# Diocese of Lichfield

List of counsellors and pastoral supervisors

## Angela Blanchard

##### Dunston Heath, Staffordshire E-mail: [contact@angelablanchardcounselling.co.uk](mailto:contact@angelablanchardcounselling.co.uk) Web: <http://www.angelablanchardcounselling.co.uk> Mobile: 07443 652095

##### Offering: counselling for individual adults and pastoral supervision

I grew up in a Church of England household; although my mother’s upbringing was Methodist, my father was ordained in the C of E when I was 18 months old, and he served as a curate and a vicar in parishes across Cheshire throughout my childhood. I lived the clergy life, with all its positives and negatives, and consider myself "fluent in church." Christianity is a warp thread running through the tapestry of my life, and Christian values have always informed my way of being in the world.

I have a small person-centred counselling practice, which I feel sits comfortably with Christian principles and values. I practice from a purpose-built garden room at my home in a semi-rural location between Penkridge and Stafford, conveniently situated barely a mile Junction 13 of the M6 motorway, yet in tranquil surroundings. I work with whatever the client brings, and at the client’s pace. However, I have a special interest in bereavement and loss, working as a voluntary counsellor for a local bereavement charity, and my PhD research was on the experience of childhood emotional neglect. My main offer is a space that feels as free from threat as possible, and I place my trust in the healing power of acceptance and empathic understanding in the context of a congruent therapeutic relationship. I am an accredited registered member of the BACP (British Association for Counselling and Psychotherapy); I have additional training in counselling supervision and I am a member of APSE (Association for Pastoral Supervision & Education).

## Sarah Bruce

##### Worcester, WR4 Mobile: 07769 655013 Landline: 01905 356477  Email: [sarah@act2change.co.uk](mailto:sarah@act2change.co.uk)

##### Offering: counselling for individual adults and

##### pastoral supervision

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 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 Bubbers

##### Tel: 07971 349151 Email: sabubbers@hotmail.co.uk

##### Counselling and pastoral supervision mainly via Zoom

She works with individuals in a flexible way, drawing on different psychological approaches and her belief that everyone is a unique individual. She has a particular interest in how the body is able to hold memories of distress, which we cannot always find words for. This can sometimes lead us to behave in ways we do not understand, impacting our health and wellbeing. Sally also draws on attachment and developmental theory, mindfulness and contemplative practices.

Sally has worked in private practice for many years and has a particular interest in clergy wellbeing. Previously working as Bishop’s Advisor for Pastoral Care for the Diocese of Lichfield, a GP counsellor and in workplace counselling with NHS staff. Her original training was as a bereavement counsellor and person centered counselling.

She is a UKCP registered/accredited psychotherapeutic counsellor and a member of the BACP. MSc in counselling psychology, Certified Internal Family Systems Therapist and certification Supervisor for IFS and Certified Advanced Sensorimotor Psychotherapist. She is trained as a Pastoral Supervisor (member and trustee of Association for Pastoral Supervision and Education (APSE).

## Gill Carding

##### Shrewsbury SY2 Tel: 07885 367120 Email: [gillcarding@btinternet.com](mailto:gillcarding@btinternet.com)

##### Offering: Pastoral Supervision

I have recently retired as a senior accredited counsellor and supervisor with BACP (the British Association for Counselling and Psychotherapy) and am now focusing entirely on offering **pastoral supervision**. I have senior accreditation with APSE (the Association for Pastoral Supervision and Education) and am a Reader, having trained in St Asaph diocese, now serving in Lichfield.

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 and supervised 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.

I’m particularly interested in the ongoing care and nurturing of those in ministry. I am convinced of the benefits of a separate, safe reflective space to reflect on how the person is impacting on the ministry and how the ministry is impacting on the person, in order to sustain a healthy and goodly service to God and others.

