

Thank you for requesting more information regarding counselling for ex Jehovah's Witnesses.

Counselling can be of great help to those struggling with things such as loss, depression, stress, anxiety, low self-esteem, loss of optimism and so many other things that impact all of us at some point in our lives.

However, many ex Jehovah's Witnesses struggling in these ways can find counselling a frustrating experience when it becomes clear that their counsellor doesn't understand the uniqueness of life as a former Jehovah's Witness.

The normal rules of life and the view of the world are not the same as everyone else and unless the counsellor fully appreciates the impact of your time as a Jehovah's Witness, they are going to find it very hard to give you the help you need. You are not there to educate your counsellor on what everything means. You need counselling to help with the fact that even though much time may have passed, the effects of life as a Jehovah's Witness may still be lingering and getting in the way of your happiness.

How will the session look?

The aim of your counselling will be to explore your feelings and emotions. It is what's called 'Person Centred Counselling'. You will have the opportunity to speak freely about your struggles. You will have the opportunity to look at parts of your life in a way that you may not have done before.

As your counsellor, I will offer complete respect and non-judgement, as well as honesty and openness. These are all the qualities you should expect, at the very least, from any counsellor you work with. However, with me there is a difference. I have that insight about your life as a Jehovah's Witness.

You will not have to explain what 'Ministry' or 'Answering up' means. I appreciate the impact of being baptised. If you speak of disfellowshipping, fading or shunning, I understand exactly what you are referring to. But it isn't just about understanding the vocabulary.

My experience and knowledge allow me to understand the mental impact of life as a Jehovah's Witness. I appreciate how difficult it is to experience grief and loss for family, even though they have not died. To realise how a person can be suffering from crippling guilt and shame, even though, to an outsider, they don't seem to have done anything wrong.

Many clients find they want to just say some things out loud for the first time, maybe vent anger or frustration at the situation. Some want to admit to feelings of hopelessness or even guilt and anxiety at daring to try and move on with their life. Feeling great selfishness at the very thought of putting your own needs first is also a common theme.

Each session will be a full 60 minutes and can take place in person, if you are close enough to my practice in Southport, or over zoom.

Costs.

An initial assessment will be arranged between us, which will be free of charge. This will be an opportunity for you to let me know how you are struggling at this time, to ensure that counselling is the best option for you or whether the Recovery Workbook would be more appropriate. ([Click here for more information on the Recovery Workbook](#)). It will also be a chance for you to ask questions and find out a little about me to make sure you feel I am the right person for you, which is very important. This generally takes around 30 minutes, but it's best to allow up to an hour, just in case. This can also take place either in person or via zoom.

If, after the initial assessment, you decide that counselling is the right option, sessions will last for a full 60 minutes at a cost of £45 per session.

You will decide the frequency of the sessions and although most people have weekly appointments, you will be in charge of how often you feel best suits your needs. In the same way, you will also be in charge of how many sessions you ultimately have.

You are not limited to the number of sessions and my view is that you are the expert when it comes to knowing whether you have achieved everything from your counselling that you hoped, therefore it will be you that decides when your counselling is no longer required.

What to do next.

If you've not already done so, contact me to arrange the free initial assessment.

You can either send an email to nicolas_spooner@outlook.com or call +447365 115274.

If I am unable to take your call, please leave a message and I will get back in touch as soon as I can.

Thank you for your interest in counselling for ex Jehovah's Witnesses and I hope to hear back from you very soon.

Nicolas Spooner (Dip Coun)
RMBACP (Accred)
C-PCC