

# Inner Work: The Roots of Process Work Practice

## With Arlene Audergon and Evelyn Figueroa

The Resource Centre, London N7

Friday, Saturday and Sunday, Feb. 2, 3 and 4, 2007

2:00pm -7pm Friday, 10-6pm Saturday, 10-4:30pm Sunday

**Inner Work is at the heart of Process Oriented Psychology.** Inner Work is a practice of awareness of inner perception and processes. Inner Work refers to tools for self discovery and access to our creativity, spirituality, and involvement in personal and professional relationships. Inner Work is also at the root of facilitating with Process Work methods, whether with individuals, groups or community forums. Finding one's way in one's inner world and perception leads to facilitating others. We'll be taking time to explore body experiences and symptoms, movement, love and conflict, and linking inner life and the world.

### Process Oriented Psychology

Developed by Dr. Arnold Mindell and colleagues, Process Oriented Psychology also known as Process Work is an innovative approach to those aspects of experience which first appear chaotic, surprising or disruptive. Its methods accurately follow the wisdom of nature, through observing precisely the signals and unique structure of an individual or group process. The methods bring awareness and interaction between all parts of our experience, including those that often remain unseen, unappreciated and marginalised. With awareness apparent blocks and disturbances are found to hold creative seeds.

**Arlene Audergon PhD, Dipl POP** teaches Process Work internationally. She is a co-founder of RSPOPUK, and focuses in the areas of psychotherapy, conflict resolution and community forums, and theatre and other arts. She is the author of several articles and the book *The War Hotel: Psychological Dynamics in Violent Conflict*, Wiley 2005.

**Evelyn Figueroa MA, Dipl POP** has a private practice and teaches Yoga in Paris, France. She is especially interested in exploring the links between the body, the mind and the spirit. She has written about the connections of Process Oriented Psychology and Yoga

**For information and registration:** Contact Stanya on [seminars@processwork-audergon.com](mailto:seminars@processwork-audergon.com)

Tel: 077 167 873 27

**Fee: £220 (£75 non-refundable deposit)**

Bursary: Partial work exchange bursary available. Please apply in writing by January 10, 2007.

### Registration form:

Please send the registration form together with the appropriate cheque payable to AUDERGON SEMINARS, to AUDERGON SEMINARS, Interchange Studios, Hampstead Town Hall, 213 Haverstock Hill, NW34QP London

I would like to attend "**Inner Work: The Roots of Process Work**" seminar.

Payment/ Deposit enclosed: .....

Name .....Address.....

Email .....Telephone number: .....

Special considerations: .....