## Keith Duckett

##### Location: Wolverhampton Tel: 07972-525140 Email: [keith.duckett@sky.com](mailto:keith.duckett@sky.com)

##### Offering: counselling for individual adults and pastoral supervision

BA (Social Sciences), BD (Theology & Religious Studies), MA (Pastoral Care & Counselling), PGDip (Psychotherapeutic Counselling), Diploma in Supervision, MBACP (Accred).

I am Team Leader/Lead Counsellor of Bereavement Support within Specialist Palliative Care at Walsall Healthcare NHS Trust, where I am also an occasional Locum Chaplain. I have over 25 years’ ministry experience, mostly in multi-faith urban contexts, including parish, church-related community work, church school, and over 15 years as a healthcare chaplain. I was a UKBHC Board-Registered Healthcare Chaplain from 2010-2021, my work having included facilitating a number of Reflective Practice Groups for ward managers, nurses, chaplains and chaplaincy volunteers. I am married to a parish priest and from when I was aged 10 my mother worked as a Deaconess, then Deacon, Parish Priest, Diocesan Officer, Bishop’s Chaplain and Team Rector.

I am Accredited with the BACP and am a member of the Executive Committee of their Spirituality Division. My previous counselling experience includes work in Primary Care Counselling and in a Community Interest Company delivering an Employee Assistance Programme for local authority workers. I work primarily with a “Relational Integrative” approach to therapy and offer Pastoral Supervision / Reflective Practice Accompaniment as well as individual counselling. The main influences on my practice from my training have been the holistic model of Relational Gestalt Therapy; intercultural pastoral counselling; and mindfulness-based/compassion-focussed approaches.

## Deanne Gardner

##### Location: All appointments on Zoom Tel: 07721 654629 Email: [dagardner2003@yahoo.co.uk](mailto:dagardner2003@yahoo.co.uk)

##### Offering: Counselling for individual adults, couples, young people and pastoral supervision

Deanne is a qualified Person-Centred Psychotherapist, trainer and clinical and Pastoral supervisor registered with the UKCP and a member of the BACP. She has an MA in Humanistic Person-centred Psychotherapy and a Professional Doctorate in Counselling. Deanne works in private practice offering counselling to individuals and couples and young people (11-16). Her clinical supervision practice includes offering a reflective space to individuals who work within settings in which they hold pastoral and managerial positions. As a trainer Deanne has facilitated training courses on topics including: Diversity, intersectionality, and power; Safeguarding; Self-care and working with survivors of childhood sexual abuse. Deanne has a passion for encouraging dialogues around diversity and the experience of difference in group settings. Her doctoral research explored the different role expectation and emotional demands made upon clergy spouses.

## Ursula Pencavel – counselling service co-ordinator

##### Shrewsbury SY3 Email. [ursula.pencavel@icloud.com](mailto:ursula.pencavel@icloud.com)

##### Offering: counselling to individual adults and pastoral supervision.

Hi. I’m Ursula Pencavel, a psychotherapist. spiritual director and pastoral supervisor.

I have a MSc in Gestalt Psychotherapy, training in spiritual direction and a diploma in pastoral supervision. I have UKCP accreditation and am an accredited member of APSE. (Association for Pastoral Supervision and Education.)

I have worked for many years in private practice as a therapist and tutor on listening skills, prayer ministry and spiritual director training courses. I was ordained in 2015 and am a self supporting Associate Minister.

Although my training is as a Gestalt Psychotherapist I draw on other models of counselling and therapy as appropriate. The BACP website offers the following description of Gestalt therapy: ‘The name Gestalt is derived from the German for ‘whole’ or ‘pattern’. It looks at the individual as a whole, and within their surroundings, rather than breaking things into parts. Practitioners help you to focus on the here and now and your immediate thoughts, feelings and behaviour to better understand how you relate to others and to situations. This can help you find a new, positive perspective on problems and bring about changes in your life.’

My work as a therapist covers a wide range of issues but I have a special interest in the difficulties and consequences of anxiety, abuse, bullying and trauma within a secular, spiritual or church context.

