

SATURDAY 21 APRIL 2012, HAMPSTEAD, LONDON:

**Boarding and Loss** Trainer: **Joy Schaverien**  
The traumatic losses of early boarding may render the ex-boarder inarticulate in emotions and intimate relationships. How do we facilitate expression of this hidden part of the self? Art work and other techniques will be considered.

*I love you - Go away!*

Trainer: **Helena Løvendal-Duffell**  
Boarders survive by becoming self-reliant - distrustful of emotional needs and suspicious of loving relationships. How does this affect them later as intimate partners and parents? Couple and family dynamics will be explored.

SATURDAY 9 JUNE 2012, HAMPSTEAD, LONDON:

*Ex-boarders in therapy and the British Ideal*  
Trainers:

**Members of the Boarding Experience Team**  
Consolidation of learning and clinical experience and consideration of the wider effects on British life.

## Cost & Booking Procedure

**For bookings paid in full by 1/9/11:**

Complete series of 4 days: £380.

Any three specified days: £285.

**Single days and bookings made after 1/9/11:**

£120 per day.

A deposit of £50 will reserve your place.

Please indicate your chosen options and which days you wish to attend and send your deposit cheque, made out to **BSS**, to

**BSS, 257 St. Andrews Road,  
Bridport, Dorset DT6 3DU, UK.**

For BACS transfers, or any further questions, please e-mail us. Deposits are non-returnable and your balance is due 14 days before the event. [fo@boardingschoolsurvivorsco.uk](mailto:fo@boardingschoolsurvivorsco.uk)

## The Boarding Experience Team

**Nick Duffell** was born in 1949 and boarded both in Europe and in England. He took his degree in Sanskrit at Oxford, then taught for some years at a boarding school in India. Since 1989 he has worked as a psychotherapist, family mediator and organizational consultant. In 1990 he initiated therapeutic workshops for those he named *Boarding School Survivors*. Nick has wide experience as a trainer and facilitator, with a particular interest in menswork. He writes and broadcasts on psychological issues and has two grown-up sons. He is the author of the acclaimed *The Making Them: the British Attitude to Children and the Boarding school System*, which in 2001 was commended by the British Medical Journal.

**Helena Løvendal-Duffell** was born in Denmark in 1958. With a background in social work, she has over 20 years experience as a psychotherapist in private practice in London. She is a supervisor and free-lance trainer, teaching in the UK, Europe and Scandinavia, specializing in relationship and gender issues, and increasingly with women in leadership roles. She has consulted to local authorities on child sexual abuse, been a faculty member of the Institute of Psychosynthesis, and served several years as President of the Association of Sexual Grounding Therapists and Trainers, registered in the Netherlands. Married to a boarding school survivor, Helena co-founded the Centre for Gender Psychology, and coauthored *Sex, Love and The Dangers of Intimacy*, HarperCollins 2002.

**Joy Schaverien** (who did not attend boarding school) is a Professional Member of the SAP, a Training Therapist and Supervisor for the BAP (Jungian section) and Visiting Professor at the Northern Programme for Art Psychotherapy in Sheffield. She has a private analytic and supervisory practice in Rutland. Among her many publications she has written extensively about the traumatic effects of boarding school in *The Dying Patient in Psychotherapy* (2002) and various articles, the most recent of which is *Boarding School Syndrome: Broken Attachments a Hidden Trauma* in the British Journal of Psychotherapy Vol. 27, No 2. (May 2011) which has received a great deal of media attention.

## The Boarding Experience Professional Series

CPD talks, workshops and specialist  
clinical days on working  
therapeutically with ex-boarders.



November 2011 - June 2012

with  
**Joy Schaverien, Nick Duffell  
&  
Helena Løvendal-Duffell**

For booking and more information  
please contact:

[info@boardingschoolsurvivors.co.uk](mailto:info@boardingschoolsurvivors.co.uk)

## Context

DESPITE frequent references in English popular literature to the agonies experienced by children at boarding schools, the long-term effects of a boarding education have, until very recently, remained unnoticed by the medical and psychological professions. In Britain, boarding education carries high social status, is considered a privilege, and is rife with parental expectation.

THOSE sent to these schools are children and therefore unable to make informed choices; they trust their parents to do what is best and do not want to disappoint them. They learn to put on a brave face, unaware of the problems this may cause them later in life. Taking their experience as normal, many adult ex-boarders disown problems in intimate relationships and family life. They may retreat into workaholism, unaware of the suffering that this masks..

ANY psychotherapist's daily practice includes early deprivation and family of origin work, so the client with attachment problems will be familiar. But what is rarely understood is the sophistication of the ex-boarder's survival self and the widespread devastation it brings to individuals, couples and families over generations.

EX-BOARDERS are amongst the most difficult clients. This is due to both the social dimension of the syndrome and the strength of the secret eternalized shame. The self in distress is frequently masked by a very competent, if brittle, socially rewarded exterior. For these reasons, even experienced analysts and therapists may unwittingly struggle to skilfully address the needs and tactics of this client group.

HENCE this initiative.

## Scope

MEMBERS of the Boarding Experience Team have been pioneering work with ex-boarders since the late 80's, and in 2005 they joined forces to run the first post-graduate training in this subject. This year they are offering a series of specialist CPD presentations and clinical supervision days. This first series consists of 4 days spread over 7 months and is open to professionals: including analysts, psychotherapists, counsellors and arts therapists. It will interest those who have just one ex-boarder in their practice, as well as those who work with many, and counsellors of current students in boarding schools. It is recommended that the whole series is attended, but each day may be taken separately.

THE team's aim with these events is to make the *Boarding School Syndrome* and the *Strategic Survival Personality* better understood within the profession and thus broaden the network of colleagues to whom they can make informed referrals.

*Practical dimensions of this work will help therapists to:*

- Detect boarding issues underlying present problems
- Recognize the survival self and types
- Understand the strategic survival personality
- Break through the silence, shame and denial
- Loosen double-binds about privilege and envy
- Help clients' move out of survival into living
- Understand the institutionalized dimension of hierarchies, bullying and abuse
- Identify and work with specific transference dynamics
- Recognise potential countertransference difficulties
- Understand the ex-boarder's tactics for intimacy avoidance and how this affects loved ones and partners

## Programme Details

Each day will feature one or two themed presentations in the morning, followed by an afternoon of clinical application in smaller groups, where participants' clinical material may be presented for supervision. CPD certificates will be available, as will an extensive reading list to support learning. **Times:** 9.30 for 10.00 - 17.00, with a break for lunch (not provided).

**SATURDAY 19 NOV. 2011, CAMDEN, LONDON:**

### *Boarding School Syndrome*

Trainer: **Joy Schaverien**

In a recently published BJP article Joy introduced the classification 'Boarding School Syndrome'. She will discuss some of the particular transference and countertransference issues she has encountered in working with individuals in this client group.

### *Strategic Survival Personality Types*

Trainer: **Nick Duffell**

Understanding how the diversity in the human spirit and the imperative to survive produce three distinct survivor types who each need a dedicated therapeutic approach so they can begin to embrace *Living* instead of *Survival*.

**SATURDAY 21 JAN. 2012, HAMPSTEAD, LONDON:**

### *Self-reliance, Sex & Intimacy*

Trainers:

**Helena Løvendal-Duffell & Nick Duffell**

How does the boarder brought up in a single gender institutionalized hot house deal with puberty, sexuality and eventually intimate relationships?

A radical model of repair will be proposed by the presenters, who are also a married couple and couple therapists.