

ST. ANDREWS, FIFE

The town of St. Andrews has much to offer visitors: beautiful buildings and wonderful stretches of sand. There are several visitor attractions, including the Sea Life Centre, Golf Museum, East Sands Leisure Centre, Castle and Cathedral ruins (each with a visitor centre), plus the recently rebuilt Byre Theatre.

St. Andrews is a few miles from the East Neuk with its several very differently attractive villages of Crail, Pittenweem, St. Monans, Elie and Earlsferry, and Anstruther.

Public transport is by coach to St. Andrews, or by train to Leuchars Station, approximately 5 miles away, on the main east-coast line. There is now a bus link to St. Andrews from Leuchars, which takes 22 minutes.

ST. LEONARDS

St. Leonards is a private boarding school, set in 35 acres of ground in the heart of the town, next to the harbour and ancient cathedral. Its pleasant stone buildings are encircled by the walls of the old Abbey, and there is ample parking in the school grounds.

The oldest part of the school dates back to the 15th Century, and if you are in the vicinity of the Library at night, you may meet the ghost of Mary Queen of Scots, whose bedroom is preserved inside! Also in the school grounds is St. Leonard's Chapel (1512), which we use for Wednesday evening prayers.

This year accommodation is initially available in Bishop's Hall, an old, elegant building which offers single student bedrooms, some of which are large enough to have twin beds if required. If we have enough conference participants to fill Bishop's Hall, we will then allocate rooms in St. Rule, an adjacent building.

There are no ensuite facilities in Bishop's Hall or St. Rule, but there are toilet, bath and shower facilities on each floor. **Towels are provided.** Each house has kitchen facilities and comfortable sitting areas.

THE COST

The cost which includes the Conference Fee, Accommodation and Full Board is £385 for non-members and £370 for members and those currently attending Seminars. **There will be a £10 reduction in the conference cost if you book by 30th January, 2010.**

In special circumstances bursaries may be available. Please contact the Chairperson, Maureen Leggat. Your request will be treated in confidence. We invite donations to our Bursary fund.

The Bridge Pastoral Foundation (formerly C.T.A.) was founded in 1962 by Dr. Frank Lake. The Foundation promotes training in Pastoral Care and Counselling and the encouragement of personal growth.

While BPF has a Christian basis, those of other faiths or of no particular faith have always been an important part of the Foundation. In BPF there is an invitation to integrate psychological and Christian experience and insight.

Further information about the Foundation's work in Scotland may be obtained from the Chairperson of the Scottish Conference Planning Committee:

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The Bridge Pastoral Foundation

formerly the Clinical Theology Association

Annual Scottish Conference 2010

LOVE AND HEALING

The Spirituality of Counselling and Pastoral Care

Dr. Jim O'Donoghue

Bookings and Enquiries by 12th March 2010

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St. Leonards School, St. Andrews
from Monday, 12th April
at 3.30 pm until
Friday, 16th April at 1 pm

The conference is open to all, whether members or not, who are seeking space for reflection and personal growth in an ethos of ecumenical Christian spirituality. The week will appeal to those in caring/helping roles, whether voluntary or paid, and to others concerned about personal well-being and enriching relationships. Our intent is that as conference members we will find support, hope and encouragement to become aware of, challenge and change those things in and around us that imprison our spirits and stop us being free to be fully ourselves in the world.

The work of the conference takes place within evening plenaries, small personal growth groups, afternoon workshops, daily worship and social occasions both formal and informal.

PLENARIES

This year the conference theme will be developed over 3 plenaries by **Dr Jim O'Donoghue**, Clinical Director of Castlebar Counselling and Therapy Centre. He is a Clinical Psychotherapist and an Accredited Clinical Supervisor and has worked in a special Psychotherapy Unit in one of Ireland's largest Psychiatric Hospitals. He has founded and directed four community Counselling Therapeutic Centres in Ireland and has been a visiting lecturer in two universities. In addition to his training in Psychology/Psychotherapy he has an academic background in Philosophy, Theology and Sacred Scripture. He has been a member of CTA/BPF for almost thirty years and its President since 2005.

LOVE AND HEALING:

The Spirituality of Counselling and Pastoral Care

"I have come to bring fire to the earth and how I wish it were blazing already!" (St. Luke 12:49)

All of us in some mysterious way long for completion.

*"Only Love
Can bring individual beings
To their completion as individuals
By uniting them one with another."* De Chardin

This **LOVE** can be both ecstatically joyful and excruciatingly painful. It is hugely demanding. It has moral and cosmic implications. It comes as **GIFT** and calls us strongly to the **SPIRITUAL**:

"Life and Peace can only come with concern for the Spiritual" (Romans 8:7)

The Spiritual Journey itself uncovers the pain. It has been described as:

"A series of humiliations of the false self so that what prevents us from being available to God is gradually evacuated" Abbot Thomas Keating OCSO

It is this "evacuation" that is the process of Counselling/Psychotherapy and Pastoral Care.

These three Plenary Sessions will be interactive, meditative considerations on the tenderness, compassion and spiritual empathy required in our responses from the interior depth of self to those who invite us to accompany them in their search for healing, for communion with their own inner light.