My preference is to meet virtually using Zoom, although face to face sessions may occasionally be possible in Shrewsbury.

Jill Phillips

Sutton Coldfield, B75  
Please contact via: jillpcounselling@gmail.com

Offering: Counselling and systemic practice for individual adults, couples and families and EMDR

Hello, my name is Jill. I am a psychotherapist, systemic practitioner and Ignatian spiritual director.

Qualifications and Experience

I am registered and accredited with the British Association of Counsellors & Psychotherapists (BACP) as an integrative counsellor for working with individuals. I draw mainly on person-centred therapy principles, attachment theory and Cognitive-Behavioural Therapy (CBT).

I am registered with the Association of Family Therapists (AFT) as a Systemic Practitioner for working with couples and families.

I can also offer EMDR (Eye Movement Desensitisation and Reprocessing) which enables us to naturally process and recover from negative past experiences that continue to have current impact without involving a lot of talking (see https://www.bacp.co.uk/about-therapy/types-of-therapy/eye-movement-desensitisation-and-reprocessing-emdr/ for more information).

I qualified in 2013 with an MSc in Counselling & Psychotherapy from Derby University and have continued to develop my practice through on-going CPD training. I have experience counselling within a Domestic Abuse agency, as Team Leader in an all-age hospice counselling service, with young adults (18-25 years) in university settings, and I also have my own private practice. I am happy to work with most issues however my particular interests are relationships and communication difficulties, issues with anxiety, stress and traumatic experiences, seeking out strengths and helpful ways of coping, as well as working with health issues, loss and bereavement.

A little bit about me

I am an Ignatian spiritual director, having trained for 3 years at the Ignatian Spirituality Centre in London. I am married to a Baptist Minister who has ministered in both chaplaincy and church settings, so I have personal experience and some insights into the joys as well as the tensions this can bring.

## Martina Platten

##### Codsall (Wolverhampton) Tel: 07773 299078 Email: [martinaplatten@gmail.com](mailto:martinaplatten@gmail.com)

##### Offering: counselling to individual adults and couples and Pastoral Supervision

I am a Psychotherapist, holding an MSc in Integrative Psychotherapy. I have had a private practice for 20 plus years and also work as a pastoral supervisor (I am a member of APSE).

I have trained and worked with a Victim Support and Rape Crisis Team. I 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 doing a theology degree and a Diploma in Pastoral Studies 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 which I have been involved with for many years.

## Bethany Thornton

##### Stafford ST16 Tel: 07954 848542 Email: [bethany@bethanythorntoncounselling.co.uk](mailto:bethany@bethanythorntoncounselling.co.uk) Website: [www.bethanythorntoncounselling.co.uk](http://www.bethanythorntoncounselling.co.uk)

##### Offering: counselling to individual adults and couples

I am a BACP Registered and Accredited counsellor in private practice in Stafford. I hold a DipHE in Therapeutic Counselling, which incorporates Person-Centred Counselling, Cognitive Behavioural Therapy and Transactional Analysis. I also hold a British Psychological Society Approved Certificate in Third Wave Cognitive Behavioural Therapy (which incorporates therapies such as: Compassion-Focused Therapy, Acceptance and Commitment Therapy and Mindfulness). I also work with couples and other relationships and have a COSRT Approved Certificate in Couple and Relationship Therapy. I have over 6 years of counselling experience working with many clients on a range of mental health and life issues.

I am a graduate of Moorlands Christian College and in the final year of my Applied Theology degree I completed a module ‘Perspectives on Christian Counselling’. This module was part of the inspiration for my next career step. During my counselling training I worked with clients voluntarily at the local NHS Service and this soon turned into a full-time paid position. After 3 years I decided to open my own private practice and I also receive referrals as an Affiliate Counsellor with a number of Employee Assistance Programmes. I am a member of Rising Brook Community Church in Stafford and serve on their Prayer Ministry Team.