



IAPOP

International Association of Process-Oriented Psychology

**1ST IAPOP INTERNATIONAL CONFERENCE
CELEBRATING 25 YEARS OF
PROCESS ORIENTED PSYCHOLOGY**

DEEP DEMOCRACY: WHERE FIELDS MEET

University Of London Union
London April 26-28 2007

Program with Abstracts

Day 1

Opening Plenary Session (9.30 am – 11 am)

Organizers' Welcome

Jean-Claude AUDERGON, Lily VASSILIOU

[1] On the Origins and Cutting Edges of Process Oriented Psychology

Arny MINDELL¹, Amy MINDELL¹

¹Process Work Institute, Portland, Oregon, USA

In this introductory talk we will give a brief history of Process Oriented Psychology (POP) as we experienced it, talk about the possibilities and challenges facing POP, and share our joy that this conference is occurring.

Coffee & Tea Break (11.00 – 11.20 am)

Break-Out Sessions (11.20 am – 1.00 pm)

Coma & Palliative Care

[2] Presentations & Round Table Discussion on New Developments in Coma Work

Sebastian ELSAESSER¹, Pierre MORIN², Gary REISS²

¹FGPOP Zurich, Switzerland

²Process Work Institute, Portland, Oregon, USA

Process oriented Coma Work offers groundbreaking theory and techniques for working with people recovering from coma and head injury. In these presentations, we will look at the way new medical research methods and new Process work treatment methods are transforming how we understand and work with people in these states, their families, and the systems that provide them with medical care. Yet, as promising as these Coma Work methods are, we are just at the beginning of making connections with treatment centers, and research centers, so that we can take this work further out into the world. This is an important next step in the development of Coma Work.

Sebastian Elsaesser will present and discuss ideas on the intensive care unit as a place for process work and spiritual care. His presentation is based on his 10 year involvement with an applied research project that he established in cooperation with the ecumenical team of spiritual care, in 12 intensive care units at the University Hospital Großhadern in Munich.

Pierre Morin will present and discuss the newest medical developments and results from brain imaging studies of people in comatose states. He will address relevant leadership and facilitation issues in coma care.

Gary Reiss will present short visual clips of people in coma that demonstrate some of the newest developments in Process Coma Work.

Following the presentations we will have a round table discussion that focuses both on the details of these new developments and on the issues related to taking this work further into the world. We will together explore our edges to research and our edges to taking our work into mainstream hospitals and other treatment centers, as well as brainstorm together about how to move our work to the next level of getting this work out to those who would benefit from it.

Symptoms & Mind-Body

[3] The Body in Facilitation

Kate JOBE^{1,2,3}

¹Process Work Institute, USA

²Process Oriented Psychology, Dublin, Ireland

³Poza Centrum, Warsaw, Poland

Facilitation is the act of making human interactions easier. Sustainable facilitation calls for awareness that helps participants focus not only on the known parts of conflicts or interactions but also on the less obvious “system” or “field,” i.e. the dynamics or matrix, that unifies the situation. Facilitators are challenged to stay aware and resist falling into an altered state or siding with one party or point of view. Movement and body experience are potent ways of focusing on the less known or mysterious parts of the system or field. It helps facilitators find a neutrality that allows them to use their tools, skills and meta-skills. This presentation will place Kate Jobe’s recent work within the overview of Process Oriented Psychology Movement Work. She will present new developments that emerge from the synthesis of Laban Movement Analysis and Process Work.

[4] Reaching New Highs: Altered States and Essences in Addictions, including an Empirical Study on Heroin Addiction

Reini HAUSER

FGPOP, Zurich, Switzerland

Part I of the presentation of an empirical study: Can a single process-oriented intervention help addiction? If we consider addictions as a goal-oriented behaviour, which seeks states of consciousness that are missing from the addicted person's everyday life, inducing those states (without drugs) may be the royal road to treatment. An empirical study explored the effectiveness of 're-accessing' the longed-for state. Two sessions with 13 opiate-dependent persons were compared: a verbal-exploratory session and an intervention session, both held with genuine therapeutic intent. The results demonstrate highly significant improvement on a measure of health (SOC; Antonovsky) and greater involvement in the therapeutic process (EXP; Klein, Gendlin et al). In literature, these measures correlate with more successful therapeutic outcome.

