

BPF WINTER TALKS ON ZOOM 2022 – 23

EXPLORING THE WISDOM OF THE DYNAMIC CYCLE

You are invited to join in a series of 4 talks on Zoom based on **Frank Lake's Dynamic Cycle**:

WEDNESDAY 26th OCTOBER 2022 7.30 – 9pm

THE DYNAMIC CYCLE AND YOU with Angela Townshend

An introduction to Frank Lake's Dynamic Cycle and its continuing importance for us today.

Angela was first involved with Clinical Theology in the 1970s. She was a BPF tutor in the 1980s when she led Seminars and she continues to facilitate small groups at conferences. She taught counselling for four years before being ordained as a priest in the Church of England in 1995.

THURSDAY 24th NOVEMBER 2022 7.30 – 9pm

ACCEPTANCE, LISTENING TO SELF AND OTHERS

with **Hazel Hickson**

Drawing on the story of the Velveteen Rabbit, Hazel will explore what it is to be real.

Hazel works as a psychotherapist for a counselling charity, having studied with BPF for her Post Graduate Diploma in Psychotherapy. A farmer's daughter with a down-to-earth upbringing, she loves being out in nature and is currently enjoying her newly acquired fluffy corgi left to her by her late parents.

THURSDAY 23rd FEBRUARY 2023 7.30 – 9pm

WHEN THE DYNAMIC CYCLE GOES AWRY: Part 1 DEPRESSION

with **Ann Boyd and Diana Hexter**

When the chips are down, we can all revert to early patterns that help us survive but can lead to personality traits that can cause difficulty in our lives. In this presentation, Ann and Diana will explore Depression

Ann Boyd is a psychotherapist in private practice, BPF Small Group Facilitator and Supervisor and runs Primal Integration Groups. She was introduced to CTA/BPF by Kristel Schrempp whose training enabled her and others to set up Cornerstone Counselling Service in Yateley more than 30 years ago.

Diana Hexter also trained with Kristel and also became a founder member of Cornerstone, practising there as a counsellor there for over 30 years before retiring in 2020. Diana ran BPF/CTA Seminars with Kristel and later with David and Jane Thompson, as well as becoming a Small Group Facilitator. She retired from her private counselling practice in 2021.

WEDNESDAY 22nd MARCH 2023 7.30 – 9pm

WHEN THE DYNAMIC CYCLE GOES AWRY: Part 2 HYSTERICAL and SCHIZOID PERSONALITY TRAITS with Ann Boyd and Judy Divall

This evening Judy will join Ann in a discussion on these survival patterns that can cause great difficulty in relationship.

Judy led BPF Seminars over many years and is an authorised Small Group Facilitator.

Along with Ann and Diana, she also trained with Kristel Schrempp and was a founding member of Cornerstone Counselling in Yateley. She now works with the Samaritans as a listener, leader, SamCare lead, mentor, and occasionally trainer.

Format of the Talks: Following the speakers' presentations, we shall split into groups of 2 – 3 people for discussion in Zoom "break-out rooms." Each evening we shall all come together at the end for final comments and questions.

Cost: £8 per session for members and £10 for non-members. You can book for single sessions or all four.

To book: please email BPF Administrator Mary Rogers on marybridgepastoral@gmail.com advising which date or dates you wish to attend.

NB payment by BACS is helpful to us and strongly preferred: Bridge Pastoral Foundation Sort code 30-19-14 Account No 03534573 Reference WT22-3

If absolutely necessary, you can send a cheque made payable to Bridge Pastoral Foundation to Helen Alexander, 7 Polwarth Place, Edinburgh EH11 1LG. Please enclose a slip with your name and email address.

Your booking will be acknowledged and the code and password for joining on Zoom will be issued near the time of the talk.