

The Ocean in the Drop

A one year training course in Processwork

INFORMATION SHEET

Overview

- 18 training days via 5 modules
- November 2023 – May 2024
- Taught by Processwork UK Faculty
- London and online
- Whole course is a foundation for application to the Processwork UK Diploma programme

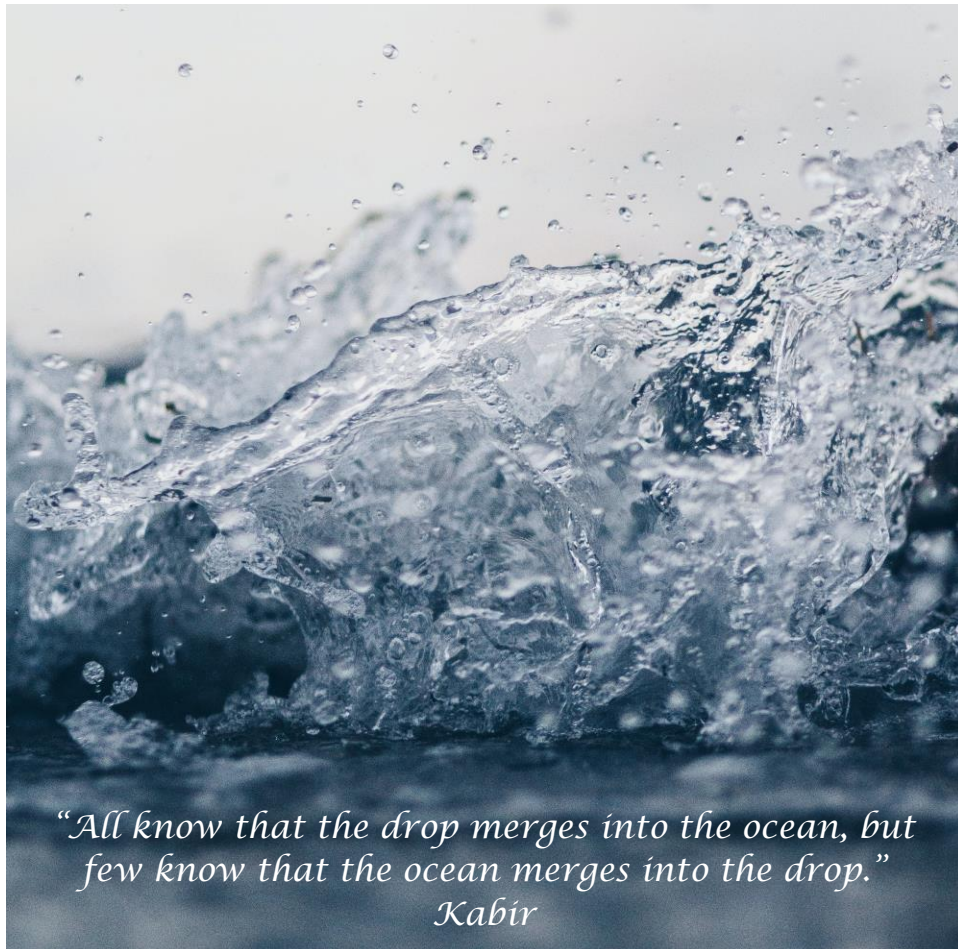


Photo by [Samara Doole](#) on [Unsplash](#)



About the course

The line above by Kabir evokes in us a sense of the vastness of the Universe and the inherent wisdom which shapes our experience. Processwork supports us to trust that wisdom and let it guide us, bringing us back into connection with ourselves, with others and with the world around us. Processwork helps us to see how we are part of the system, how our awareness affects everybody else - human and other than human - and how our experience is not individual but is part of a collective experience.

On one level, we are our identified selves with our personal and collective history: power and justice issues, health and relationship troubles, creativity, individual skills and aspirations. Each of us a drop in the ocean.

On another level we each are a microcosm of that ocean, a dynamic soup of everything joyful and everything problematic. The more we are able to bring awareness skills and an attitude of curious interest to these dynamics, the more we can facilitate situations of all sorts for our own well-being and that of others. This work supports our capacity to take part in creating the world we want to live in.

