



As Head of Clinical Services of Raphael - The Jewish Counselling Service, I am often asked what we do. Due to the demands of confidentiality I can only give composite pictures of the sort of clients who are seen:-

“Sarah” is 38 and recently experienced an unpleasant divorce. She is struggling to cope with two small children on a low income. She is depressed and anxious.

“Abraham” is 24. His father was always angry with him and he felt that he could never get anything right. He is confused and adrift about his life, work and relationships.

“Miriam” is 52. She feels that she has never been fulfilled in her life and wants to explore why this is the case and how she can change. Her father was a Holocaust survivor and has never talked about it and she feels that his depression has impacted on her life.

“Joshua” and “Leah” have been married for ten years but she has now found out that he has been having an affair with “Rachel”. They are uncertain whether they want to make their marriage work or to split up and have come for couples counselling.

Raphael comprises 32 counsellors who offer confidential once weekly counselling and are all professionally trained and supervised. They work from purpose built premises in Edgware or their own consulting rooms. The counselling is non-directive and aims to enable clients to reach a better understanding of themselves, their feelings and their situations so that, hopefully, they will be in a position to make better choices and decisions to enable them to use more of their potential.

We help those experiencing depression, anxiety and emotional distress of all kinds as well as second and third generation holocaust traumas. All of our counsellors are Jewish and understand the concerns of the Jewish community. We offer a service to all sectors of the Jewish and the wider community including those who have connections to the Jewish community, for example through marriage, and no-one is turned away for lack of money. Clients are expected to contribute according to their personal circumstances. This means that we always have a financial shortfall which is made up from generous donations and from proceeds of cultural and social events put on by our Friends Committee. Many members of this and other progressive synagogues have supported these events but we are always happy to welcome new faces.

I hope that this gives you some useful information about our service.

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