



Diocese of Trenton

## Parish Counseling Services



### *Short Term Counseling for Parishioners Through Their Local Parishes*

#### **OVERVIEW**

Parishioners have access to short term professional counseling at locations throughout the Diocese of Trenton through *Parish Counseling Services* developed by Catholic Charities and the Diocese of Trenton. Licensed counseling professionals will be available to help parishioners, through difficult issues such as marital problems, raising children, eldercare, bereavement or the stress of job loss that can be successfully addressed by brief counseling support. Short term counseling is not appropriate treatment for severe or persistent mental illness. Working from Catholic Charities sites or private offices, counselors are experienced with an array of difficulties and diverse clientele.

Referrals to "*Parish Counseling Services*" can be made by Pastors and parish priests, by faxing a referral form to *Parish Counseling Services*. A coordinator will contact the parishioner to arrange for counseling after the request has been reviewed by a counselor.

Parishioners are eligible for *Short Term Counseling* for a maximum of six sessions. The fee is \$75/per session. If financial assistance is needed, *The Diocese of Trenton Parish Counseling Services* will assist with a grant of \$50/per session. However, the co-pay of \$25/per session is the responsibility of the individual and is paid to the counselor at the beginning of each session. Insurance is not accessed for these counseling services.

Referral to a practitioner or treatment center outside of *Parish Counseling Services* will be made if counseling beyond six (6) sessions is necessary or if the initial referral indicates need for long term treatment. (These services are not eligible for financial assistance.)

"*Parish Counseling Services*" will help Pastors secure the most effective and appropriate care for their parishioners.

#### **DIOCESE OF TRENTON & CATHOLIC CHARITIES PARISH COUNSELING SERVICES**

***Please contact your pastor or parish priest for services.***

#### ***Diocesan Contact:***

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