In this one-year course, we will introduce Processwork methods and theory to explore how the universe, society, dreams, body experiences, and a deeper essence express through us as individuals and groups. We learn how to support awareness of the system in our own experience and behaviour and take responsibility for our part in it. Processwork is a creative and expansive awareness practice which has enriched our lives. We look forward to sharing this with you.

The focus of the training is on gaining an embodied understanding of Processwork that allows you to apply it in your life. The course will inevitably confront you with your limits, helping you discover where you can grow and develop, and connect you to your personal strength.

Who is the course for?

The course is useful both for people wanting to use the tools in their daily life as well as for anyone working with people - whether as facilitator, coach or therapist or in a leadership position. We also invite people who aspire to work in this way or who are developing projects. We encourage people from different backgrounds and professions to join. The core requirements are a deep interest and curiosity and a willingness to experience discomfort together. Capacity to stay present in the face of uncertainty is important.

This training is intended for all who are interested in learning how to practice and use Processwork awareness with themselves and others. The training is not therapy. It is not

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meant to replace any forms of treatment or therapy in which prospective participants may be engaged, and we recommend that you consult with any therapeutic practitioner you may have, prior to registering. It is an educational experience, meant to enhance personal growth and professional practice.

About Processwork

Processwork is a comprehensive and evolving model focusing on facilitating awareness at individual, relationship and collective levels. It has its roots in Jungian psychology, Taoism, indigenous traditional wisdom, justice movements, systems theory and quantum physics. It is applied in psychotherapy, group work, community and organisation work, in reconciliation, structural discrimination work, creativity, theatre and the arts.



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Module dates and times

Module 1: The Ocean in the Drop - the part and the whole

Friday **10am** start (coffee and tea available from 945am); **5pm** end

Saturday **10am** start, **5pm** end

Sunday 10am start, 4pm end

Teachers: Eva Karia, Leah Lithgow, Milan Bijelic

In person at:

Resource for London, 356 Holloway Road, London, N7 6PA

<https://www.resourceforlondon.org/>



Module 2: Stormy waters: tools to avoid drowning in collective dynamics

Friday 19 – Sunday 21 January 2024

10am-5pm (Fri & Sat) and 10am-4pm (Sun)

Teachers: Eva Karia, Leah Lithgow, Milan Bijelic

Online (zoom)

Module 3: Intensive - *Climate change, collapse and hope?*

Tuesday 27 February - Saturday 2 March 2024

Tuesday 9.15am-9.40am for registration first day, for 10am start. Ends 5.30pm-6pm.

Wednesday – Friday 10am-5.30/6pm.

Saturday – 10am-4pm

Teachers: Gill Emslie, Anup Karia, Andy Smith with Milan Bijelic, Kiro Zabinska-MacIntyre and others

In person at Cecil Sharpe House, 2 Regents Park Road, London, NW1 7AY

Module 4: The world in relationships

Friday 15 – Monday 17 March 2024

10am-5pm (Fri & Sat) and 10am-4pm (Sun)

Teachers: Eva Karia, Leah Lithgow, Milan Bijelic

Online (zoom)

Module 5: *Coming home - integration and going forward*

Thursday 9 - Sunday 12 May 2024

10am-6pm (Thurs-Sat) and 10am-4pm (Sun)

Teachers: Eva Karia, Leah Lithgow, Milan Bijelic

In person at Pax Lodge, 12C Lyndhurst Rd, London NW3 5PQ

Mentoring

There will be mentoring opportunities between modules. Mentoring sessions can be used to hone your understanding of a particular element of Processwork or course material and also to help you process your Processwork journey.

Gateway to Processwork UK Diploma

During the course, you may decide you want to take your Processwork studies further by applying to the Processwork UK diploma programme. Our one year courses are a prerequisite for the diploma training.

Fees

Together the modules form the 'whole course'. You can start by doing module 1 and choose to add modules 2-5. Or you can apply for the whole course straight away.

