



Churches' Ministerial Counselling Service

The CMCS Mission Statement:

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

www.cmincs.net

Churches' Ministerial Counselling Service is a Charitable Incorporated Organisation with registered charity number 1213941

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, and 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 the people who can arrange that. Whether it is 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 this 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/diocese/organisation 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 require a particular sum, others ask that you pay what you can afford. The Area Co-ordinator will tell you which arrangement applies to you. The denomination/diocese/organisation 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 all our counsellors have affirmed they will support clients who have Christian faith, and not undermine anyone's faith.

Are your counsellors professional?

We only consider applications to join our Register from counsellors who are Accredited with one of the major national counselling organisations. So they have had extensive training and experience already, 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/diocese 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 invited to send in feedback anonymously. Here are three comments received in recent years:

“I have gone from thinking life isn’t worth living to looking forward to the future”

“Communication was clear and friendly... Excellent and efficient service”

“My only regret is that I did not access this wonderful service earlier”

Partner Bodies

Baptist Union of Great Britain • CofE Dioceses of Derby, 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 • Church of Pentecost UK • Racial Justice Unit (RJU) of the Church of England • Trans - European Division (TED) of the Seventh-Day Adventist Church • UCCC

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

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

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