



# **Churches' Ministerial Counselling Service**

## **The CMCS Mission Statement:**

*The Churches' Ministerial Counselling Service exists to provide confidential support to ministers (and adults in their immediate household) through short-term, professional counselling*

**[www.cmincs.net](http://www.cmincs.net)**

Since 1996, the Churches' Ministerial Counselling Service has established itself as a leading provider in Great Britain of counselling for ministers and their families, originally within the Free Church denominations, but now also including some Anglican dioceses. If you feel that it would help to talk something through confidentially with someone right outside your church structures, we are just the people to help. This can be work related or personal - both are covered.

## ***Some questions answered***

### **Who can use CMCS?**

If you are a recognised or accredited minister of one of the Partner Bodies listed on the final page, you can use CMCS. Some denominations offer the Service to others - for example, ministerial students or head office staff.

The Service is also available for ministers/staff of Affiliated organisations.

In most cases any member of your family who is over 18 and lives at the same address can use the Service too. Specific details of eligibility in each denomination are on the CMCS website.

### **What can I ask for help with?**

You can approach CMCS to help with many things, for example:

- If you are feeling low
- If you worry about behaviour patterns
- If you have experienced loss
- If your relationships are going through a difficult patch
- If the stresses of ministry are getting too much
- If you face a dilemma

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

You may be asked to make a small contribution to your counsellor's fee. Some denominations stipulate a particular sum, others ask you to pay what you can afford. The Area Co-ordinator can tell you which arrangement your denomination has made. The denomination pays the rest, *without knowing which minister (or family member) it is paying for.*

## **Are all your counsellors Christians?**

This isn't one of our requirements, but most are, and all our counsellors have affirmed respect for the Christian faith and commitment to helping ministers.

## **Are your counsellors professional?**

We only consider applications to join our Register from counsellors who are fully accredited with one of the major national counselling organisations, so they have extensive training and experience and are required to maintain their skills through continuing professional development.

## **What about confidentiality?**

The only people who will know that you are having counselling are the counsellor and the Area Co-ordinator. Your denomination will not know, nor will the central office of CMCS know your identity. Your counsellor will keep all you say confidential, except where disclosure is required by law or if you might harm yourself or someone else. Counsellors are required to have supervision for their work, but in that process clients remain completely anonymous.

## **How do I ask for counselling?**

Contact your Area Co-ordinator, as listed on the website. They will take some details and find you a counsellor; you then arrange when is best to see the counsellor. Your counsellor will use their skills to help you to explore the issues you want to talk about and to gain different perspectives or insights. This will usually be over a maximum of twelve weekly sessions.



Photo: Pixabay.com

## **Feedback from clients**

*Those receiving counselling are asked, if they wish, to complete a feedback form and send it in anonymously. Here are three comments we have received over the years:*

*“I am so very grateful for the care and support given to me through a very difficult time.”*

*“Excellent Service ... Having always said “I will never go for counselling” the experience was very positive and helpful.”*

*“(The counsellor) has been a gift to me ... My experience has been life changing and life enhancing.”*

## **Partner Bodies**

Baptist Union of Great Britain • Dioceses of Exeter, Guildford, Sheffield, Southwark • Free Churches Group • Methodist Church • Salvation Army • Seventh-Day Adventist Church (BUC, NEC, SEC, ADRA-UK) • United Reformed Church

## **Affiliated Bodies**

Baptist Union of Wales • BMS World Mission • Trans-European Division (TED) of the Seventh-Day Adventist Church

**To ask for counselling, please contact a CMCS  
Area Co-ordinator by phone or email**

- their names, phone numbers and email addresses are  
on the 'Contact Us' page of the website:

**[www.cmincs.net](http://www.cmincs.net)**

## **Data Protection**

CMCS is committed to Data Protection and privacy for clients. To view our Privacy Notice for clients please go to our website: [www.cmincs.net](http://www.cmincs.net)

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