

BPF PRIMAL INTEGRATION & GROWTH WEEKENDS



Bridge Pastoral Foundation

(Est. 1962 as The Clinical Theology Association)

PRIMAL INTEGRATION & GROWTH RESIDENTIAL WEEKENDS 2017/18

**English Residential Weekend
1st – 3rd September 2017
Stanton House Retreat Centre,
Oxford, OX33 1HF**

**Scottish Residential Weekend
26th - 28th January 2018
The Schoenstatt Centre,
The Clachan, Campsie Glen,
Glasgow, G66 7AB**

The Association for Clinical Theological Training and Care limited is a registered company in England and Wales (Company no 737881) and trades as Bridge Pastoral Foundation. The Association for Clinical Theological Training and Care Limited is a registered charity no. 296816

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The Primal Growth weekend aims to create a safe space in which participants have the opportunity to re-visit their roots and discover the preverbal incidents that still impact today. The painful and traumatic experiences that played a part in shaping us may have occurred during childhood, birth or even before. We call them 'primal' because they seem to be the first site of origin for recurring feelings, thoughts and behaviours and tend to happen in our pre verbal stage, up to five years of age. By touching on our forgotten feeling and memories we can gain deeper and fresh understanding. Re-living such experiences can give new insight, release and offer possibilities for change. Listening to one another's stories and supporting people in the work they choose to do can strengthen each of us, therefore, being there for others, as well as for the child within us, is part of the commitment of the weekend. We work with a maximum of 8 in the group plus two facilitators and the group is likely to be of mixed gender.

This weekend can benefit those who long to know more about themselves or understand better why they relate in certain ways. This not only facilitates personal growth but it is also important for those who seek to enable other people. The work in the weekend will demonstrate and give personal insight into working integratively with non-verbal communication, body work and trauma. It is not easy to find opportunities where you can work on these deeper areas of the past. Yet we find because the group reflects our core beliefs, respecting both who we are as individuals and each member's personal values, this provides a safe setting in which people are held and enabled to sensitively and creatively explore at a profound level.

Because this work can open up areas of pain, we strongly recommend that participants have access to a counsellor or psychotherapist afterwards. Those who are uncertain of coping with intense physical or emotional strain should consult their doctor or counsellor first and are welcome to speak to one of the group leaders. Those with no experience of personal counselling need to be aware that preparation for deeper work may take longer than for those who have done more personal growth work.

The Group Facilitators:

Group facilitators work in pairs and are experienced in Primal Integration work.

Practical Details:

Each Primal Weekend stands alone and applicants may apply for one or both.

Both weekends begin on Friday at 4.30pm (arrival from 3.30pm) and end on Sunday at 4.00pm. They include full board, also bedding and towels are provided.

Please bring: A duvet, sleeping bag or cushion & appropriate leisure clothing.

Oxford Weekend: 1st - 3rd September 2017

Bedrooms are single with a sink in each room and showers on each floor.

Glasgow Weekend: 26th - 28th January 2018

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Bedrooms are single with en-suite facilities.

APPLICATION FORM 2017

Please indicate below which Primal Weekend you are applying for:

Oxford (1st – 3rd September 2017)

Glasgow (26th - 28th January 2018)

Name:	
Address:	
Postcode:	
Tel No:	
E-mail:	
Date of Birth:	
Occupation:	

In the section below, please continue giving any information on a separate sheet if necessary.

Please give an indication of the sort of growth work you have undertaken in the past (*eg BPF seminars, counselling or psychotherapy, group-work etc*) including dates:

Please tell us, in confidence, of any medical or mental health problems you have or have had including any current or previous medication:

Is there anything that would be helpful for us to know about you? (*eg difficulties in group or social settings, dietary needs etc*):

I agree to support the other members of the group, even if it means listening to painful and difficult issues. *Please tick*

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I have / have not access to a personal counsellor or psychotherapist (*Please delete as appropriate*)

Continued Overleaf:

PAYMENTS, DEPOSITS and REFUNDS

Applications cannot be accepted without payment of a non-refundable deposit of £150.00 or the full fee for each weekend applied for.

Full payment of fees is due one calendar month before the start of each weekend. BPF Primal Weekends are priced in such a way as to keep costs to a minimum. For this reason, there can be no refunds after this date.

Payment by Cheque or BACs

Cheques payable to **Bridge Pastoral Foundation**

BACs Payments

Sort Code 30-19-14 Account number 03534573. Please reference with your name and 'PW17OX' for Oxford weekend or 'PW18S' for Glasgow weekend.

- I enclose a non-refundable deposit of £150.00
- I enclose the full fee of £325.00 (BPF Member)
- I enclose the full fee of £345.00 (Non-member)
- Cheque
- BACs Payment Date.....
- I agree to BPF's terms and conditions *

Signature: _____

Date: _____

Please return application form and payment if applicable to:

**BPF Ann Boyd
2 The Ramblers
Poringland. Norfolk
NR14 7QN
01508 813768**

Email: annbpf@gmail.com

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*(these can be found at www.bridgepastoral.org.uk or obtained on request from the BPF Office)

The Bridge Pastoral Foundation

The Bridge Pastoral Foundation, a national charitable organisation founded by Dr Frank Lake in 1962 as the Clinical Theology Association, has nearly 50 years' experience of training in pastoral care and counselling, alongside the study of human relations and experiences of personal growth.

BPF'S CORE VALUES

BPF believes in the uniqueness and value of each human being and promotes a holistic approach to pastoral care, professional counselling and psychotherapy training (encompassing body, mind, emotion and spirit). We offer a dynamic model characterised by:

- the unconditional acceptance of each person;
- staying with people in their struggle to "be";
- working at the interface of spirituality and psychotherapy.

BPF also offers:

- Training from Basic Self Awareness to a Four Year Post-graduate Diploma in Psychotherapy and Counselling
- Three Annual Conferences
- Regional events and training modules
- Ongoing personal & professional development
- Membership benefits

BPF Office
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