Part II of the presentation is experiential: In the second part, we explore 're-accessing' altered states in our own addictive tendencies, and compare with finding the root of the addictive impulse and dwelling in the essence of the promised state. We will also be experimenting with new methods for working on addictions based on 'earth psychology' -- using our bodies as compasses to explore the zigzagging paths of everyday life to sensing the big U – the pilot wave that guides us in life.

Lunch Break (1.00 – 2.00 pm)

Presentations & Workshops (2.00 – 3.15 pm)

[5] Seeing the world with different eyes: Altered States, Shamanism and Healing

Sebastian ELSAESSER^{1,2}

¹*Stuttgart, Germany*

²*FGPOP Zurich, Switzerland*

Workshop including 10 min film about Healing in Brazil: For about 15 years the presenter explored the field of paranormal healing in Brazil, where he applied a phenomenological research attitude which can be summed up in an early remark of Arny Mindell as: detached follower of divine experience. In the workshop will be shown that shamanism went through different phases in its transformation into the modern world. The experiences of craziness, death or violent illness are part of the process of initiation until today. The relationship of the dead with the living, a shamanic view of illness and healing and the meaning of trance and awaking are central points of the presentation. Out of the research a sequence of 10 min film is shown to give a more sensual impression of this work to be discussed.

[6] Romancing the Rosetta Stone of Process Work Research - cancelled

Lee SPARK JONES

Process Work Institute, Portland, Oregon, USA

The Rosetta Stone enabled the deciphering of Egyptian hieroglyphics through the juxtaposition of two languages and three scripts found on a large granite stone. It has come to be used as a metaphor for unlocking something unknown. Process Work is founded on a tradition of research – as the name Research Society of Process-Oriented Psychology indicates – but definition of Process Work research remains elusive. What is Process Work research? What (if anything) differentiates it from traditional scientific research? What differentiates it from training and practice? Where might these overlap? How might they complement and inform one another? This presentation explores how juxtaposition of two "languages" (the languages of scientific research and experiential insight) and three "scripts" (the signs and symbols of the body at consensus reality, dreamland and essence levels of awareness) might contribute to unlocking the definition of Process Work research. It also outlines a research methodology that incorporates some of the ideas and practical techniques of Process Work.

[7] Yoga and Process Oriented Psychology

Evelyn FIGUERA, France

Yoga offers a wide variety of postures and breathing techniques which enable us to explore our proprioceptive experiences and our identities. In this workshop, there will be a short presentation of some basic notions of Yoga and their relation to Process oriented concepts followed by an experiential part in which Process oriented inner work methods combined with some simple Yoga postures will enable participants to amplify a physical sensation, work at the limits of an experience, access less known parts of themselves, and catch the essence of a posture.

[8] Effects of Process Oriented Symptom Work

Ruth WEYERMANN

Process Work Institute, Zurich, Switzerland

For the study, entitled “Subjective experiences of body symptoms: process-oriented unfolding, perspectives and meaningfulness,” twenty 18 to 21 year old women were interviewed and worked with, individually, on a body symptom they presented. From data drawn from these interviews categories were developed to describe the effects they noticed of process oriented bodywork on these symptoms. The study was accepted as a doctoral dissertation at the University of Basel, Switzerland, in 2006. The presentation has three parts: In a short lecture, some theoretical background, study-design and methods will be introduced and explained. In a workshop part, participants will be guided, with a short inner work, to focus on their subjective experiences of a body symptom (basically following the same instructions as the research subjects). Perspectives on the symptom, before and after interventions will be recorded using quickly drawn sketches. Finally, the results of the dissertation will be presented, with the main focus on “changes in perspectives”. This will give workshop participants the unique opportunity to compare the changes in perspective recorded in their own drawings to those recorded by the study subjects. Will the same patterns of change emerge as in the study?

