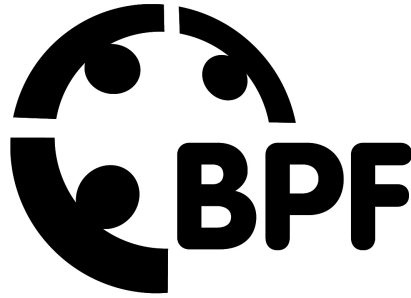


BPF PRIMAL INTEGRATION & GROWTH WEEKENDS



Bridge Pastoral Foundation

(Est. 1962 as The Clinical Theology Association)

PRIMAL INTEGRATION & GROWTH

RESIDENTIAL WEEKENDS

Working with pre-verbal trauma

August 2024

Residential Weekends

9th – 11th August 2024

Shepherds Dene Retreat House

Riding Mill Northumberland NE44 6AF

Weekends

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

Cost **£410 members £435 non members**

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

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.

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, duvet or sleeping bag to work with and appropriate leisure clothing.

Riding Mill Northumberland: Bedrooms: some have en-suite facilities, there are plenty of showers and toilets on each floor which can be allocated to individuals.

There is a train station in Riding Mill, directions can be found on their website.