

APPLYING COGNITIVE THERAPY TO SPIRITUAL ISSUES: ANXIETY

Through short talks, discussion and group exercises, participants in the workshop will learn skills in dealing with anxiety, using chaining and other techniques in psychology. This will build on some of the key concepts in the writings of Emanuel Swedenborg which are so relevant to contemporary life and spirituality.

Numbers limited so book early to save disappointment



We very much look forward to seeing you.

Purley Chase Centre

is a very special retreat centre in the heart of Warwickshire, set in 7 acres of beautiful grounds with mature trees.



We can accommodate 60 people, 27 of these in the new annexe with en-suite rooms. Tea and coffee making facilities are available in bedrooms and downstairs.

Whilst dining on the good, wholesome cooking you can enjoy restful views of the grounds and wildlife.

There are several meeting rooms, two with the latest audio visual equipment.

Other facilities include a lounge, games room, craft room, quiet room, library, conservatory and book shop. There is wireless internet access for guests and for children and those young at heart a magnificent outdoor play area.



The Centre has full access for those less able bodied, including adapted en-suite accommodation.

How to get there:

Take the A5 from the M6 or M42 towards Nuneaton. After Atherstone turn right off the large roundabout onto the B4111 towards the small village of Mancetter (¼ mile). Turn right in Mancetter just past The Plough pub – there's a brown sign for Purley Chase Golf Club. Over traffic light controlled bridge, follow road round to right signed Steppay Lane, up the hill through an archway of trees, and the Centre is on your right after ¼ mile.

If travelling by public transport, see details on the web site or ring the Centre for advice.

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Tackling our Fears

Applying Cognitive Therapy to Spiritual Issues



A PSYCHO-SPIRITUAL WORKSHOP
USING THE WRITINGS OF EMANUEL
SWEDENBORG

Fri. 30th 7pm April to Sun. 2nd May 2pm

Leaders: Stephen Russell-Lacy
David Gaffney

Host: Carole Russell-Lacy

What is it about?

Do you sometimes feel weighed down by your worries? Getting in touch with fearful thoughts is necessary towards reducing anxiety and also helps us learn about our inner motives. We are drawn to a different focus according to our level of spiritual awareness.

This weekend workshop applies cognitive therapy to this spiritual issue. How we think can affect how we feel. Sometimes we feel uneasy because of negative expectations.

For example the idea that worrying about the future can make a difference.

Another example is

thinking it would be the end of the world if things went wrong in our plans. Attitudes such as these may operate beneath the surface of our awareness. It is easier to directly change the way we think than the way we feel but such attitudes need to be reflected on and challenged.



We only fear losing things we love. And so underlying beliefs also need working on. For example the importance of things of the world to which we are attached.

Who is it for?

This weekend is open to everyone interested in learning more about applying the concepts contained in Swedenborg's writings to our problems in living.



Who will be leading it?

Stephen Russell-Lacy is a psychologist who has worked for many years as a psychotherapist for the National Health Service. He is also an experienced worship leader; recognised by the New Church.

With both of these hats on, he is interested in applying his experience and in-depth knowledge of Swedenborg to resolve issues that most of us face in our daily lives.

David Gaffney is the Programme Director at Purley Chase Centre and an ordained minister. Having had careers both in the construction industry and as a teacher he now takes immense pleasure from sharing his understanding of universal spiritual ideas with others, particularly those gems found

in the writings of Swedenborg.

Programme Outline

Friday Eve: Arrive anytime after 4:00pm
Buffet supper from 7:00pm
Introduction to weekend

Saturday: Breakfast 8:30am
Matins
Session I Getting in touch with anxious feelings
Coffee break
Session II Mistaken assumptions
Lunch 1:00pm
Free time
Session III More on assumptions
Dinner 6:00pm
Optional Activity
Vespers

Sunday: Breakfast 8:30am
Session IV Love & fear
Coffee break
Session V Divine Providence
Lunch 1:00pm
Homeward bound 2pm onwards

Tackling our Fears - Reply Slip

Event: _____

Name: _____

Address: _____

Telephone: _____

Email: _____

Accommodation preference (please tick)

Standard £80

En-suite single £100

En-suite twin £100

I should like to share with _____

En-suite adapted £100 Single Twin

Dietary preferences (please tick)

Standard

Vegetarian

Food Allergies/Special Dietary Needs?

I enclose a cheque for: non-returnable deposit £30

Donation to Purley Chase Centre £

Total £

Cheques to: 'Purley Chase Centre' (address on reverse)

I'd like to receive information about other forthcoming events at Purley Chase Centre. My details will not be passed onto anyone else.