- 1) Module 1 (open seminar) = £360
- 2) Modules 2-5 = £2,590



3) **Whole course = £2,950**

Payment for module 1 confirms your place on module 1 and acts as a deposit. For modules 2-5, you have a choice whether to pay the full amount as a lump sum or in instalment payments. Payment details and terms and conditions can be accessed [here](#).

How to apply and confirm your place

Please click [here](#) to download an application form.

Otherwise please email admin@processworkuk.org and we will send you an application form. The deadline for application is the 5th of November and Payment by the 10th of November.

For anyone interested in doing the full course, we will arrange to meet you online, to say hello, answer any questions and make sure the course is a good fit for you.

If you know at this stage that you wish to do the full course, please indicate this on your application form and we will arrange an interview with you between September and October 2023. If you decide to pursue the whole course having done the first module, we will interview you after module one.

Bursaries

We have a number of bursaries available for the one-year course as part of our bursary scheme. These bursaries offer a 20% reduction on the course fees.

We are a diverse community and want to ensure our courses are accessible to people from a range of different backgrounds. The Processwork UK (PWUK) bursary fund aims to provide financial support for those who are studying Processwork and who need extra support for paying their school fees.

If you wish to apply for a bursary, please indicate this on your application form and we will be in touch with more information and how to apply.

The teaching team

The course will be facilitated by Eva Karia, Leah Lithgow and Milan Bijelic. Our facilitators are psychotherapists, supervisors and members of Processwork UK teaching faculty, and have been running training programmes in the UK and internationally. For more information about our teachers, please see their biographies on our website.

<https://www.processworkuk.org/faculty-2/>

For further information please either contact admin@processworkuk.org or look at our website: <https://www.processworkuk.org>

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Detailed description of modules

Module 1: The Ocean in the Drop - the part and the whole

Processwork approach to innerwork and facilitation as a means of deeper connection with ourselves and the world

- Friday 17 to Sunday 19 November 2023
- 9.30am-5.30pm (Fri & Sat) and 10am-4pm (Sun)
- Teachers: Eva Karia, Leah Lithgow, Milan Bijelic
- In person at Resource for London, 356 Holloway Road, London, N7 6PA

This is our first seminar - we look forward to coming together as a group, noticing what inspires and what challenges us and exploring how we relate to ourselves and one another around those experiences. This is an opportunity to get a sense of Processwork and us, as facilitators. It can be taken as a stand-alone seminar and it will be the first module in our one-year course.

In this three-day seminar we will introduce Processwork theory and use creative practices to explore aspects of ourselves on the periphery of our awareness. This is exciting and expansive work - we bring aspects of ourselves into the room that feel new, emergent. We will notice how our experience and behaviour is an expression of the larger field/system - including this group and beyond. We will also notice how our personal, family and cultural history teach us to favour some elements of our experience and inhibit others. Facilitation is about bringing awareness along into this soup of interactions, helping to make it more creative, less painful. We will introduce *inner work*, a foundational practice in Processwork, using our senses, developing the skills that allow us to track and explore what moves us and making sense of it. Awareness skills enable us to get to know how we identify and what we 'belong to' as well as what we reject, fear, ignore, hate – and aspire to. This makes it more possible to facilitate in even the most difficult situations. We are keen to meet you and start our journey together.

Module 2: Stormy waters: tools to avoid drowning in collective dynamics

- Friday 19 – Sunday 21 January 2024
- 10am-5pm (Fri & Sat) and 10am-4pm (Sun)
- Teachers: Eva Karia, Leah Lithgow, Milan Bijelic
- Online (zoom)

The second weekend builds on the first and deepens what was explored. We will equip ourselves with attitudes and skills that help us to be able to play and explore even in difficult situations, rather than get activated and drown. We are living in times that confront us with incredible challenges - on the international, national and local level. How do we find ways forward? In Processwork we bring awareness to these difficult dynamics through a method known as Worldwork. This can be intense - it requires us to hold tension and uncertainty to discover what might emerge when we slow down and



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explore the painful polarities that divide us. Inner resilience is required to stay present and curious. The focus this weekend will be to support you in the midst of process-oriented group processes and any time you are in groups -whether that may be a painful family dynamic; an organisation in conflict or a community in turmoil.

