

STRATHALLAN AND PERTSHIRE

Strathallan School is an independent boarding and day school for boys and girls in Scotland's scenic Perthshire. Its premises are available for hire during the holidays. The school has a 150-acre campus which includes beautiful wooded grounds and a lake.

Sir Walter Scott is said to have described Perthshire as "the fairest portion" of Scotland. You are never far away from rivers, moors, mountains and lochs. Nearby visitor attractions include Scone Palace where Macbeth and Robert the Bruce were crowned and Loch Leven and its island where Mary Queen of Scots was imprisoned. Loch Leven's Larder has a great view of the Loch as well as a gift shop and restaurant, while just along the road in Bridge of Earn there's the Roost Restaurant and coffee shop.

ACCOMMODATION

We will have sole occupancy of Woodlands Boarding House, one of the girls' boarding houses as well as rooms in other buildings for group meetings and workshops. There is ample parking in the school grounds.

In the Boarding House there are toilet and shower facilities on each floor, and washbasins in all the bedrooms, some of which are on the ground floor. While bedding is provided,

please bring your own towel. There is a common room and small kitchens on each floor where tea, coffee and biscuits will be freely available. **NB There are two steps at the entrance to the House and a small number of steps down to the common room. We would make every effort to accommodate any mobility needs you may have. Please discuss these with Helen Alexander beforehand (see contact details below.)**

TRANSPORT

Strathallan is situated about 7 miles south of the city of Perth. Directions for travelling by road can be found on the School's website: www.strathallan.co.uk There are regular buses and trains to Perth from Edinburgh, Glasgow and the North. While taxis are available from the city centre, we would do our best to collect you from the bus or train station if you notify us in good time.

THE COST ****Held At 2020 Rates****

The cost which includes the Conference Fee, Accommodation and Full Board is **£470** for BPF members and those currently attending BPF seminars or courses, and **£490** for non-members.

£30 REDUCTION IN FEE FOR ALL BOOKINGS RECEIVED BY 1st MAY 2022

Please see Booking Form for details. Early booking is advisable and the FULL FEE MUST BE PAID BY FRIDAY 17th JUNE 2022.

NB Bursaries may be available. Please contact Helen Alexander (0131 346 0685) for a confidential discussion. We invite donations to our Bursary Fund.

Further details about BPF can be found on the website www.bridgepastoral.org.uk
Scottish Committee Chairperson's details:

Helen Alexander Tel: 0131 346 0685 E-mail: hjr.alexander7@gmail.com



Bridge Pastoral Foundation

Formerly The Clinical Theology Association

Annual Conference 2022

THE COURAGE TO BE HEALED

with

JIM COGLEY

Psychotherapist, Writer, Wood-turner

3pm Monday 18th – after lunch Friday 22nd July 2022

Strathallan School
Forgandenny Perthshire PH2 9EG

BPF ANNUAL CONFERENCE 2022

The conference begins at 3pm (arrivals from 2pm) on Monday 18th July and ends with lunch on Friday 22nd July 2022

Who is the Conference for?

The conference is open to all who are seeking a learning experience and space for reflection and personal growth. BPF was founded in the 1960s to assist clergy and members of the Christian church to develop their understanding of human relationships, beginning with their own way of being in the world. This personal, experiential approach remains central today within a contemporary ethos of broad and open spirituality. People of all faiths or none are most welcome. The week will appeal to those in the caring professions including pastoral and voluntary work, and others concerned about personal well-being and relationships. It will also provide an opportunity to learn about the work of BPF.

CPD Certificates specifying the various activities of the week are issued to all participants.

Personal Growth Groups

Personal Growth Groups are central to the week. Meeting daily in the same small group with experienced facilitators, members of the group are invited to explore personal issues they may have brought with them or that arise during the week. The group provides a safe environment where members can creatively explore current or past experiences that are constricting their lives and relationships. People work at many different levels appropriate to their own experience and current circumstances. Personal matters raised in the group are confidential and we work within strong ethical boundaries. Group facilitators are supervised each day during the week. This is a rich therapeutic space where people may gain significant personal insight. **NB If you are unfamiliar with small group work, please note that this can be an intense experience as strong emotions and feelings may be expressed that can trigger deep issues. If you are under medical / psychiatric care, are currently aware of experiencing unusually high levels of stress, or are unsure if this week is appropriate for you for any other reason, please discuss your situation in confidence with Scottish Committee Chair Helen Alexander before applying. (See Booking Form for contact details.)**

Plenary Sessions

The theme of **Healing** has had particular resonance during the Covid-19 pandemic. We have all needed **Courage** to cope with the changes of the last two years. In meeting these challenges, we may have touched difficult aspects of our lives that relate to our childhood and infancy and even to our ancestral past. While this process can sometimes be painful and hard, if we are open to learning from it we can often develop and grow, and experience the **Healing** that allows us to become more fully the people we are meant **To Be**.

Illustrating his three talks with his own wonderful hand-carved symbols of wood, our guest speaker **Jim Cogley** will help us to explore the ways in which we may harness our courage to bring about more healing in our lives. He will be joined by his colleague **Luba Rodzhuk**, herself a psychotherapist of many years' experience who will assist in interactive discussions with us all.

Fr Jim Cogley is Director of Pilgrimage at Our Lady's Island, County Wexford, Eire. He is a psychotherapist and woodturner with nearly forty years experience and was one of the pioneers exploring Family Tree Healing and the effects of Twin and Sibling Loss. His particular interest is that of Healing, both personal and intergenerational, and how the past, once acknowledged, can help us reclaim our present and our future. As an artist who works with wood, he presents age-old truths in the form of symbols and he is author of several books in the *Wood You Believe* series including *The Unfolding Self*, *The Twinless Self*, *The Ancestral Self* and *The Spiritual Self*.



Jim Cogley

Workshops

Workshops which are often experiential in content will vary in content and style, depending on the practitioner leading them. They will focus on spiritual or psychological themes and some may relate to the conference theme. **Details of all workshops will be made available beforehand to those who book for the conference.**

Time for Reflection

The life of the Conference is sustained through morning and evening reflection in a variety of traditions and styles. While these are entirely optional, many find them helpful and sustaining.

Social Occasions

There will be opportunity for informal socialising in the evenings over a glass of wine or a soft drink. On Thursday evening after dinner there will be the traditional last night Scottish Dance and Ceilidh. You are warmly invited to contribute to the entertainment if you would like to. So do come prepared!

Free Time

There will be time each afternoon for rest or for exploring the extensive grounds of Strathallan. For those with access to transport, there are several visitor attractions nearby.

