



"It has been a wonderful journey to freedom."

"I will miss this course dreadfully - an oasis of calm, peace and serenity in an otherwise hectic life style."

"I have learnt that it really is OK to be me, not the me I ought to be, just the me I am."

Please note attendance on all these courses is subject to terms and conditions

The Bridge Pastoral Foundation formerly known as The Clinical Theology Association spans over 50 years of experience in pastoral training.

All hours undertaken in training on this course are accredited for Continuing Professional Development.

Contact Details

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Bridge Pastoral Foundation

Course in Pastoral Care and Personal Development

Towards Understanding Self and Others

Pastoral Care and Personal Development Course

Module 1 Listening to self and others

Module 1 introduces you to pastoral care, faith development and a unique psychological and spiritual model called the Dynamic Cycle. In small groups you will have the opportunity to become more self-aware, learning to receive help as well as give it.

Topics include:

- Overview of life and personal stories
- Listening and Responding
- Dynamic Cycle
- Pastoral Care
- Journeying and Faith development

Module 2 Understanding self and others

Module 2 presents a more detailed exploration of personal traits and trusting relationships using the Dynamic Cycle. You will be invited to tell your personal story and listen to others, helping to promote spiritual and psychological well being.

Topics include:

- Applying the Dynamic Cycle
- Coping with change
- Counselling skills
- Personality Types
- Psychological defences
- Depression and links with the past
- Other aspects of pastoral care

Module 3 'Being' with self and others

Module 3 explores the development of identity from before birth to the end of life and relates the Dynamic Cycle to each stage of the journey. You will have the opportunity to reflect on your own experiences, making connections between the past and the present, and listen to those of others.

Topics include:

- Identity stages and selfhood
- Birth and pre-natal experiences
- Childhood and adolescence
- Relationships and sexuality
- Mid life and ageing
- The crises of life
- Meaning and purpose
- Bereavement and dying
- Transitions and spiritual life

Module 4 Journeying with self and others

Module 4 offers more tutored hours of personal development and practice in counselling skills with reflection and meditation.

This is an organic process where tutors negotiate the programme with the group according to the needs of its members. You will be invited to contribute what you have learnt from pastoral practice and identify in which fields you need to extend your learning.

You can learn more about the work of helping and staying alongside others on their journeys. You will have more opportunities to increase your self awareness and growth, building on the dynamics of the group, learning from group members and experiencing peer support.