

## programme details

### venue

North London, details on application.

### times

Saturday and Sunday 9.45am - 6pm.

### dates

For next dates and availability  
of places  
please see our website  
or e-mail us

groups are facilitated by members  
of the team sometimes accompanied  
by staff in training.

### cost

The workshop is in two parts, over two weekends - both must be taken. See diray page for current cost. A limited amount of bursaries are available.

### application procedure

Participants will be expected to commit to both weekends. Places can be reserved by sending a deposit for £100 and requesting an application form. Please make cheques out to **BSS**. We usually run one course per gender per year, and our maximum participant number is 12. We often have to turn people away when the course is full so early booking is strongly advised. We reserve the right to cancel or postpone courses if necessary, which case full refunds will be made.

## contact

The programme is on-going, so if you have an out of date brochure please contact us for dates of next course.

[www.boardingschoolsurvivors.co.uk](http://www.boardingschoolsurvivors.co.uk)  
e-mail: [info@boardingschoolsurvivors.co.uk](mailto:info@boardingschoolsurvivors.co.uk)  
tel: ++ 44 (0) 20 7267 7098

by post:  
6 Chester Court, Lissenden Gardens,  
London NW5 1LY, UK.

For specially trained therapists please contact:  
[info@boardingschoolsurvivors.co.uk](mailto:info@boardingschoolsurvivors.co.uk)

For BSS psychotherapist training, couple-work  
and psycho-sexuality training, please contact:  
[info@genderpsychology.com](mailto:info@genderpsychology.com)

For our programme of other courses for men and  
women please contact:

the centre for *gender* psychology  
[www.genderpsychology.com](http://www.genderpsychology.com)

*The Making of Them, the British Attitude to  
Children and the Boarding school System*  
is available from:

Lone Arrow Press Distribution, attn. Lyn Lidiard,  
257 St Andrews Road, Bridport, Dorset DT6 3DU, UK.  
e-mail: [lonearrowpress@relaxx.co.uk](mailto:lonearrowpress@relaxx.co.uk) tel: 44 (0)1308 425684  
on-line ordering and credit card sales:

[www.relaxx.co.uk/acatalog](http://www.relaxx.co.uk/acatalog)

Cost: £20 + postage and packing: £2.50 UK, £3.50 Europe,  
£4.50 surface or £6.00 airmail rest of world.  
Cheques in Sterling only to Lone Arrow Press.

BOARDING SCHOOL SURVIVORS  
is an organisational member of The British Association for Counselling

# BOARDING SCHOOL



# SURVIVORS



Pioneering workshops  
for men and women since 1990  
as featured in the BBC documentary  
“The Making of Them”, now a full  
length book of the same name

## introduction

Popular wisdom has it that boarding schools breed strength of character, self-confidence and the qualities of leadership. And yet there are other effects which many ex-boarders are able to recognise: the pain they experienced, the price they may have paid, and the shame they may still feel for apparently failing, despite their 'privileged' start.

In the security of these institutions many of us learned to do without our parents, but also to disown our fears and our needs. While excellence was pursued, many were bullied or intimidated; while individuality was encouraged, hierarchical structures produced conformists or rebels, and sometimes casualties. While physical, intellectual and religious values were professed, we learned to repress our feelings and fear our sexuality, thereby losing a sense of being whole.

Psychologically speaking, we may have learned to internalise the exhortation to build resilient and elite character, and act out our lives either in compliance or rebellion to that call. And yet there may be much more to our experience than that which we have been able to include in our daily lives. For example, we were taught, and have learned well, not to acknowledge our pain - the pain inherited from our families, of enforced separation, of humiliation and the fear of failure.

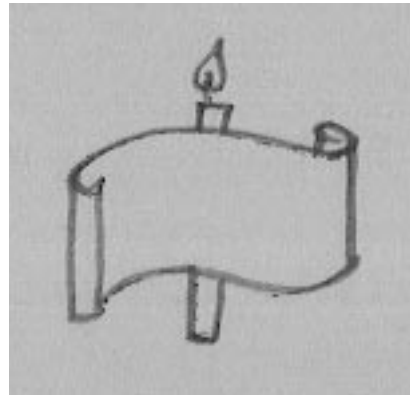
We needed to survive; and as adults we may, unwittingly, still be driven by that need.

Now we may find ourselves experiencing problems in our lives - with our emotions, our relationships, our careers - which could have their roots in our schooldays. These difficulties could offer an invitation to look back, to tell our story, and perhaps to redeem something from our childhood.

## scope

This programme is open to those who want to re-examine their experience of boarding school, consider the effects on their lives, and look for ways of healing the wounds. The workshops are particularly suited to those who have never fully shared their experiences, as well as to those who feel they may not have yet fully lived their true potential, because they are stuck in rebellion, anger or distress.

No previous workshop experience is necessary. There is no age limit.



## methodology

In these workshops we will be drawing on the experiences and perceptions of the group as our prime source of material, in order to build a context for understanding the past and choosing the future. We use a variety of methods, including meditative, gestalt and cognitive techniques, but participants are not required to go further than they wish. We aim not only to point to the possibility of changing behaviour patterns, but also to the value of repression and of survival mechanisms.

## Boarding School Survivors team

**Nick Duffell**, the founder of **BSS**, was born in 1949 and went to boarding schools both in Europe and in England. He has a degree in Sanskrit, and taught for a while at a boarding school in India. After some years as a builder and carpenter, he retrained in psychotherapy. He has worked as a family therapist and mediator, organisational consultant, and has wide experience as a trainer and facilitator. He writes and broadcasts on psychological issues and has two grown-up sons. He is the author of *The Making Them*, edited by the late Rob Bland.

**Helena Løvendal-Sørensen** was not born in England, nor was she sent to boarding school. In Denmark, where she was born and educated, such institutions were considered punishment rather than reward. She therefore brings a fresh eye to the programme, as well as her experience of working with people, as a social worker, psychotherapist, and supervisor. She specialises in working with women, has consulted to local authorities on child sexual abuse, and was a faculty member of the London Institute of Psychosynthesis. She is married to a boarding school survivor.

Helena and Nick co-founded the **Centre for Gender Psychology**, and co-authored *Sex, Love and The Dangers of Intimacy*. They lead the **BSS** workshops for women together and are currently training specialist workshop facilitators and therapists.

**Darrel Hunneybell** was born in Huddersfield 1963 and has spent many years working in mental health. A qualified psychotherapist, he works with men groups, runs his own private practice, and counsels excluded adolescent boys in a residential school in Hertfordshire. Darrel brings to the team a 'normal' schooling along with his experience, commitment, and heart.