

KILGRASTON AND PERTSHIRE

Kilgraston School is an independent boarding and day school that is available for hire during school holidays. It is situated within scenic parklands on the outskirts of the village of Bridge of Earn in Perthshire. There is ample parking in the school grounds.



Sir Walter Scott is said to have described Perthshire as "the fairest portion" of Scotland. You are never far away from rivers, moors, mountains and lochs. For those with access to a car, nearby visitor attractions include Scone Palace where Macbeth and Robert the Bruce were crowned and Loch Leven and its island where Mary Queen of Scots was imprisoned. Loch Leven's Larder has a great view of the Loch as well as a gift shop and restaurant, while there are shops and cafes in Bridge of Earn within walking distance of Kilgraston

ACCOMMODATION

There is coded access to the building we shall use. Separate male and female bedroom units, each with shared toilet and shower rooms, are on the upper floor. Each unit is accessed by its own flight of 19 stairs with a small landing mid-way, and each has its own distinct entry code. (Please see below for alternative level-access accommodation.) The individual bedroom doors **do not** have locks. The bedrooms (all single) have wash basins, and bedding and towels are supplied. There are small kitchens where tea, coffee and biscuits will be available.

Accessibility There is no lift in the school. While there is a short flight of steps within the main corridor on the ground floor and stairs to the dining room, level access is available nearby for anyone unable to manage these. **Likewise, for those unable to manage the stairs to the bedrooms, two self-contained ground floor flats near the main building will be available, each with entry code, two bedrooms, sitting room with kitchen area, and shower/toilet facility with adjacent parking a short distance from the rest of the accommodation.**

NB If you require a bedroom in one of the level-access flats, or if you have issues/questions in connection with any of the information above, please contact Conference Committee Chair Helen Alexander ASAP and BEFORE BOOKING on BPFAC24@gmail.com or 0131 346 0685 to discuss your needs.

TRANSPORT

Kilgraston is situated 5 miles south of the city of Perth. There are regular buses and trains to Perth from Edinburgh, Glasgow and the North, and a bus ride from Perth to the School gates takes approximately 20 minutes. Taxis are also available.

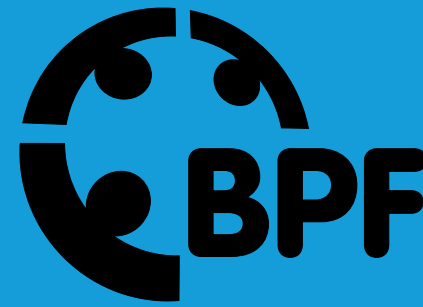
THE COST	BPF member	Non BPF member
Full fee	£485	£505
Book by 1st February 2024	£470	£490

Please see enclosed Booking Form for payment details.

Early booking is advisable, and the FULL FEE MUST BE PAID BY 18 MARCH 2024.

If you wish to apply for a Bursary, please use contact details above for a confidential discussion BEFORE BOOKING.

Further details about BPF can be found on the website www.bridgepastoral.org.uk



Bridge Pastoral Foundation

Formerly The Clinical Theology Association

Annual Conference 2024

TREAD SOFTLY
an exploration of
DREAMS

Monday 8th April - Friday 12th April

Kilgraston School

Bridge of Earn, Perthshire PH2 9BQ

BPF ANNUAL CONFERENCE 2024

TREAD SOFTLY an exploration of DREAMS

Do you dream? If you do, yet rarely remember your dreams, do you sometimes wish you could?

When we wake with images “seen” and voices “heard” still in our minds, how might we fruitfully pay attention to them? Sometimes all we have is a fragment; at other times our heads may be full of strange, disjointed images peopled with familiar figures or strangers. Our dreams may be pleasurable, or they may intrigue us. We may dismiss them as meaningless, or in the case of a nightmare, try to forget it as soon as possible.

Ancient societies took dreams seriously. In more modern times Freud called the dreaming process the “royal road” to the unconscious, and many people today believe that our dreams can offer much insight into our inner worlds when we are willing to reflect on them. Sharing a dream with another can be helpful too, especially when the dream is frightening or full of anxiety. For this reason, dreams can feature significantly in psychotherapy and counselling and may also have their place in spiritual accompaniment. Our dreams can help us understand ourselves and our relationships better.

At this conference we shall use the plenary sessions to explore something of the long history of dream-making with reference to ancient traditions as well as to modern psychotherapeutic insight. There will be opportunity for conference participants to reflect together and to draw from their own experience of dreaming. This process may, if desired, be continued within the confidential small groups.

‘Tread softly because you tread on my dreams’ wrote W.B. Yeats. Throughout the week we shall endeavour to *‘tread softly’* with one another as we explore the theme.

Who is the Conference for?

The conference is open to all who are seeking a learning experience and space for reflection and personal growth. BPF was founded in the 1960s to assist clergy and members of the Christian church to develop their understanding of human relationships, beginning with their own way of being in the world. This personal, experiential approach remains central today within a contemporary ethos of broad and open spirituality. People of all faiths or none are welcome. The week will appeal to anyone concerned about personal well-being and relationships as well as to those in the caring professions and voluntary work. It will also provide an opportunity to learn about the work of BPF.

CPD A Certificate of Attendance specifying the various activities of the week will be issued to all participants.

Conference Format

Beginnings and Endings Registration on Monday 8th April 2024 will take place from 2 – 3pm. There will be a short introductory session at 2.30pm for those attending for the first time, and the conference will begin at 3pm with a welcome for all. The conference will end with lunch on Friday 13th April.

Conference Timetable

Personal Growth Groups are central to the week. Meeting daily in the same small group of up to 8 participants with 2 experienced facilitators, members of the group are invited to explore personal issues they may have brought with them or that arise during the week. The group provides a safe environment where members can creatively explore current or past experiences that are constricting their lives and relationships. People work at many different levels appropriate to their own experience and current circumstances. Personal matters raised in the group are confidential and we work within strong ethical boundaries. Group facilitators are supervised each day during the Conference. This is a rich therapeutic space where people may gain significant personal insight. **NB If you are unfamiliar with small group work, please note that this can be an intense experience as strong emotions and feelings may arise. If you are under medical / psychiatric care, are currently experiencing unusually high levels of stress or are unsure if this week is appropriate for you for any other reason, please contact Scottish Committee Chair Helen Alexander on BPFAC24@gmail.com / 0131 346 0685 for a confidential discussion before applying.**

Plenary Sessions on dream exploration.

Workshops are often experiential in content will vary in content and style, ranging from challenging to restorative, serious to fun, creative to insightful. Some may directly relate to the Conference theme. **Details of all workshops will be made available at the beginning of the Conference.**

Time for Reflection The life of the Conference is sustained through morning and evening reflection in a variety of traditions and styles. While these are entirely optional, many find them helpful and sustaining.

Social Occasions There will be opportunity for informal socialising from 9.30 in the evenings over a glass of wine or soft drink and nibbles. Participants are invited to bring contributions for sharing. On Thursday evening after dinner there will be the traditional last night Scottish Dance and Ceilidh. You are warmly invited to contribute to the entertainment with a poem, song, dance or other item if you would like to. So do come prepared!

Free Time There will be time each afternoon for rest and relaxation, fresh air and exploring the countryside round about. For those with access to transport, there are several visitor attractions nearby.

