

Group Facilitation and Community Building

Facilitated by Arlene Audergon Ph.D, Jean-Claude Audergon MSc
Assisted by Stanya Studentova, Anup Karia, Iona Fredenburgh, Pat Black, Andy Smith

PROCESSWORK UK Six Day Autumn Intensive

This intensive course is co-sponsored by RSPOPUK and CFOR

Cecil Sharp House, Camden, London NW1 7AY. 5th to 10th October 2014



The essence of this intensive course is the relationship between your personal awareness and your contribution to community.

The course focuses on facilitation skills, including conflict resolution for personal, organisational and community development and social movements.

It's a chance to discover the relationship between inner life and collective change, and practice facilitation skills in a dynamic, intense, but also fun learning environment in which you can observe and learn, and/or get involved and stretch your knowledge and skill practice.

For personal as well as continuing professional development. (CPD). If you have questions whether this training would be useful to you, contact seminars@processwork-audergon.com

We will focus on:

- The interplay between your personal or spiritual development, and your contribution to your organisation, community development, social movements and collective change.
- Inner awareness practice for facilitators.
- Perceiving dimensions: content; role polarisations and history; the field or deepest part of yourself that holds the different positions.
- Attitudes with which you use your skills, including siding with the whole interaction, and tracking the outer situation inside you. ("second training")
- A process approach to systems theory, feedback and complexity.
- How system dynamics manifest and repeat at intra-psychic, relationship, team, sub-group, organisational and community levels.

- Recognising community dynamics around power, identity, nationalism, diversity, multicultural citizenship, violence prevention, migration and relationships in society.

Facilitation and conflict resolution skills:

- Preparing before you facilitate - Be aware of content; connect with a range of people involved; what was the original vision and history; learn about role polarities and tension; find the potential creativity of the field
- Sort and group themes; recognise or build consensus about focus
- Invite all voices and experiences, including those usually left out. Facilitate awareness of the complexity of our diversity in relation to each other in respect to gender, sexual orientation, ethnicity and race, religion, economy, nation, language, health, disability, age and more
- Facilitate awareness of dynamics of power, prejudice, privilege and rank
- Facilitate awareness of personal and collective history within our interactions, including dynamics of trauma, justice and accountability.
- Step into each side fully to give it opportunity to express itself. Perceive and express 'ghost roles', attitudes that are felt but not seen.
- Perceive and work with points of instability and potential transformation ('hot spots')
- Perceive and welcome the shared field underlying our polarisation
- Perceive and anchor feeling shifts of understanding and contact
- Facilitate at different levels of interaction, (large group, subgroup, relationship, individual)

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Registration and course fee:

- Course Fee £ 595
 - Early bird rate by the 1st September £ 540
- Contact us regarding economy rates and work exchange at seminars@processwork-audergon.com

For questions re registration and accommodation:

Contact seminars@processwork-audergon.com

- Registration: with downpayment of £ 100 or full payment
- Contact trainingorganisersrspopuk@gmail.com for an invoice. We'll send a Paypal Invoice to pay by credit card or bank transfer
- Following registration, we will send details about the venue, directions and a reading list.

Seminar Times:

- We start on the 5th Oct at 10 am, (please arrive 09.15 to 09.45), then daily 10 - 5:30 pm, and ends last day 10th Oct at 4 pm
- We will also plan to go out together to a local pub or have a party together on the evening of the 9th October
- If you need help with accommodation, contact us at seminars@processwork-audergon.com and we will send you information

Facilitation:

Arlene and Jean-Claude Audergon, co-founders of CFOR www.cfor.info and Processwork UK www.rspopuk.com. Faculty members, Stanya Studentova, Anup Karia, Iona Fredenburgh, Pat Black and Andy Smith will be co-facilitating. The facilitation team will support in-depth individual and small group learning and practice throughout the Intensive, in small group as well as large group formats.

Process Oriented Psychology or Processwork refers to a body of theory and practice that encompasses a broad range of psychotherapeutic, body-mind, conflict resolution and group and community facilitation applications. It is more commonly called Processwork in the United States, the longer name being used in Europe and Asia. Developed by Arnold Mindell and colleagues, it brings a simple and comprehensive paradigm that the disturbance carries a seed of its own solution, or evolution for the system, whether considering the individual or community. It focuses on personal awareness, and on developing skills to facilitate oneself and the other. There is a constant interplay of how one's personal growth, and one's understanding of oneself in relationship and society interfaces with the ability to perceive and facilitate individuals, relationships, teams, organisations and communities. Processwork has roots in Jungian Psychology, Taoism, indigenous wisdom and modern physics. Its methods reflect a dedication to accurately bringing awareness into the patterns structuring our interactions, beliefs and attitudes, including those parts normally unseen or unappreciated, disturbing, inhibited or marginalised.

Processwork UK www.rspopuk.uk The Research Society for Process Oriented Psychology (RSPOPUK) was established in 1988 to further training and research in the UK. We offer public events, Intensives and seminars throughout the UK as well as a number of programmes including a Foundation Year; 'Facilitation for Leaders' training year (with CFOR); a post-graduate UKCP accredited Psychotherapy Diploma; and a post-graduate Diploma in Processwork. Facilitators trained in Processwork work in the areas of psychotherapy, conflict resolution, organisational development, disability, mental health, mind-body health, arts, ecology, sustainability & more. Company Nr 4794982 - Charity Nr 1107684

CFOR Force for Change www.cfor.info CFOR's work links personal and organisational awareness and collective change. We have expertise working in multicultural and transnational contexts, within organisations and communities. Our programmes include 1) 'Beyond Conflict', post-conflict violence prevention and community building 2) 'Europe Matters', facilitating deeper dialogue in communities about diversity, our violent history and our future as multicultural society 3) our Facilitation for Leaders Annual training programme and other training open to the public or held within organisations and 4) 'Seeds', working alongside individuals who by way of transforming their own personal history are in a position to envision a different future for their community. Company Nr 6302212 - Charity Nr 1148661



Office: Old Hampstead Town Hall | 213 Haverstock Hill | London NW3 4QP