

# BPF PRIMAL INTEGRATION & GROWTH WEEKENDS



Bridge Pastoral Foundation

(Est. 1962 as The Clinical Theology Association)

## PRIMAL INTEGRATION & GROWTH

### RESIDENTIAL WEEKENDS

Working with pre-verbal trauma

# 2023/24

#### Residential Weekends

**27<sup>th</sup> – 29<sup>th</sup> October 2023**

**Shepherds Dene Retreat House  
Riding Mill Northumberland NE44 6AF**

**19<sup>th</sup> – 21<sup>st</sup> January 2024**

**Stanton House Retreat Centre,  
Oxford, OX33 1HF**

#### **Both weekends**

Begin on Friday at 4.00pm (arrival from 3.00pm) and end on Sunday at 4.00pm.

Cost **£390 members £405 non members**

Which includes: Group work, residential and full board costs.

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# **BPF PRIMAL INTEGRATION & GROWTH WEEKENDS**

**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 4.00pm (arrival from 3.00pm) and end on Sunday at 4.00pm. They include full board, also bedding and towels are provided.

**Please bring:** A blanket or duvet or sleeping bag to work with and appropriate leisure clothing.

**Oxford Weekend:** Bedrooms are single some with en-suite facilities.

**Riding Mill Northumberland:** Bedrooms include en-suite facilities.