

4. Short Courses for Groups and Organisations

We are happy to discuss how we could work with you to develop interpersonal training within your group or organisation.

Membership

Individual Membership* of BPF offers:

- The opportunity to share in the development of BPF and to be part of our community, exploring the boundaries of pastoral care and psycho-spiritual development
- The opportunity to be consulted on significant issues and planned changes affecting the organisation
- Voting rights at BPF's AGM (usually held at the beginning of the Annual Conference)
- Regular mailings about BPF events and activities, including BPF's newsletter Dynamics (issued 3 times a year)
- Preferential rates at BPF Conferences and events
- Access to the BPF Library, Archive and Oral History
- Practical Theology Journal three times each year (at additional cost)

* Please visit www.bridgepastoral.org.uk or call the office for other categories of membership, costs and for a membership application form.

Membership of BPF is subject to BPF's Terms and Conditions. These can be found on the BPF website or obtained from the office.

Contact Details

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Bridge Pastoral Foundation An Introduction To The Bridge Pastoral Foundation

Towards Understanding Self and Others

An Introduction To The Bridge Pastoral Foundation

Based on the unique insights of Dr Frank Lake, BPF exists to help people grow and develop as human beings. Through self-knowledge and understanding we deepen our ability to understand, support and help others. Whether you are a counsellor or psychotherapist, a member of the caring professions, working in pastoral care or someone who wants to grow in their own self-awareness, BPF has the resources to help you become more effective in your relations with others. Through training, conferences, primal integration work, and themed day conferences, we work experientially to develop the whole self - mind, body, emotions and spirit. Although we are rooted in the traditions of Christian teaching, we are not a religious organisation and we welcome people of all faiths and none. Our approach is based on the work of Dr Frank Lake, whose groundbreaking work over 50 years ago contained essential truths about what it means to be human. His analysis teaches both the theory and practice of pastoral care and is as fresh and empowering today as it was in the 1960s.

What BPF Offers

BPF has over 300 members who engage with us at a range of levels to suit their own needs. From basic self-awareness courses to a professional qualification in counselling and psychotherapy, BPF's nationwide network of authorised tutors has a long history of facilitating groups that enable personal and professional insight and provide training, support and accompaniment on your journey of personal or spiritual growth.

BPF believes in the uniqueness and value of each human being and promotes a holistic approach to training in pastoral care, counselling and psychotherapy.

Therefore we offer a variety of opportunities for your personal and professional development:

1. Pastoral Care and Personal Development Courses
2. Psychotherapy and Counselling Training Course
3. Ongoing personal and professional development
4. Short courses for groups and organisations

1. Pastoral Care and Personal Development Course

This course is offered in four modules.

Through experiential learning we provide the opportunity for you to explore and develop a deep and transforming understanding of yourself and how you relate to others.

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| Module 1 | Listening to self and others |
| Module 2 | Understanding self and others |
| Module 3 | 'Being' with self and others |
| Module 4 | Journeying with self and others |

2. Psychotherapy and Counselling Course

This course is run over four years, part-time.

We offer a broad theoretical base, professional qualification and development through a profound personal journey.

3. On-going personal and professional development Conferences

Each year we have the Annual Conference and a Scottish Conference.

The conferences include plenary sessions, daily small growth groups, workshops, optional worship and social occasions. Applications are invited from those of all faiths and none.

Primal Integration weekends

The weekend aims to provide a safe space within a small group where participants are invited to explore areas of their past which have an impact on their present life.

This setting provides a creative environment which respects both who we are and our personal values.

Regional Training

These sessions offer experiential training and ongoing personal and professional development. Experienced leaders cover a broad range of topics. Each meeting builds a support network and creates a local community.

For CPD purposes, a certificate of attendance denoting hours and broad content is provided following all BPF courses and events, for CPD purposes.