[9] You Are the Dreaming Diamond River: Process-oriented Spirituality

Steve FENWICK

Dreamtree Counseling, Olympia, Washington, USA

Spirituality is the dimension of our lives where we connect with our deepest Essence, the mysterious Ground of Being that is our Biggest Self. It is based on the “beginner’s mind” of direct experience rather than pre-conceived religious belief. Many people today are seeking an experiential spirituality that embraces the deepest wisdom within all spiritual traditions while transcending traditional religious dogma. Process-oriented Spirituality can be a pathway toward this. This process-oriented spiritual viewpoint also provides the underlying meta-perspective behind all of the diverse applications of Process Work. In this presentation we will be learning about a process-oriented approach to spirituality that views all of our experience as the creative unfolding of the Mystery within us and around us. Our world of experience is being dreamt into being from moment to moment by this mysterious Field. From this perspective, spiritual practice is about developing a clear witness that is awake within this dreaming, creative river of change, and about applying this awareness to the problems of the world and in everyday life. We will compare the process model to many of the maps provided by the world spiritual and shamanic traditions. We will explore some of the implications of the process-oriented approach to such areas as meditation, prayer, magic and manifestation.

[10] Pain – A Sufferer’s and Carer’s Journey

Clare HILL¹, Conor McKENNA¹

¹RSPOPUK, UK

The writers were taken by surprise by the intensity and variety of the altered and extreme states occurring around their experience of pain over a fifteen month period. They have studied and written about this, and developed some process oriented exercises to enable an exploration of the states they experienced. These include, in either or both the one experiencing the pain directly or the one witnessing it, the ‘just stop it’ phenomenon; the feelings of hopelessness and helplessness; feeling entranced or mesmerised; the different levels of experience and intervention; descriptions and exploration of interactions with pain including pain as an ally figure and shape-shifting into the ‘Pain-Maker’; the guilt of the carer when avoiding the pain, or doing something other than paying attention to it.

This workshop will provide opportunities for both theoretical discussion and experiential learning, participants working together in groups of 2-3. It will be relevant for anyone who has experienced chronic or acute pain and also those who care for those in pain, in some way or another. The writers hypothesise that the phenomena they experienced maybe common to crises generally, whether emotional, psychological or physical

Coffee and Tea Break – 3.15 – 3.30 pm

Plenary Session (3:30 – 5pm)

[11] Round-table Discussion on Coma Work, Altered States & Illness: Social and Ethical Issues around Living and Dying

Moderator: Lily VASSILIOU

Participants: Lena ASLANIDOU, Sebastian ELSEASSER, Svetlana GUSAROVA, Pierre MORIN, Gary REISS, Bogna SZYMKIEWICZ

Presenters will introduce their experiences and learning in working with people in altered states of consciousness associated with coma due to brain injuries or metabolic changes near the end of life. The definitions of life, consciousness, death, change over time in the scientific community bringing to the foreground ethical issues around life, death, and the termination of life. The development of methods enabling “communication” with people in the altered states of consciousness associated with coma, considered unreachable by the biomedical paradigm thus far, raises questions concerning their possible participation in the decision-making-process regarding their treatment. A round table discussion on these issues including participant questions will follow.

Day 2

Plenary Session (9.30 – 11 pm)

[12] From RSPOP to IAPOP – 25 Years of a Learning Organization

Julie DIAMOND

Process Work Institute, Portland, Oregon, USA

(The Research Society of Process Oriented Psychology (RSPOP) was founded in Zurich, Switzerland in 1982. The International Association of Process Oriented Psychology (IAPOP) celebrates 25 years with this conference in 2007.)

The international Process Work community evolved over the last 25 years not through a deliberate design plan, but as a result of different social trends and the dreams and directions of individuals involved. The structure that resulted is one that shares many features with cutting edge organizations: an emergent, de-centered and flexible network highly focused on learning and change. Process Work theory maintains that the structure and culture of an organization are consequences or effects of the organization's myth or Big U, a basic pattern that contains the sum of an organization's various parts and tendencies. Structures, however, have unintended consequences on the culture, on individuals' behavior, and on the growth of an organization. Many Process Work learning communities currently face the pressure of changing some of their structures to satisfy accreditation and authorization bodies. This presentation looks at those new developments, and in particular, how organizational structures and organizational myths influence each other and influence patterns of growth. We will explore the advantages and limitations implicit in the current structure of the Process Work community and how past experiences and current challenges, as part of the organization's myth, can help it continue to evolve as a learning community.

