

I attended my first BFA December 2016. My initial feeling was one of wonder and safety. When entering a healing residential program such as BFA my ability to feel safe greatly depends on, among other aspects, genuine friendliness and professionalism of those providing the service and the "liveability" of the building.

I allow my senses to tell me if I can stay or flee. When I got through the initial introduction to staff and lodgings I learned about the program by reading program content and schedule the night before commencement. This satisfied my need to be prepared, informed and gave me the parameters to assess how well the program was followed during the week.

I have no idea how other BFA participants assess initial hours into a BFA program. I've explained mine to show how personalities and surroundings affect me and maybe others may think like me.

As we worked through the first few days of the program I saw and felt the professionalism, dedication and caring of the staff. All aspects of the program and lodge were impeccable. The BFA program content is designed as closely to perfection as can be. The modules are pertinent to personal development, time frames well calculated and the delivery is exceptionally well executed.

Throughout my initial week as a participant and additional weeks as a co-leader/trainee and presenter I've developed personal skills that saved my relationship with my two sons and taught me to be more understanding with my husband. My two sons and I were on the edge of terminating all communication. We didn't understand each other and had no basis to form a platform to clarify and discuss our differences. I was able to develop a healing atmosphere through the many lessons I learned through BFA. I learned to sit still and listen while people share their story. I learned to respond to content without justifying myself, giving advice and poisoning the sharing in other ways.

I am now able to:

Understand the other person's point of view

Realize that it is not necessary to coincide with mine

Accept it as appropriate for them

Realize that I am not obliged to change their point of view

And I know now that everyone has the right to have a point of view different from mine and we can still be comfortable with each other

These are major learning curves for me and mean so much more than just words can say.

In one of the later modules we learn that moving forward is a cautious process and can be rewarded with loving relationship with those we love

BFA has brought me hope that my family can heal.

That is the reason why I dedicate as many hours as necessary to volunteering to the BFA program and working on my healing.

Signed sincerely and with gratitude