



Process Oriented Psychology or Processwork, developed by Arnold Mindell, is a comprehensive paradigm and methodology applied to psychotherapy, body-mind awareness, organisational change, social action and conflict resolution. Its orientation and methods follow the creativity in nature. Whether looking at an individual, community or wider collective context, the focus of Processwork is to facilitate accurate perception of processes. The methods support our awareness of the patterns that structure our beliefs, feelings and interactions. This involves discovering what we normally ignore or perceive as unwelcome, disturbing, inhibiting, or 'not us', not part of our usual identity. Rather than leaving out these parts of ourselves, Processwork methods help us become aware of how these dynamics are moving us, individually and collectively. Even the most difficult processes are potentially creative – once facilitation and awareness is in the picture. The interplay of personal and spiritual awareness, and understanding oneself in relationship and as part of collective processes is at the heart of ongoing learning and development as a facilitator.

Processwork UK www.rspopuk.com The Research Society for Process Oriented Psychology RSPOPUK was established in 1988 to further training and research. We offer public events, Intensives and seminars throughout the UK as well as training programmes: a Foundation Year; 'Facilitation for Leaders' training year (with CFOR); a post-graduate Diploma in Processwork, a UKCP accredited Psychotherapy Diploma. Company Nr 474982 - Registered Charity 1107684

CFOR Force for Change www.cfor.info CFOR's work focuses on diversity awareness and violence prevention. We have expertise working in multicultural and international contexts. See www.cfor.info for details and our Facebook page. Company Nr 6302212 - Registered Charity 1148661

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PROCESSWORKUK

Six-Day Intensive

4th - 9th October 2015 | London NW3

Leadership and Facilitation: Community & Conflict Transformation

Facilitated by Arlene and Jean-Claude Audergon

With Anup Karia, Iona Fredenburgh and Stanya Studentova



Though we've been talking about the link between the personal and political for 30 some years, we're passionate, burning the midnight oil.

Plus, there's a new time spirit. People are realising that it's our awareness of our inner life that makes it possible to interact and facilitate within the complex systems we live and work. And nothing's more exciting, whether you are interested for personal learning or for your work with individuals, or as part of family, community, organisational and political contexts.

Pathways and surprising creative directions emerge out of interaction of all parts. And by way of that mystery that is greater than the sum of its parts.

This is at the core of Mindell's 'Deep Democracy' and gives rise to attitudes and methods to facilitate in a broad range of contexts, from business, to small and large groups, families and town forums, to negotiation and conflict resolution and prevention in conflict zones.

As a facilitator, you don't bring answers. But, you can access the inherent possibilities and wisdom that arises when people can interact among all positions, and include emotions and polarised roles - and in this way support contact to one another and the shared underlying field.

You can't keep track of complex systems from the outside, if you're not aware that as an observer or facilitator you are part of the soup. By getting to know your strong and subtle feelings and reactions while you work, you discover moment to moment how you are part of the system, and from here you are able to facilitate more fluidly.

We sometimes say it is the field itself that moves and leads us. So 'leadership' is about being able to facilitate the movements of the field, rather than just getting swallowed up. 'Leadership' is a buzzword these days - and sometimes used superficially - but the need for new patterns of leadership is serious, terrifying and exciting.

It is the inner work of the facilitator that is needed and makes it possible to lead and facilitate the outer situation.

If you are reading this far, you might be the kind of person who wakes up in the morning (or middle of the night) reflecting on your personal and spiritual path, your relationships, our environment, your part in creating the future.

Whether your task is raising a family, caring for ageing parents, facilitating, leading or working in an organisation



or social movement, or creating policy in health, education, social services, or international relations - your awareness, and how you relate to your own story, makes it possible for you to envision and facilitate a different future. Just when 'gatekeepers' make it near impossible to find pathways forward, your awareness, and your input are the difference that makes a difference.

Mornings: We begin with 'world work'. You can observe, take part, and/or practice facilitating the large group process. Immediately following, we'll discuss it. And then have a chance to focus internally on the relevance of the group process for you personally, and for the situations in which you live and work. We'll introduce methods to perceive and situate your personal experience and feelings within the group process, and from here to extrapolate, map the dynamics, and study how to track and facilitate the outer process.

Afternoons: We'll present Processwork theory and interventions from basic to advanced, focusing on conflict resolution, community and organisational facilitation. The learning is for professional or personal use. This will be followed by small group practice sessions, building upon the previous day's skill learning. This is also a chance to meet, work closely and learn together in the small group setting.

Late Afternoons: Presentations of 'hot topics' with dialogue, on issues such as the environment, religion, race and ethnicity, immigration, gender, sexual orientation, environment, neighbourhood, regional and international conflict.

Evenings: Two evening sessions (optional) as opportunities to study cases from your work in community or organisations. Plus a third evening for a party!

Iona Fredenburgh, Anup Karia and Stanya Studentova of the Processwork UK faculty will support in-depth individual, small group and large group learning and practice throughout the Intensive.

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Registration:

- Course Fee £600
- Early bird rate by June 21st £510
- By September 1st £550. (Last year the Intensive overbooked, so early registration is advised anyway!)
- Limited number of spaces available on economy rates for people living in different economies and for work exchange!
- Register: Email trainingorganiserrspopuk@gmail.com and let us know if you want to pay by credit card or bank transfer and we will invoice you.
- Registration: with deposit of £100 or full payment. Following registration, we'll send a welcome pack



Seminar Times:

- We start: 4th Oct at 9:30 am (Please arrive for 9am for coffee, tea and completing registration)
- Daily 9:30 - 5:30 pm
- Optional evenings 5th and 6th Oct. 7-8:30 pm
- Evening party on the 8th October
- Last day: finishing on 9th Oct at 4pm (Please plan accordingly)



Accommodation:

- Simple accommodation available onsite. For further information about ideas in the area, contact us

Contact us on trainingorganiserrspopuk@gmail.com if you have questions or to talk about if the course is right for you.

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