

At the Edge to Practice: The spirit of leadership, inner work and conflict resolution

Six Day Intensive: 17-22 October 2017, London NW3
with Jean-Claude and Arlene Audergon

This intensive course will focus on the link between your personal practice of inner work or meditation, and your practice of social action and facilitating in organisations and community.

Some of the world's greatest leaders have been people who were deeply committed to their own practice of awareness and at the same time devoted to social and collective change. Yet, the notion that we might become conscious as individuals and as societies in our interactions together is still often considered to be a bit 'new agey', rather than an imperative.



Whether our focus is more 'inner' or 'outer', it's awareness that we need. Especially in these difficult and divisive times, for many of us, it's a huge challenge to be able to stay in contact with our deepest nature, while we are also active and engaged in our personal and creative work and in the world.

'Mindell's concept of Deep Democracy enables the facilitator to perceive and facilitate the interaction of voices that are both central and marginal – and to bring awareness to the different dimensions of our experience, including the underlying essence and shared field; the polarisation of roles and ghost roles; and our different viewpoints, history, identities and relative privileges ...'

Until now, facilitated interactions have not been considered a central strategy for personal, community, societal and international conflict resolution and violence prevention.

Why is that? One reason is that there's a need to demonstrate how individual and community awareness can transform relationships, and how facilitated community interactions might make it possible for societies to not be swept along unconsciously in large-scale polarisations. There's a need for methods to facilitate emotional polarisations within us, both in our personal lives, and in our community relationships. And there's a need for methods to work with 'hot spots' – those points of sensitivity and volatility inside of us and between us, where we tend to either jump away from a sensitive topic, or fall headfirst into an escalation.

'Worldwork', developed by Arnold Mindell, is the application of Processwork methodology to understanding collective processes, and to working with dynamics of communication and conflict resolution - as an individual, in relationship, in groups and teams, organisations, communities, societies and governments.

Most of us are brought up to think that what goes on inside of us is just our own, and not relevant to the world we are in - we tend to marginalise our perception and the importance of our contribution. The focus of this intensive is on why it is of vital importance to track what is going on inside of you, and to connect it to what goes on outside, bridging inner and outer. This makes you

feel more at home inside of yourself and in the world. From here, facilitation of everyday life issues, and your creativity and work in community becomes more possible and more fun.



Together, we will create a unique learning environment in order to focus internally, retreat and regenerate, as well as interact together about issues we are facing in our personal lives and world.

We will practice 'inner work' as well as learn and practice 'relationship' and 'worldwork' facilitation skills in three's, small groups, 'fishbowl' style, and in the large group. We will also have presentations and panel discussions.

We'll have opportunities to process current issues and dynamics impacting on all of us, including the interplay between dynamics of separation and unity going on in our world. We will address themes including the rise of nationalism; tyranny; issues of migration; historic and current

collective trauma; religious diversity; racism; economics; gender and sexual diversity, and our environment. We'll have opportunities to work creatively with the issues that you are grappling with personally in your lives, organisations and communities.

During the six day intensive we will learn and practice:

- methods of meditation and inner work, in order to become aware of how you get personally activated by outer events, including personal challenges, relationships, community tensions or political dynamics - enabling you to become more fluid in your own personal life and as a facilitator with others
- how to facilitate in conflict situations according to 'conflict phases'
- how to facilitate three dimensions: the consensus reality issues and viewpoints; the dimension of roles and ghost roles; and the underlying essence and unity that we share.
- how to address accountability, including persisting and past injustice, and what we can do – personally and in the field of peace-building
- how to work with personal and collective trauma, recognise that violence recurs as a collective 'nightmare', and how we can bear witness to community-wide trauma
- methods for coordinating and facilitating community forums on controversial themes
- methods to facilitate team development and organisational change
- how to facilitate 'hot spots', as potential gateways to growth, beyond divisiveness.
- how to connect to the underlying field, beyond polarities, from where you can welcome and facilitate the interaction of all points of view and dimensions of our experience
- how to connect to your own individuation, the creative process, from inside-out, as you come out with who you are in the world.

Who attends?

In past courses there have been a diversity of participants interested in developing the link between their personal awareness and their contribution, whether for personal interest or professional and creative development, in a range of different fields, including mediation, conflict resolution and peace-building, social action, counseling and therapy, performance and the arts, and education.

Presentations: During the Intensive, we will offer 15 minute presentations on Processwork or Process Oriented Psychology and it's scope of applications including some or all of the following: body symptoms and health; altered states and mental health; communicating with people in coma; organisational development; post-war reconciliation and economic recovery; performance, arts and the creative process.

Registration information

- The Intensive stands alone as six-day course for personal and professional development.
- The Intensive can also be taken as the first module of CFOR's 'Facilitation for Leaders' 2017-2018 modular one year course. Contact us on admin@cfor.info to arrange an interview to discuss if this course is right for you. The Facilitation for Leaders course is a one-year course for professional development and can be used as a pathway to Processwork UK's International Diploma programme.



For more information about the Intensive or you want to speak to one of us, please email seminars@processworkuk.org.

To register: email seminars@processworkuk.org

Let us know that you would like to attend. We'll ask you for contact details and let you know how to pay the deposit. Registration is upon receipt of a deposit.

Intensive Fee:

- Intensive fee: £670. Deposit £150.
- **Early bird fee:** £570 (with £150 deposit by 15 June, remainder by Sept 1, 2017)
- Student Fee £540, with registration by 15th June 2017

In recent years, the Intensive course has filled to capacity – so please register early to reserve your place.

A limited number of partial work-study bursaries are available for the Intensive course. Please contact us. There are also fellowship opportunities on CFOR's Facilitation for Leaders course.



Venue:

Pax Lodge is situated about five minutes from our offices in Belsize Park. We've been enjoying doing our Intensives with a maximum of 80 people in their lovely, secluded location among Northwest London's bustle.

Accommodation:

Participants come from different parts of the UK, and many countries. We would be happy to send you a list of local accommodation, and are also glad when you share

your discoveries. Simple accommodation is available at the venue with *early booking*. Let them know you are with our group, and if you would like a single room or to share with others.

Welcome:

Upon registration, we will send you a **welcome pack** with schedule details, travel information, reading lists, and other information to make your stay comfortable. We'd like to also make sure that we have your details, including phone and email, in case of need. Please contact us to discuss special needs.



CPD

Certificate of Attendance and Continuing Professional Development credits available

Processwork UK www.processworkuk.org or the Research Society for Process-oriented Psychology UK was established in 1988 to support research and training in Processwork. Processwork UK sponsors events, seminars and Intensive courses, one year training programmes and a 5 year International Diploma programme. There are two Processwork Diploma pathways: the Processwork Diploma in Worldwork and the UKCP accredited Diploma in Process Oriented Psychotherapy. Processwork UK is a lively and thriving learning community of formal and informal students and practitioners.

CFOR www.cfor.info, is a NGO and registered Charity devoted to the role of awareness and facilitated dialogue for conflict resolution, community recovery, violence prevention, and supporting individuals, teams, communities and organisations to engage with the complex problems we face together. CFOR's current work is in Rwanda, South Africa, the Balkans, and in the UK and Europe. The Intensive can be taken as the first module of CFOR's modular one-year Training course called 'Facilitation for Leaders'. The one year course can be used as a pathway, foundation into the Processwork UK Diploma programme.

Arlene Audergon and Jean-Claude Audergon are co-founders of Processwork UK and CFOR, and teach Processwork internationally. Check their bios on www.processworkuk.org or www.cfor.info