

Embodied Relationship : A Processwork Facilitation Training: Annual Course 2026



To facilitate is to relate deeply. In a world that fragments mind and body, sexuality, vitality and creativity, this training creates an experiential structured space to unfold embodied relational intelligence as a facilitative resource.

Our body experience is a deep source of creativity.

Connecting with your 'eros' = your vitality, bringing out your unique facilitation style.

In this training we will gain insights and tools that support us in our personal and professional lives.

Join us for a four-module journey into the multi dimensional approach of Processwork facilitation, queer and systemic awareness and whole-body relational wisdom.

This work is tender, rigorous and creative, designed for facilitators, leaders, therapists and those working at relational edges across contexts.

**Module 1 : 30th Jan - 1st February 2026,
Pax Lodge, London NW3 5PQ**

Discover the Dreambody, Deep Democracy, Worldwork, working with movement and other nonverbal signals and how to use these concepts and tools in your life.

The course will be led by Gill Emslie, PhD (she/her) and Eva Karia, MA (they/them), two experienced facilitators and faculty members of Processwork UK who are facilitating in business, community and individual settings.

Join module 1 as a standalone or come along for the whole ride of 4 modules, providing a thorough introduction to Process oriented embodied facilitation.

Early early bird fee for module 1 is £480, for all modules £1900
if you register by September 1st.

Register by September 30th and pay £500 mod 1/£2000 whole course.

Afterwards: £550 for module 1, £2225 for the whole course

To register: email us at admin@processworkuk.org

This Training is for

- Group facilitators, coaches and leadership practitioners
- Therapists, healers and somatic practitioners
- Queer, trans and gender-expansive folks seeking embodied frameworks
- Anyone drawn to deepen their capacity to meet difference, disturbance, and intimacy with integrity

During our time together we will explore:

- Embodied Facilitation: Accessing your own essence as a creative life force in professional contexts
 - Working with movement signals, posture and somatic dreaming in yourself and others
- Systemic Awareness: Understand how the dynamics of rank, power and privilege and systemic nature influence all relationships
 - Unfolding unspoken dynamics, field phenomena, ghost roles and systemic polarities
 - Working with attraction and the dreaming process around connection
 - Integrating body symptoms and dreams as sources of information
- Deepening Relational Capacity: Navigating power dynamics in relationship
 - Unlocking the wisdom within conflict and disturbance
 - Unfolding relational vitality—embodied aliveness and life force - creative systemic



CPD Certificate of Attendance and Continuing Professional Development credits available.

We will practise making our collaborations and facilitations easier using a range of methods each day: innerwork, relationship work, small and large group systemic work to help unfold new strategies, develop skills and connect to a deeper sense of purpose.

In between each module you will meet with the same small mentoring group where you can explore putting your learning into practice.

Module 1: The wisdom of the body

30 Jan - 1 February 2026, Pax Lodge, London, NW3 5PQ (3 days)

Working with our body as a source of information, we apply process oriented tools to unfold movement signals, inner body experiences and learn how to bring these in as we work in relationship. The first module is a great introduction to and deepening of, a range of process work skills & metaskills and to the themes of the annual course. This module opens the series but can also be taken as a standalone.

Module 2: You Matter: Individuation of the Facilitator

11- 15 February - Pax Lodge, London, NW3 5PQ (5 days)

Journey to connect or re-connect to your path of individuation and your activity and work in the world. We will focus on the practice of recognising and facilitating one's personal myth, dreams and personal edges, as pathways over collective edges, beyond the status quo, from where you can facilitate others and our wholeness. You'll meet core faculty of the UK school and join the student body for module 2, which is not open to the wider public.

Module 3: Relationship, conflict and vitality

20-21 March - Online (2 days)

Only for participants of the annual course. A 2 day online retreat during which we deep dive into the rich world of relationships- exploring both process oriented embodied conflict facilitation, as well as connecting with what "turns us on" in all kinds of relationships.

Module 4: The world body- Worldwork embodied

24- 27 April - Cecil Sharpe House, London NW1 7AY (4 days)

The course culminates in this 4 day in person training for annual course participants only. We will integrate the skills to use our body experiences as information we can use to facilitate relationships and groups. There will be room for play and experimentation, creativity and learning.

Module One can be taken as a stand alone module. The four modular training is a prerequisite for entry into the longer Diploma programme.

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.

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Gill Emslie, PhD, Dip POP UKCP, works internationally as a facilitator, psychotherapist, and consultant focusing on process-oriented regenerative practices supporting individual and collective agency to take leadership and facilitate change

Eva Karia, MA, Dip POP, UKCP works as facilitator, psychotherapist, supervisor and coach. Their private practice supports individuals and people in relationships around themes of gender, identity, love, sex and sexuality. They work with a queer intersectional lens and are excited to teach an introduction to processwork that centres the body.

WWW.PROCESSWORKUK.ORG

Explore our website to learn more about Processwork
Facilitation and Psychotherapy accredited through UKCP.

