

The Body, Psychotherapy and the World

One year course (6 x 3 day modules)
September 2017 to June 2018
London, UK

We are excited to offer this one year training and CPD, where our focus is Processwork's contribution to embodied awareness.

Who is it for?

If you are interested in expanding your practice as a psychotherapist, counsellor, coach or bodyworker; or exploring the impact of the collective realm on our body experience, symptoms and moods. For facilitators wanting to work more with bodies, space and movement, for those exploring the embodiment of deeper ecological perspectives. And for anyone interested in their own body experience as a source of awareness and direction.



THE COURSE

Day to day life, our relationships, the world and the environments we live in have a massive impact on our bodies and our psychology. They affect our health and wellbeing, our sense of ourselves, the spirit and rhythms of our lives – all aspects of our embodied selves. And at the same time, our bodies can lead the way, in ways we might not even imagine. Skilful attention to the unique and dynamic languages of the body, allows us to access parts of our wholeness wanting to be lived - in ourselves, our relationships and in the world around us. Bringing awareness to these processes for ourselves and in facilitating others, changes lives - changes the world.

This course explores these dynamics in the everyday world, in our mythic and dreamlike experiences, and in the realm of the unified organising field - known by many names including *Processmind*.

OVERVIEW

Accessing and living our whole nature and creativity is at the heart of Processwork's theory and practice. We will focus on a specific set of facilitation skills rooted in an understanding of systems ideas, communication theory, multi-channel awareness, sentient work and the intersection of personal and collective dynamics in this field

The emphasis will be on developing the facilitator's awareness, in terms of recognising how to follow our deepest sense of purpose and who we are, whilst facilitating others and intervening in the wider field.

THE LEARNING JOURNEY

Everyone learns in unique ways. There will be theoretical presentations, experiential practice in pairs and small groups, inner-work and personal reflection as well as large group discussions and facilitation practice. Small group mentoring sessions will be provided as part of the training and will take place in between the taught modules. CPD credits and course completion certificate available.

THE DATES

22-24 September 2017
3-5 November 2017
26-28 January 2018
23.25 March 2018
18-20 May 2018
29 June -1 July 2018

THE FACILITATORS

Andy Smith, Stanya Studentova, Anup Karia, Iona Fredenburgh

All four facilitators are UKCP accredited psychotherapists, supervisors and members of Processwork UK teaching faculty and have been running training programmes over many years in the UK and internationally. We are a diverse group of colleagues/friends with much expertise and a shared passion in this field. Find out more about us:

www.processworkuk.org/faculty-2/



Module 1: The Dreambody:

'the body's role in revealing the self.'

Learning to follow the languages of the body, we discover pathways connecting us with parts of our wholeness that we were missing or marginalising. In this module we introduce process-oriented mindfulness or inner work, and practice unfolding sensory information within ourselves and with each other. We will find out what dreams and body symptoms have in common.

Module 2: Body and symptoms

"a symptom can be a medicine"

We will use skills that go beyond interpretation, which allow us to follow unique and unknown pathways in the moment. By unfolding the sensory experiences that appear as chronic and acute symptoms, we discover the transformative value and meaning hidden within them, for our wellbeing and our life-path. This module introduces many creative techniques and approaches central to processwork, to find meaning, identity and new patterns of behaviour.



Module 3: The body in relationships

Our bodies are the vehicles of unintended communication which has a powerful impact in relationships. We bring awareness to double signals: the ones we intend to give and other signals in our body that are not obviously congruent with our intention. We explore dynamics of rank and marginalization, and develop facilitation skills we can offer to relationships everywhere.

Module 4: The body and the world

Interbeing: our psychology and our bodies are intimately connected with the world. From within our disturbances, addictions and symptoms, emerges insight and a path of heart. We will explore the deep ecology of the body and how we are part of the larger ecosystem, including how ancient methods like shamanism contribute

Module 5: Deep bodywork

Here we practice subtle and deep communication methods that have evolved from experiences of working with people in coma. The use of touch, the metaskill of welcoming, learning to follow feedback, learning to give feedback to the experience of people in deep altered states in the body - and the miracle of being fully present.

Module 6: Integration, practice and case supervision

We complete the journey by integrating the learning into daily life, both individual and professional, developing further the themes of the previous modules, and studying together specific 'cases' and situations brought by participants.

The course is offered as a programme in its own right and for those interested in further training. It is possible to transition from this course to the Diploma programme and the UKCP accredited psychotherapy training (with some additional requirements to be fulfilled). The programme is based on a cohort model (a closed group working together for 1 year) which fosters intense learning, deep interaction, and collaboration.

INFORMATION/ REGISTER

If you are interested in participating in this course please write a short email to us at iona@processworkuk.org

We will arrange a Skype or phone chat with you to answer any questions as well as to get to know you and your interest and explore with you if this course is right for you.

Modular course fee £2400. Payments can be made in instalments over the year.

You can also participate in the [first module as an open seminar, before committing to the whole course.](#)

Module fee £300/£270 before 31st July 2017
Information about Processwork, and details of this and other courses and events are on our website www.processworkuk.org