The Counsellor or Pastor and those who seek help from them are haunted by a "Ghost" that constantly calls for attention. This often ignored "Ghost" creates in us an infinite thirst for Presence, Real Presence in each moment of our lives. If we are open, we are drawn

into a depth experience where fleeting glimpses of brilliant light that is both embodied and more than body tantalize us.

WORKSHOPS

Three workshops will be offered each day

Jim O'Donoghue will offer one workshop -

Beyond New Horizons-----?

Each movement in our interior and social life opens the possibility of new understandings of what it means to be a Human Being. Each person is a **Scientist** gifted with creativity which helps us not merely **to enjoy more** or **to know more** but **to be more**.

In order **to be more** the security of what was previously known must be left behind with its routine and familiar retreats.

The **Research** that is life's journey invites us to an exuberant surge of human energy that leads beyond our present horizon and, indeed, each new horizon to immersion in **Mystery**.

Can we risk the non-attachment of an **Open Heart** and the basic uncertainty of the human condition and set forth without knowing the destination?

This workshop, using **Silence, Art, Writing** and **Dialogue** encourages and empowers us to envision 'Mystery' as the unfolding darkness and light that lives lovingly beyond the **Edge** of our secure attachments.

It is not suitable for those who are taking psycho-active Medication. Nor for those who are afraid of Ghosts!

Other workshops will include....

Pen Power led by Helen Alexander

An invitation to explore your inner world through writing. No special literary skill is expected or required; just an interest in yourself and a willingness to take a pen to o-pen a window to your soul.

Helen is a minister of the Church of Scotland and a psychotherapist who has a long association with BPF.

Fairy Tale Enactment.....

.....an opportunity to find the deeper meaning inside the story for you - led by **Ann Boyd**

We have all heard fairy stories and may indeed have favourites... yet they can have deeper roots in our psyche and can inform us about life in many ways. This is an experiential workshop based on Jung's theory of the archetypes and the collective unconscious.

Ann, a UKCP-registered psychotherapist who works in private practice, is on the leadership team of Bridge Pastoral Foundation, and has been involved in training tutors and planning conferences for many years. Ann is experienced in working with individuals, couples and groups, and has a special interest in early years and primal integration.

Harriet Buchan will offer a workshop on sound. More details will be available in the Workshop Choices Form.

Harriet has been associated with music, teaching and acting over a lifetime. She has wide experience of leading workshops in a variety of settings, including Glasgow Celtic Connections Festival and BPF.

Mike Ellis offers the following workshop -

"Your vision will become clear only when you look into your heart.

**WHO LOOKS OUTSIDE, DREAMS,
WHO LOOKS INSIDE, AWAKENS."**

Carl Jung

An experiential workshop to become explorers of our inner world and expand our boundaries with a leap of perception to comprehend the visibility of the invisible.

Mike is a Lecturer in Counselling at University College Stratford, as well as being an experienced therapist, trainer and supervisor, building upon his work as a Baptist Minister and Hospital Chaplain.

Steve Haden will lead a workshop on **African Drumming** which promises to be exciting, powerful, empowering and fun.

Steve has been drumming since the age of 3. He has travelled extensively throughout West Africa obtaining numerous rhythms, songs and cultural information to pass on to students and clients and has taught over 8,000 people to drum.

Barbara Mace offers **Gathering** - an Arts workshop to gather together our experience of the conference.

Barbara trained as an Arts Psychotherapist and has worked with individuals and groups for ten years. Barbara also tutors on the BPF Psychotherapy Course. Of the workshops Barbara says: Running workshops is always enjoyable for me to encourage participants to experience their amazing creativity - even when they have no confidence that it is there!

GROWTH GROUPS

Meeting daily in the same group is an integral part of the conference. Within this rich and therapeutic space and with the support of two facilitators, members are encouraged to explore personal issues brought with them or raised during the conference, at whatever depth they choose. We are encouraged to move beyond past experiences, history or traditions which constrict or limit our lives and relationships. If you are unfamiliar with small group work please note that this can be an intense experience as strong emotions and feelings may be expressed and this can trigger deep issues.

Personal matters raised within the group are always confidential. Group facilitators are supported in their work through supervision each day during the conference.

PLEASE NOTE

Anyone currently under medical/psychiatric care or under more than usual stress, is asked to indicate this when applying and, indeed, to consider whether the Conference is appropriate for them. **If unsure, please contact our Clinical Coordinator, Mrs. Bernadette McWilliams, (Tel: 01501 735763), to discuss your situation, in strict confidence**, and be supported in coming to a decision about attending the conference.

We would also very much appreciate if you would let us know if you have any mobility issues. There are lots of stairs in St. Leonards and bedrooms and group rooms on various floors. We would want to be able to accommodate your needs as much as is possible. You may like to discuss these or other health issues with Bernadette McWilliams, 01501 735763.

CPD Certificates are issued stating the time spent in the various, relevant, activities of the conference.

WORSHIP

The life and work of the conference is held and sustained through morning and evening worship led by Conference members who reflect their own particular traditions.

SOCIAL OCCASIONS

There is leisure time each afternoon and after evening prayers. Dinner on Thursday evening will be a more formal celebration followed by the traditional last night Scottish dance and ceilidh. Conference members are warmly invited to contribute to the entertainment.