

# Establishing Psychological Wellbeing in Church; from leaders to congregation

A TRANSFORMATIONAL RETREAT OFFERING A RENEWAL OF THE MIND....



## Purpose

As a church leader or spouse of one, have you ever experienced nagging questions like 'I should expect more of myself?' 'Am I liked?' 'Have I done enough?' 'Am I a good leader?', 'Am I trustworthy?' 'Do my congregation trust me?' 'How can I do this role without compromising my wife/husband/family' 'How can I meet all this need?'

The psychological wellbeing of church leaders and their families should be of uppermost concern and even more since the pandemic. Church leaders report feeling overwhelmed and ineffective. This retreat aims to tackle this.

## What to expect

In this retreat we use reflective practice and prayer to examine the complex relationship between the human capacity to love and be loved and explore implications for psychological wellbeing.

This tranquil retreat offers an invitation to the wilderness to sit in His presence whilst developing a "Complex understanding of self in the context of others' Quoted from Professional Practice Guidelines BPS (Kondel, 2017).

## Outcome

A model is proposed here, outlining how psychological safety and security can be woven into the very fabric of all systems, from leadership through to the church body.

We have a real opportunity to future proof people's mental health through sound psychological doctrine, reducing stigma and the need for labels of anxiety and depression.



## **JOHN 15:12-13**

***“This is My commandment,  
that you love one another as I have  
loved you. 13 Greater love has no one  
than this, than to lay down one’s life for  
his friends.***

### **Retreat Lead:**

Dr Kondel is a Consultant Clinical Psychologist with clinical expertise in the treatment of complex developmental and intergenerational trauma. She has worked in the NHS for 25 years and is trained in multiple therapeutic models offering psychological assessment and treatment within the Christian community. She completed her undergraduate degree in Psychology at Royal Holloway, MSc in Research at Reading University, Doctoral training at UCL and postdoctoral training in Neuropsychology at Nottingham University.

She has authored multiple papers on neuroscience, the brain and attachment and for ten years was a Principal Lecturer and External Examiner on NHS Clinical Doctoral programmes. She has supervised MSc and PhDs in areas where she also developed and taught on modules in Child Development, Infant Mental Health, Adult Mental Health, Systemic Practice and Leadership & Professional Development.

Dr Kondel uses attachment-focused, neurobiological approaches in all her work. By linking mind, brain and body in an integrative intergenerational framework, she helps free the individual from how the past continues to exert an effect in the present.

Dr Kondel’s love of Ffald-Y-Brenin encourages her to attend several times a year; to just sit in His presence, receive restoration and enjoy the stillness and beauty of this ‘thin’ place.

### **Dates**

**February 11th – 13th  
or 13th – 15th  
Ffald-Y-Brenin, Wales**

**Cost £225pp**

5 double rooms, 2 twin rooms, 5 single rooms allocated  
on first come first served basis)

**For further information,  
contact:**

**KondelT@protonmail.com  
or call 07498 181925**

## Daily Rhythm of Prayer schedule:

9.30AM Morning Prayer  
12.45PM Midday Prayer  
5PM Evening Prayer  
9.30PM Night Prayer

## Retreat Programme

### Day 1:

Arrivals from 2.30pm – enjoy Ffald-Y-Brenin at your own leisure. Worship at the High Cross, dwell in His presence in the Chapel, Prayer walk the Hills of the Gwaun Valley or rest and relax with others in the Day Room. Self catered first evening. Welcome meeting at 7.45pm-8.15pm.

### Day 2:

10.15AM – 11.15AM What is attachment security? How is this relevant to me, my family and my church?

11.30AM-12.30AM A model of church Leadership: Creating psychological safety

12.45PM – PRAYER & LIGHT LUNCH

2PM – 4PM Reflective Practice Group: My relationships and me & Body Focused Practice accessing Safety

BREAK & PRAYER AT 5PM

6.30PM – 8PM SUPPER & Review

**Day 3:** Must vacate rooms by 9AM, followed by 9.30AM PRAYER

10AM- 11AM Final group reflective practice integrating prayer & Teaching

REMAINING TIME AT YOUR LEISURE



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