

# PARISH COUNSELING SERVICE AVAILABLE THROUGH DIOCESE OF TRENTON

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Through a joint effort of the Diocese of Trenton and Catholic Charities, licensed professional counselors are available to help parishioners with difficult issues that interfere with day-to-day functioning. This service can be accessed by contacting one of our priests who will provide additional information and a referral. The fee is \$75 per session. If needed, financial assistance for short-term counseling (up to 6 sessions) is available through the Diocese of Trenton Parish Counseling Services. The Diocese of Trenton will provide a grant of \$50 per session (up to 6 sessions) toward the total cost of counseling. The client will be responsible for the co-pay (\$25 per session) toward the total amount per session.

**For Whom:** Parishioners seeking help through difficult issues such as: marital problems, raising children, eldercare, bereavement/grief, or the stress of job loss that can be successfully addressed by brief counseling support. You must be a parishioner in a parish of the Diocese to take advantage of this program.

**Type of counseling:** This is short term counseling for up to 6 sessions and 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.

**How to participate:** *Referrals can only be made through pastors and parish priests.* Speak to one of our priests about referral to the program. Contact the Rectory at 609-587-4877.

After speaking with them, they will fax a referral form to *Parish Counseling Services* from the parish. A coordinator will contact the parishioner to arrange for counseling after the request has been reviewed by a counselor.

**Payment:** The fee per session is \$75. The *Parish Counseling Services* program offers financial aid of \$50/session if aid is needed. In that case, the copay of \$25/session is the individual's responsibility and is paid to the counselor at the beginning of each session. Insurance is not assessed for these counseling services.

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