

„there is a crack in everything...“

Process oriented approach to working with trauma in individuals and community

17. – 19. October 2014, Prague (Czech Republic)

workshop with

Arlene Audergon PhD. Dipl PW and Mgr. Stanya Studentova Dipl PW

Trauma, be it a reaction to an accident, war or a disaster, abuse or prolonged deprivation, is commonly defined as an experience that is overwhelming and not possible to comprehend and respond to with current available means.

What all these experiences have in common is the sense of fragmentation and loss of integrity. The feeling of being “at home” is disrupted, whether it is not feeling at home in one’s own body and mind, in one’s relationships or in the community.

The effect of traumatic experience can be recognized in the individual as well as in a group or community. Through various of our own personal and professional experiences this theme is close to our heart. As we think about the topic of trauma number of questions are emerging for us.

- What are the dynamics that operate in the background of trauma.
- How to facilitate them, whether with the individual or on the community level?
- What does it take to work with these dynamics and what part do we as practitioners play?
- How to tell and hear the story that needs to be told and not get flooded?
- What creates safety?
- What perpetuates the dynamics of trauma?
- How can we transform these experiences and re-create the sense of “home”?

During this workshop we would like to explore these questions looking at what a Processwork approach can contribute to working with the dynamics of traumatic experience.

Workshop is also your opportunity

- to explore how to address the dynamics of trauma on individual and collective level
- to learn ways to access and harness your resilience and that of your client
- to practice ability to stay connected with your own experience and relate to people you work with
- to learn to track the subtle cues in the body, and relationships and in the community.



Together we will have space to reflect on collective dynamics around trauma and what role do we as individuals play.

The seminar will have presentations of theory and methods, and opportunities to experience and practice this approach, individually, and in small groups, as well as in the large group.

Look forward to seeing you in Prague.

Arlene Audergon & Stanya Studentova

Who is the workshop for?

This workshop is for all practitioners working directly with people who have been affected by trauma whether in field of clinical work, community work and specific NGO’s or peace and human rights organizations. It is also for people who may encounter dynamics of trauma indirectly whilst working with people and those interested in this theme.

Arlene Audergon PhD. Dipl PW



Arlene Audergon, PhD. co-founder of RSPOPUK teaches Process Work in the UK and internationally. She is also the Director of CFOR, www.cfor.info, dedicated to supporting the potential in communities to work with their tensions and conflicts, for post-war reconstruction and violence prevention and to support multi-cultural societies to meet our challenges and shape our future together.

Arlene has also developed methods of applying Process Work to theatre and has worked with many performers, musicians, improvisers, directors and writers. Arlene is author of *The War Hotel: Psychological Dynamics in Violent Conflict*, John Wiley 2005, and several chapter contributions, articles and handbooks in the areas of collective trauma, conflict resolution, post-conflict reconstruction, mental health and Process Work.

Process Oriented Psychology or Process Work

Process Oriented Psychology or Process Work, 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 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 and groups. 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.

This workshop is organized and hosted by IPOP - Institute for processoriented psychology in Czech Republic www.processwork.cz. For more information about seminars and workshops: http://www.processwork.cz/about_us.html#workshops

Please keep in mind that this is a training workshop, and is not meant to replace the therapy or another intervention that you may need.

Mgr. Stanya Studentova Dipl PW



Stanya Studentova holds a master in psychology from Masaryk's University in Brno. She is also a certified processwork diplomate working in London. There, she is a member of RSPOP UK faculty and leads a clinical department of Crisis intervention and Mental Health center. She has taught processwork in the Czech Republic since 2009 and is the head of the training program in IPOP.

In her private practice she works as a psychotherapist, facilitator, clinical supervisor and trainer in the area of creativity, extreme states and personal development. She is a co-founder of Asta Facilitation www.astafacilitation.net focussed on working with organizational change and conflict management. She has been interested in the dynamics of trauma through her work within the mental health settings and in projects focussing on domestic violence, and in facilitating community forums.

Logistics

Venue: Prague, Czech Republic

Date: 17. – 19. 10. 2014

Time: Friday 2 p.m. – Sunday 4 p.m.

Fee: 3 900 CZK

Information: For more information please email Anna Audrlicka or Tomas Malek on kurzy@processwork.cz or telephone: 00420 723 305 282

For more information about the content of the seminar please contact Stanya at: stanya@btinternet.com

Language: English with translation into Czech

Accommodation: If you would like assistance to find a place to stay, please get in touch kurzy@processwork.cz

Registration: To register please email Anna Audrlicka: kurzy@processwork.cz

Cancellation policy: Please visit our website to read the cancellation policy www.processwork.cz/about_us.html#instructions