

Movement as a Path to Wholeness

**The body's role in facilitating our individual
and collective wholeness**

Processwork UK Annual course with Kate Jobe & Milan Bijelic



Photo by Kate Jobe

We invite you to join us in a journey through your movement experience. Our movement is how we know ourselves most intimately. It speaks to and for us, in intended and often unintended ways. It holds mysteries about ourselves that connect us to our knowing and helps us identify with how the world within us is also related to the world around us. This journey is both a personal journey as well as a facilitation training for working with individuals, couples and families, and groups. Because everyone moves all the time, this course is designed for everyone – those who are shy with movement and those with a movement background.

Each of us has a unique movement signature in the “language” of movement. Understanding this non-verbal language can challenge our need to “get” what is being “said” when we look for meaning in thoughts and words. In this five-month course we will use Processwork and Processwork Movement Work (PW Movement Work), with its emphasis on following nature and the dreaming process, along with an introduction to the Laban/Bartenieff Movement System, to help us navigate this familiar but often unexplored world.

Movement as a Path to Wholeness is an introduction to Processwork and a prerequisite for the Diploma programme at RSPOPUK. It is aimed at helping you feel more comfortable and creative in working with movement. We know that movement work is a powerful tool for facilitators, therapists and coaches as we work with individuals, couples, teams and groups. Yet, it is not always easy to "change channels" and make use of movement's gifts. We will use movement practices based in the Laban / Bartenieff Movement System, Authentic movement and Action Theatre coupled with the newer developments of Processwork philosophy and theory to explore nuance and subtlety that unlocks movement communications.

As well as meeting in a small group, this course will include the annual Intensive course, giving you experience in large group facilitation training, and the Relationship Dojo, introducing you to working with couples.

This course is for anyone interested in facilitation training and experiencing themselves in Processwork, and Processwork Movement Work from beginners to seasoned practitioners looking for more fluidity in working with movement with clients.

Course Contents

Module 1

**Decoding Your Own Natural Movement
Processwork and Movement Work Concepts**

**17 - 19 January 2025 (3 days in person) Venue: Resource for London
356 Holloway Road, London N7 6PA**

This is our first seminar – we look forward to coming together as a group, meeting each other, and exploring the worlds of Processwork, PW Movement Work and the Laban / Bartenieff Movement System, each at our own pace. We will work with our comfort and discomfort and discover how they can serve you as a facilitator. This seminar is an opportunity to experience Processwork with an emphasis on PW Movement Work and how it relates to our inner and outer worlds. It can be taken as a stand alone weekend and it will be the first module in our Annual Course.

In this three-day seminar we will introduce Processwork and Laban / Bartenieff Movement System theory. We will use creative experiences to explore our own natural movement and how less known aspects of it give you access to emerging parts of yourself. This is exciting and expansive work that uses awareness skills that enable us to get to know how we identify ourselves and what we 'belong to' as well as what we reject, fear, ignore, hate – and aspire to. We are keen to meet you and start our course together.

The cost for this as a stand alone event is £378

Module 2

**Collective Dreaming: embodying new patterns for facilitation, relationships,
communities and the world**

A five day facilitator training (Intensive Seminar) with Gill Emslie, Kate Jobe and Andy Smith

14 - 18 February 2025 (5 days in person) Venue: Cecil Sharpe House, London NW1 7AY

This seminar will take place in a larger group which will include members of the public and the student body of the UK Processwork school. This makes for a rich and diverse group, where together we will navigate the wide range of experiences. 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. We learn from large group processes, daily small group meetings and dyad exercises as well as from innerwork exercises / meditations.

One goal of an Intensive is to better understand and facilitate the dynamics of power and privilege in our interactions. Besides learning facilitation skills, intensives support personal leadership with 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 behind these conflicts.

Module 3

Moving through the Unknown

13 - 16 March 2025 (4 days in person) Venue: Wac Arts, 213 Haverstock Hill, London NW3 4QP

After a rich time at the intensive, we will have an opportunity to land back together in our group. We shift to exploring our collective and individual movement patterns through creative work using a personal problem as the central theme. We will deepen our work with PW Movement Work and the L/B Movement System applied to our symptoms, dreams, addictions, ecstatic moments and personal history.

