



The Bridge Pastoral Foundation

BPF is 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.

BPFs 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

For Dates, Costs and Further Information Please See Application Form

Any proceeds made from Primal Integration Weekends go towards the work of BPF

Further information is available from

Bridge Pastoral Foundation,
Whitfield Parish Church, Haddington Crescent, Dundee, DD4 0NA
www.bridgepastoral.org.uk Email: admin@bridgepastoral.org.uk
Tel: 01382 503012

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.

Bridge Pastoral Foundation

Primal Growth & Integration

Residential weekends in
Scotland and England

Towards Understanding Self and Others

Primal Growth & Integration

Many of us long to know ourselves, so that we can take steps to heal our inner turmoil (hang-ups) and be more aware of what other people see in us. This not only helps our own personal growth, but it is also important for those who seek to enable other people. It is not easy to find opportunities to work on areas of the past where unwelcome patterns may have arisen, and to be allowed to do it in a safe setting which respects both who we are and our personal values.

A Primal Growth weekend aims to create a safe space with a group of eight or so others in which to re-visit our roots. 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. Re-living such experiences can give new insight, release and possibilities for change. Listening to one another's stories and supporting them in the work they choose to do can strengthen each of us as touching places in ourselves we may need to explore. So being there for others as well as for the child within you is part of the commitment of the weekend. The group is likely to be of mixed gender.

The weekend will include a limited amount of introductory teaching and practical exercises to get you started. Primal work at the earliest levels cannot be guaranteed, because it depends on readiness assessed mutually between participants and facilitators. The object is for each person to take responsibility for moving forward from where they are, experiencing and integrating early formative processes appropriate. The environment we provide is one of quiet Christian spirituality, but is open to those of all faiths and none, including those who struggle with faith.

Because this work can open up areas of pain, we strongly recommend that participants have access to a counsellor or psychotherapist afterwards. Those uncertain of coping with moderate physical or emotional strain should consult their doctor or counsellor first, and should speak to one of the group leaders if necessary. 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 include:

Ann Boyd is Reg. UKCP.

A psychotherapist, supervisor and trainer working in full time private practice. She has been involved with BPF for many years, is a member of the Leadership Team, and director of the BPF Psychotherapy and Counselling Course. Ann is also involved in training tutors and facilitators and in the planning of conferences. She is experienced in working with people individually and in groups and has a special interest in primal work.

Roger Moss

A retired psychiatrist and counsellor, Roger did some work with Frank Lake, the founder of BPF (CTA), who pioneered a distinctive approach for exploring pre- and peri-natal experiences. After Lake's death in 1982, Roger conducted a follow-up survey on his (Lake's) primal integration workshops. He has extensive experience of working with people in primal regression, both individually and in groups. Roger served many years on the BPF Leadership Team in the past and now acts as a clinical consultant to the organisation.

Maureen Leggat MBACP

Maureen is a Person-Centred Counsellor and Supervisor, working in private practice and in the voluntary sector. She has been involved with BPF for many years and is a past member of the Leadership Team. Maureen is an experienced facilitator of small groups at BPF Conferences in Scotland and England.

Helen Alexander

Helen Alexander is a Minister of the Church of Scotland and has also worked for many years in Social Work. She is trained in Gestalt Psychotherapy, and is a qualified Psychoanalytic Psychotherapist. She has been a professional member of Bridge Pastoral Foundation for nearly 30 years, and is an authorised Small Group Facilitator with the organisation.

From time to time, the weekends may be run by other experienced BPF Facilitators.