

THE 2011 RELATIONSHIP INTENSIVE

TRANSFORMING RELATIONSHIPS FROM THE INSIDE OUT

LEARN
PERSONALLY AND PROFESSIONALLY



Relationship is more than the coming together of two people - It is a third entity, a myth or dreaming pattern that seeks to express itself through you. We tend to think that relationship has to do with how individuals interact and get along. That's true, but only partially. The elder or inner wise figure that Arny and Amy introduce is a pattern that helps us to live our dream of relationship and discover this third entity - its unpredictable creativity that makes

life and relationship worth living.

Relationship facilitation is about discovering the process as it moves between two or more people. It's about individuation, becoming yourself in relationship to others, and facilitating others to also grow. It's also about discovering the myth underlying the relationship, which is more than the sum of the parts, and the process mind that brings us together and entangles us together.

The Relationship Training Intensive will be the combination of two seminars, one of 4 days, the other of 3 days (participants may attend just the first seminar, or the entire 7 day intensive).

You are more than welcome to this seminar, whether you are a trained facilitator or a newcomer to Process Work or unfamiliar with this territory of facilitating relationships. All of us need a beginner's mind, an attitude of always learning anew from the process, with its difficulties and mysteries.

During the seminar, we will introduce concepts, demonstrate the work, have opportunities for inner work, relationship work and group work on the theme of 'relationships'. There will be opportunities to work in pairs and threes, in small groups and the large group. The learning opportunities will be multiple and intensive - including a yoga teacher giving yoga sessions in the early morning, followed by inner work in the morning, all before the general morning beginning. Evenings also will have many activities including panel discussions, movement sessions, and more.

Arlene and Jean-Claude will be assisted by a team from the RSPOPUK faculty and Poland.

FACILITATION MATTERS

Just as there must be 'fifty ways to leave your lover' (Paul Simon said that), there are even more ways to learn to facilitate yourself and others to get in and out of relationship troubles!

Whether alone, or with a lover, neighbour, partner or family member, classmate or teammate, relationships can be beautiful, profound, ecstatic, peaceful, miserable, tense, conflicted, impossible and possible. Not only are relationships complex in and of themselves, but added to the mix are attitudes in society around sexual orientation, gender, cultural and religious diversity, disability, age, health and more.

Having the ability to facilitate relationship dynamics can be life changing, whether focused on one's own relationships, providing psychotherapy to individuals, facilitating people in their relationships, or within teams and organisations. Facilitating relationship dynamics also helps you to get to know yourself and can be vital for physical health. In many spiritual traditions, relationships are understood as either interrupting the path of enlightenment (which is easy enough to understand, as we have all found ourselves losing awareness in relationship and acting impossibly), or as the ground from which to develop awareness and detachment while engaging and being your self with others.

PROCESSWORK-AUDERGON
RESEARCH SOCIETY FOR PROCESS ORIENTED PSYCHOTHERAPY - RSPOPUK
UCKP ACCREDITED PSYCHOTHERAPY TRAINING



Seminar One



Seminar Two (Only with seminar One)



We will focus on a palette or concrete set of facilitation skills, from Process Mind, to understanding systems dynamics and communication theory, as applied to a wide range of relationship patterns. We will learn these interventions both for your own relationship interactions and when facilitating others, while having fun doing it.

- the dynamics of personal growth and relationships, our drive to live our wholeness in our relationships, as well as the difficulties that this entails, the habits and routines we fall into, and the altered and extreme states we meet
- System dynamics: Learn to clearly map and frame the system dynamics at individual, relationship, collective levels.
- Learn to access, respect and facilitate awareness and even transformation of personal and family history, and how it manifests in relationship
- Working with 'edges' in relationship, including each individual's edge and the system edge
- Learn about communication theory and practice in relationships, including signal work, working with blank access and dreaming, verbal 'holes', movement, and proprioception
- Learn to follow the process mind, zig and zag wisdom in relationships, including during relationship disturbance.
- Recognise and appreciate the underlying myth, or archetype, special quality and atmosphere of a relationship that is beyond the sum of its parts – the myth that unites people in short and long-term relationships
- Discern your deepest impulse, to guide you in relationship and picking up your innermost feedback, and feedback in the field – differentiate a pattern of 'adapting-rebelling', from following oneself while interacting and relating.

We will focus during the second part of this Relationship Training Intensive on the intersection of spiritual development and our presence and activity in the world, as it manifests in relationships. We will particularly focus on the facilitator's development in this regard, in terms of recognising how family and collective history collides in our relationships as a form of world work and personal development, and how to follow our deepest sense of purpose and who we are, as we meet others, and facilitate others. This simultaneously connects to conflict facilitation training and the meta-skills and eldership needed to keep your heart and awareness on the big picture and have fun even in the midst of serious trouble.



- About Alene and Jean-Claude Audergon**
- co-founded RSPOPUK, with a UKCP accredited Psychotherapy Training Programme in Process Oriented Psychotherapy
 - Psychotherapy practice in NW London
 - Co-founders and directors of CFOR - International forums, trainings, post-war reconstruction and peace-building initiatives, arts, research.
 - Co-founders of IAPOP - International Association of Process Oriented Psychology IAPOP.
 - Authors: see www.cfor.info and www.processwork-audergon.com

Practical Information

Dates:
June 13 to 19 for both seminars

Location:
Croydon Hall, Somerset, UK. This is a beautiful residential venue - <http://www.croydonhall.co.uk/holistic/>

Times:
1st Seminar (4 days)
Start: Monday 13th at noon
Finish: Thursday 16th at 6:30 pm
2nd Seminar (3 days)
Finish: Sunday 19th at 4 pm

Seminar fees:
£ 550 for both seminars,
£ 350 for the first seminar

Board:
Varies in function of your arrangements.
Please contact Eva or Kara.

Registration:
Downpayment of £ 100: http://www.processwork-audergon.com/info/payments_page.htm. Make sure to enter YourNameIntensive in the description when paying. Contact Kara or Eva for more information or to register: seminars@processwork-audergon.com

Travel:
Eva and Kara will give you details

Process Work, initiated by Dr Arnold Mindell, is a multi-faceted approach to human experience and communication.

With its roots in Taoism and Physics, In Aboriginal Culture as well as in Jungian and other Humanistic 'Psychologies, it is as much a spiritual approach as it is versatile and transformative.

The approach is applicable to the individual and her dreams, symptoms, altered states, illness and extreme states, her relationships needs and concerns.

Awareness based, and coupled with Social Awareness tools that Mindell developed, it is immensely useful with teams, small and large groups, enabling them to address both very personal and yet also specific collective social and cultural conflicts in their midst.

Please request a literature list.

