



Diocesan Counselling Adviser

Judi Whitehead

is the Diocesan Counselling Adviser and was commissioned in November 2013.

If you know someone (eg. a member of your congregations or parishes) who you think would benefit from counselling, do contact Judi Whitehead.

She will be able to advise you about suitable individual counsellors and organisations around Cumbria – both explicitly Christian counsellors and those who would be sympathetic to a faith position – and give you their contact details.

As Counselling Adviser, Judi is liaising with counsellors and counselling agencies and developing a list of appropriate counselling resources which will be made available to clergy and pastoral care teams in the diocese.

Judi is a qualified counsellor having trained with Borderline Counselling in Carlisle and the Philippi Trust in Bolton. She is a member of the Association of Christian Counsellors and currently works at Cedar Counselling Cumbria based in Ambleside. She describes herself as a counsellor who is a Christian and works with people of any or no faith.

Counselling can be helpful to people encountering various difficult situations such as relationship difficulties, bereavement, depression, stress, abuse, self harm or domestic violence. Counselling can also play an important part in a person's journey towards healing and wholeness.

The Counselling Adviser is a member of the Pastoral Training Strategy Group within the diocese of Carlisle, and is an Adviser on behalf of the Ministry & Training Department.

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