Here we will go deeply into the exciting world of movement by looking in detail at our movement qualities and dynamics and how they express integral aspects of our unknown experience. We will experience the aliveness of space that is always moving with us and supporting us. And we recognize our connectedness through our breath and bodies and how they create pathways of movement, support and yielding through not only our bodies but in the world.

Module 4

The Language of Signals

12 - 13 April 2025 (2 days online)

Working with signals will be the major focus of this module. Signals are things that people do or say that stand out as interesting or disturbing. Most of us have experienced the frustration of working online and feeling distant from the people or a person that we are talking to.

Signals tend to be more difficult to perceive and to relate to online. This leads to a sense of distance. In this module we will focus on how to connect more intimately with clients, friends and families using movement and body feeling by learning and creating ways of interacting with signals.

We will continue our study of the L/B Movement System and dive into our unintended verbal and movement signals for creating more connection and intimacy online.

Module 5

Dreambody in Relationships

16 - 17 May 2025 (Day 1 & 2) Training Dojo with Stanya Studentova and Anup Karia.

Together with diploma students and wider PW community

Venue: Pax Lodge, London NW3 5PQ

18 - 19 May 2025 (Day 3 & 4) Annual course group only. Day 3 and 4 with Kate Jobe and Milan Bijelic facilitating the annual course group

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

Relationship in Movement

For the first two days of this module we will join the rest of the student body as well as PW community members for an open seminar on relationships. As the diploma students move into their 3rd and 4th days of training we will come together for our final two days together.

On the third day we will practise some of our learning from the dojo and apply our knowledge of movement to relationships, looking at dynamics, space and how people's bodies relate. When people relate they tend to talk about relating or the past or future. This usually leads to things that are mostly known but sometimes unsaid. But there is a deeper dream happening in the moment as they relate.

Movement is especially effective in finding the deeper dreaming in the relationship as it is happening now. This often brings surprising and relieving insights to the relationship.

On the fourth day we will bring together your learning and work on ways to integrate it into your life.

Who is this for?

We are all facilitators - professionally and in our families and among our friends, with work colleagues and in different organisational structures and environments.

This course is designed to support and encourage your awareness of the body's role in revealing your wholeness and authenticity as well as how movement can be practically applied in facilitating ourselves or others at different levels: individual, relationship or group.

We invite your commitment to grapple with the difficulties that we face as individuals and collectively in the society - because the world needs these skills, and these interactions in order for new collective patterns to emerge. We welcome all professional, spiritual frameworks and none.

Focus of the training

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.

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 in our wholeness as it emerges in various communication channels and a willingness to experience discomfort together. Capacity to stay present in the face of uncertainty is important.

Learning environment

We will work together in the larger group, as well as in small groups, dyads and individually. We support the spirit of collaboration and research / exploration, welcoming the emerging or unexpected processes - process as a teacher...

There will be some reading recommendations and you will be encouraged to keep a study journal. However these are not requirements. It is expected you will be able to attend all the modules.

Mentoring

There will be mentoring opportunities between modules. Group 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.

The teaching team

The course will be facilitated by Kate Jobe and Milan Bijelic. Our facilitators are psychotherapists, supervisors and members of Processwork UK teaching teams, and offer 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/>

How to apply and register

We will meet online with everyone interested in doing the full course, to say hello, answer any questions and make sure the course is a good fit for you.

Please email admin@processworkuk.org and we will send you an application form. We are keen to meet you and start our journey together.

Annual course cost is £3550

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 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.

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 annual courses are a prerequisite for Diploma training. During the third module we will meet with participants who are interested in going further to inform you about the process for this.

Important Note:

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



Processwork UK / RSPOPUK Ltd. Co.: 4794982. Reg. Charity: 1107684.
27 Old Gloucester Street, London, WC1N 3AX,
www.processworkuk.org

You received this email because you subscribed to our list. You can [unsubscribe](#) at any time.

Processwork UK
27 Old Gloucester Street,
London
WC1N 3AX
United Kingdom

Powered by  EmailOctopus