

Doorway to life: *Processwork within the Medical System*

A 15-Month Modular Course (5 x 4 days): Oct. 2017 – Feb. 2019, at the Zipori Center in Zipori

We are excited to offer a new basic training course in Processwork, for anyone working in or called to the field of health care, palliative care and/or with a special interest in mind-body awareness, working with symptoms, illness and life transitions, as well as wider systems such as family, community and public health. The training is also suitable for people interested in using this approach for personal development and for supporting family members.

Overview

The heart of Processwork's theory and practice is accessing and living our whole potential and creativity. The focus will be on following our deepest sense of who we are, whilst facilitating and supporting others and intervening in the larger field of the medical system. We will learn a set of facilitation skills based on system thinking, communication theory, multi-channel awareness, dream work, mindfulness, sentient work and the relationship between personal awareness and collective issues as well as issues in the medical system.

In this course we will learn:

- How to unfold emerging patterns within body symptoms, illness, altered and remote states of consciousness
- About the connection between chronic symptoms, life-transitions, conflict, night dreams and individuation
- Personal and collective dynamics of trauma and illness including rank, power and oppression
- Concepts and skills to perceive and follow the process structure and follow feedback in individuals and organizations
- To become more fluid in facilitating and navigating ourselves and our work within the medical system

Learning

This 15-month course will provide opportunities to learn and practice Processwork methods applicable to your professional area as well as for your personal development. There will be theoretical presentations, practical exercises in dyads and small groups, large group discussions and facilitation practice as well as personal reflection and inner work. You will create a peer learning-group over time in order to help you applying your learning into your area of interest or work (meeting 2-times monthly) and you will receive one supervision session between each module. During the course a minimum of 5 individual mentoring sessions is required on skype or face to face to be booked and paid separately. You will be asked to do some homework and write a short essay about how and where you want to apply and develop what you have learned. After completing all requirements you will receive a course completion certificate.

Facilitators

Michal Wertheimer Shimoni

C.P.W., Certified Process-worker. Co-Founder of the Israeli Processwork training program, teacher and supervisor. Since 20 years she works as a Processwork facilitator with individuals, families and groups, teaching and supervising students around the world. In 2015 she published the first translation into Hebrew of "Working with the dreaming body" by A. Mindell. www.michalpw.co.il

Kirsten Wassermann

Clinical Psychologist, cert. Process Oriented Psychotherapist, Group Facilitator and international teacher; Co-Founder for psychological counselling for women with Hereditary Breast cancer at the University Hospital Cologne and for psychosocial counseling before and after abortion and still birth at the University Hospital Bonn, Germany. Author of a text book and diverse research articles. www.kirsten-wassermann.de

We are both members of the International Association of Process Oriented Psychology (www.iapop.com) and have a long-term expertise and a shared passion in this field, This course arose from our wish to pass on facilitation skills which we feel are vital to our own sense of meaning in life and our work with clients, families and community.

Seminar language

A working knowledge of English is required. Exercises will be provided in Hebrew and translation will be offered where needed.



Module 1: The Dreambody and its Applications – Theory and Concepts of Processwork

We will cover the concepts and theory as well as the basic tools for working with a variety of issues appearing in different levels and aspects of reality. Ways to follow the flow of signals in various channels of experience. (visual, auditory, proprioceptive, kinesthetic, relationship, world). This includes working with feedback and unfolding the information and potential inherent in any disturbance, body symptom, conflict or night dream.

Module 2: Chronic Symptoms and Serious Illness - a Doorway to Change and Body-Mind Awareness

We will focus on long-term patterns, trauma and life threatening dynamics within the path of individuation. This includes the importance of perceiving your own feelings and reactions, when working with others.

Module 3: Living and Dying - Remote and Altered States of Consciousness and Working with Grief

We will learn about meta skills and how to communicate with people in coma, end of life states, and altered states of consciousness as well as working with grief and loss processes. This includes attitudes in the medical system and palliative care as well as ethical issues related to the meaning of life, spirituality and working with families and the whole system.

Module 4: Inner Work - a Tool for Facilitating Ourselves and Others

Innerwork is an awareness practice that deepens mindfulness and helps us to address and explore inner and outer difficulties by actively engaging with our internal experiences. We will learn how to support and facilitate ourselves in challenging situations. This includes the perception of how our personal and skill development is linked with our practice and our work in the world.

Module 5: Collective Dynamics in Life and the Medical System

We will explore cultural, trans-generational, family and historical issues. This implies an understanding of marginalization linked with health issues, the complex dynamics of rank and power as well as internalized oppression and tools and skills to work with them.

Processwork

is an awareness-based school of psychology developed by Arnold Mindell, a physicist and Jungian Analyst. It offers a unique contribution to our understanding of the psychological, relationship, and social pathways as well as factors that influence health.

A unique characteristic of Processwork is the way it includes everything that is usually experienced as difficult, marginalized and unwelcome and of considering symptoms and other disturbing aspects of our lives as seeds of potentially vital and creative patterns. Process Work provides an exciting framework, linking mind and body, the personal and collective as well as tools to facilitate the systems we are part of.

In 2012 Mindell received the Pioneer Award from the US Association of Body Psychotherapists for his innovative contributions to the field (<http://www.aamindell.net>)

Dates

First Module: Oct. 26-29 2017

Second Module: Feb. 8-11 2018

Third module: June 14-17 2018

Forth Module: Oct. 11-14 2018

Fifth Module: Feb. 14-17 2019

Registration

Please email with name, address and phone number to eymich@gmail.com.

We will arrange a phone or skype call with you for further information and to discuss, if this course is right for you. In case of economic difficulty, we can offer a limited capacity of scholarships. Please write a brief statement of your situation and request.

Fees

Whole course fee: 6900 NIS until Sep. 27th, afterwards 7400 NIS.

Payments can be made by installments over 14 month or before each module.

The first module can be booked separately, before committing to the whole course.

First module fee: 1400 NIS until Sep. 27th, afterwards 1500 NIS.

Non refundable registration fee: 100 NIS

Mentor sessions: 200 NIS per hour

Accommodation

For each module : between 500 and 750 NIS depending on room capacity and occupancy (double/triple)

The Zipori Center is suitable for Shabat keepers.

