

Process notes: from CFOR and Processwork UK 9 Day Facilitator Training Intensive in London 'The World Inside Out'

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A committed group of 100 + participants took part in CFOR and Processwork UK's 9 Day Facilitator Training Intensive in London, 'The World Inside Out'. It is a great and not easy thing to focus on learning facilitation skills and the spirit and attitude with which you facilitate, while working so deeply together on the upsetting and polarising issues of our lives and times - we are grateful for the profound moments of learning with one another. Here are some process notes...

Each day began with presentations to bring forward the underlying concepts, spirit and skills of Processwork and Worldwork facilitation, followed by Inner Work in the mornings, with demonstration works with individuals. Afternoons, we had large and small group process, with debrief and study. We also had opportunities for 2 panel discussions. Dianne, Joy and Asif from Brap spoke about their work in the school system. Susan and Ayoub spoke about their work in the Middle East, and Maxim spoke about the current tensions in Eastern Ukraine.

Here is a very brief synopsis of some of the group processes, knowing a few words can only touch on the experience.

One very emotional and transformative process was on the rise of fascism. We touched on the abuse of power amongst populist and fascist political leaders and in personal and family violence. And then as the process unfolded, we felt the well of pain in participants from Spain whose families suffered under Franco's long rule and the subsequent code of silence - the agony of families and hearts torn apart.

In a process on Ireland - England, several people shared personal and family stories of the history and legacy of England's oppression and violence in Ireland, the traumatic stories of families and communities over generations, the complexity, and the continued lack of awareness and accountability of the English who are still educated that this is the 'Irish problem'. There was also a deep discussion on internalised oppression. As the ghost role of the oppressor was represented, there was an outpouring of outrage, and as well as pride in Irish culture and heart... 'you have no idea the size of our hearts, you have no idea the patience we've shown' and 'you have no idea of the patience people show you all over the world.'

Another process was on white supremacy and dynamics of racism. First some people of colour requested to meet separately as a sub-group while this work was going on, so as to not always be in the position of having to educate white people or to repeatedly work with the

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frozenness, guilt and defensiveness in white people when topics of race arise - and to have a chance to talk at a deeper level with one another. The group continued working on white supremacy and the next day, as we worked as a whole group, there was a call to focus on being direct, and in relationship. The distancing, and 'othering' that is always seen and felt by people of colour was named. Several white people then came forward and acknowledged how they personally were living out and perpetuating white supremacy in their attitudes and in the way they perceived and related to people of colour.

We also had a deep process on bullying as a cross cutting theme. This touched on so many of us personally, and in our families, as well as the institutional abuse of power within the education system in Europe and in Africa pointing to the impact and legacy of colonial history.

And we had a process on Trans Rights, focusing on the pain and complexity of trans women not being seen as women or not being seen as safe by some radical feminist groups. We also touched on intersectional issues around race and gender identity. We discovered the 'ghost role' that is implicit within society, within so many of us, who is disinterested in perceiving the pain that is caused by thinking of gender as only binary.

A process on 'isolation and community' focused on the pain around social action groups not working together. One focus was on how social activism around climate change needs far more awareness around race and other issues of diversity and intersectionality. The process evolved into a focus on what is needed to actively get to know diverse communities instead of expecting communities that are marginalized to have to do all the work of coming into the dominant group.

Inner work:

We focused daily on inner work - we worked with several individuals, and there were opportunities for everyone to work alone and in pairs. The inner work focused on how we get activated emotionally, what it means to 'burn wood' and to get to know our affects, as a way to develop our sensitivity and gifts as facilitators. Inner work also brings awareness to our 'edges' of perception and internalised belief systems, related to systemic normalisation. Inner work practice supports awareness and contact with ourselves - growing awareness and accountability for our part in the world individually and collectively, as well as linking to the underlying 'dreaming' and sentient awareness which unites us and moves us most deeply – to the potential creativity when bringing awareness along into even the most difficult situations of our lives and world.