediation.

Space to talk through confidentially, pastoral, professional or personal matters.

Supervision for pastoral work

Spiritual Direction (see below)

Andrew offers a confidential service and will offer short term counselling free to Readers

Contact details:

0758 3279459 andrewdesmet@btinternet.com

Egroms, 23 Tower Street, Flamborough YO15 1PD

6 Herbert Street, York, YO10 3EJ

In addition low cost counselling is offered at Holy Rood House at Thirsk: 10 Sowerby Road, Thirsk, North Yorkshire, YO7 1HX 01845 522580 www.holyroodhouse.org.uk art & drama therapy, counselling, couples work

Low cost counselling is offered at The Spurriergate Centre, Spurriergate, York YO1 9QR 01904 629393 www.thespurriergatecentre.com - offer counselling, pastoral and counselling supervision, couples work (the café opens more restricted hours now but the counselling service continues.)

Counselling and Psychotherapy offer a safe, non judgemental and confidential space with a qualified person to explore thoughts

feelings and experiences to find a way forward. They can also offer strategies and resources for coping.

Counselling is of value when experiencing

- High levels of stress over an extended periods possibly with, with a loss of concentration and problems with sleeping patterns
- High levels of long term anxiety
- Unresolved work issues causing personal distress
- Distress or conflict in family or other relationships
- Pressure of role expectations and assumptions
- Isolation
- Bullying
- Addictive behaviour
- Sexual dysfunction
- Past abuse affecting present experience
- Debt
- Loss of faith or spiritual crisis (Spiritual direction is also very helpful here)

Mediation can help when conflict seems to be getting beyond what can be settled between two parties. An impartial third party can assist those disputing with each other work out an agreement.

The mediator's role is to meet with the parties, listen to them and look at the situation and help them work out an agreement, it is a voluntary process which seeks to help:

- Communication
- Help exchange of perceptions, ideas and feelings.
- Resolve conflict
- Make realistic workable agreements
- Treat people fairly
- Achieve "win/win" solutions

Counselling and Mediation are good responses to times of difficulty.

Spiritual Direction is a vital support to those in ministry or anyone exploring faith in good times and bad. A regular meeting with a spiritual director provides an opportunity to reflect on where you are with God, prayer, and your life journey. (see Spiritual direction leaflet for more details). For help finding a spiritual director:
Cleveland: Revd Mark Brosnan 01751 431452 gohiking@hotmail.co.uk
York: Revd. Andrew De Smet 07583279459
andrewdesmet@btinternet.com
East Riding: Mrs Rosemary Gillespie 01262 401560
rosemarygillespie@btopenworld.com

Supervision offers an opportunity to talk through and get new perspectives on pastoral or other areas of work. Exploring things with someone else can help us take a step back from situations and see them in new ways. Supervision sessions can be one offs or a regular arrangement.



Pastoral Support



for Readers

2019