During this weekend, one focus is on recognising your own triggers and frozen states and building a tool box of ways to look after yourself. We will teach body based inner work practices as well as some simple regulation tools. These tools will help us to feel safer and enable the spirit of curiosity and play to come forward. We will also explore how awareness of complex rank and power dynamics helps us to understand conflicts in groups and how to use that to have access to our own personal power when we encounter those oppressive, often unconscious attitudes and behaviours that marginalise us. We will develop skills to support ourselves in those situations and to choose to stay in relationship or not.

Module 3 - Climate change, collapse and hope?

Five day large group seminar ("intensive")

- Tuesday 27 February - Saturday 2 March 2024
- (timings will be confirmed nearer the date, and will be between 9am and 6.30pm)
- Teachers: Gill Emslie, Anup Karia, Andy Smith with Milan Bijelic, Kiro Zabinska-MacIntyre and others
- In person at Cecil Sharpe House, 2 Regents Park Road, London, NW1 7AY

The theme for this year's intensive is Climate and Collapse. An Intensive seminar gives us time to come together as a group and to deepen our work, getting to know ourselves better within a group that is getting to know itself. This seminar will take place in a larger group which will include members of the public and the student body of the Processwork school. This makes for a rich and diverse group, where together we will navigate the wide range of experiences. The topic provides the context for studying and practising facilitation of complex issues. In group processes we all learn together - facilitating ourselves, our relationships and the groups / communities around a specific theme. We learn from large group processes, small group and dyad exercises as well as from innerwork exercises / meditations. We have lots of opportunities for better understanding of dynamics of power and privilege in our interactions. Besides learning facilitation skills, intensives support personal leadership as we have opportunities for stepping in and speaking up (as participant-facilitators) around chosen themes. This may support our individuation process as it emerges in a collective sphere. It opens up new worlds that are exhilarating - when we can go beyond the tension of conflict and discover new meaning.

Module 4 - The world in relationships

You and me are three ☺

- Friday 15 – Monday 17 March 2024
- 10am-5pm (Fri & Sat) and 10am-4pm (Sun)
- Teachers: Eva Karia, Leah Lithgow, Milan Bijelic



- Online (zoom)

After a rich time at the intensive, this weekend will be an opportunity to land back together in our group. Our focus shifts to exploring relationships. The world shows up in our relationships as collective dynamics shape our experiences of one another - and, as we engage in and with our relationships, we, in turn, impact the people around us and influence the world. Being able to stay related and present in the midst of conflict brings freedom and joy. We will explore process-oriented relationship and conflict skills. This includes facilitating nonverbal signals in a relationship, such as body language, posture, tone of voice, distance, movement. We will be working on our own conflicts - i.e. situations where we find ourselves in conflict with another person. Noticing our patterns in conflict - e.g. are we able to stand for ourselves and take the other perspective- and gaining more ease in those contexts. Topics and issues in the relationship level also show up internally as well as in the wider collective- and we will learn how to choose which level to focus on. We will also cover how to make relational work relevant to a wider group or context.

Module 5 - Coming home - integration and going forward.

[Spaces where the body, dreams and fields meet...](#)

- Thursday 9 - Sunday 12 May 2024
 - 10am-6pm (Thurs-Sat) and 10am-4pm (Sun)
 - Teachers: Eva Karia, Leah Lithgow, Milan Bijelic
- In person at Pax Lodge,
12c Lyndhurst Road
London
NW3 5PQ

The final module will be a 4-day seminar, allowing us plenty of time and space to connect, reflect, explore and integrate our learning into our life path - our path of individuation. In this last module we will bring together what we have covered and support you to take the learning back into your everyday life and work context.

Coming back to Mindell's concept of the 'dreambody' - accessing the wisdom of dreams, body experiences and subtle sensing - we will connect with our wholeness through creative expression. We will give space for supervision and integration, making the learning relevant to your professional and personal context.