Coffee and Tea Break 11.00 – 11.20 am

Break-Out Sessions (11.20 am – 1 pm)

Conflict Resolution & Community Building

[13] Post-war Reconciliation and Community Building in Croatia

Tanya RADOCAJ¹, Milan BIJELIC², Arlene AUDERGON^{3,4}

¹ UNICEF, Croatia

² Association MI Split, Croatia

³ RSPOPUK, UK

⁴ CFOR, UK

We will discuss with you our work in post-war reconciliation and community building in Croatia, from 1996-2002, and in 2006. As three individuals and from our three perspectives - the organization that developed the project; a participant; and a facilitator - we will reflect on its impact and meaning for us, then and now. The project involved large forums to focus on the aftermath of war, reconciliation and building community. Organized by Tanja Radocaj, Nives Ivelja and others at Udruga Mi, and facilitated by Arlene Audergon and Lane Arye, (and with Jean-Claude Audergon in 2006), the project was supported by UNHCR and other sources including OSCE in Europe, Office of Transition Initiatives and several embassies. We'll describe the vision and structure of the project; facilitation methods from Process Oriented Psychology; and stories of what it was like. We'll look at how we worked with conflict and community wide trauma among groups of people from local and international non-governmental organizations and governmental organizations, from mayors to social workers, lawyers and youth, and including people of Serb, Croat, Muslim and other and mixed ethnicities, such as Roma and Hungarian, each with his or her own war experience. As groups grappled with how to deal with trauma and conflict in a way that does not just repeat the pain, they found a sense of possibility and built extraordinary relationships. In addition to themes of trauma, exile and migration, fear of emotions and spies, and the need for accountability, the forums focused on community leadership in dealing with problems of youth, gender, economy and cooperation among local governments, NGOs and citizens. We'll share some of our learning from personal experience, relationships, organizations and community, and reflect on the meaning and possibility of bringing awareness along into our personal and collective interactions

Organizational Change

[14] Critical Moments in Organizational Consulting using Worldwork and Structural Analysis Principles

Stephen SCHUITEVOERDER

Process Work Institute, Portland, Oregon, USA

The application of Process Work to organizational systems is relatively new. It is an extremely exciting area with the potential for profound influence, given that more than a third of the largest economies in the world including countries are

multinational corporations. In this presentation I will introduce some of the experiences I have had with organizational systems over the last 6 years. The presentation will focus on critical moments in organizational change. We will explore the use of framing techniques to match the organizations culture and style; structural analysis principles to map edges and secondary processes of the whole organizational system; and group facilitation and worldwork applications for whole system change. The presentation will include many examples and case studies and be followed by an open group discussion.

Conflict Resolution

[15] Walking Our Talk: Group Process and Conflict Resolution in Thrace, Greece

Alexandra A VASSILIOU^{1,2}, Lena ASLANIDOU^{1,2}

¹ *Process Work Greece, Athens Greece*

² *The Athenian Institute of Anthropos, Athens, Greece*

Since 1997, Greece has been implementing a large-scale intervention project aiming at reforming the education of the Muslim minority in Western Thrace. As part of this program, two community centers were set up, staffed by minority and majority personnel (Muslim and Christian). Since October 2006, additional support for these centers was offered in the form of 'group process and conflict resolution training' for the staff. In these monthly gatherings we offer training on conflict resolution, and facilitate a group process for the staff using the Process Work facilitation tools. During our involvement in the program we found that issues arising in the larger community in Thrace manifested in the group, as well as the complexities of individual choice vs. group identity. In this presentation we will talk about our experience thus far, our successes and failures, things we tried and things we did not. In attempting to 'walk our talk' we found ourselves at times immersed in the process, being dreamt up to be part of the field. Others, we were able to meta-communicate about what was happening and to facilitate the group to gain a deeper understanding of their experiences, both on an individual as well as a collective level.

Lunch Break (1.00 – 2.00 pm)

Presentations & Workshops (2.00 – 3.15 pm)

[16] Bridging the Divide: Organizational Change and Conflict Facilitation in Bolivia & Beyond

Gill EMSLIE^{1,2,3}

¹ *RSPOPUK*

² *The Findhorn Foundation, Findhorn Consultancy Service,*

³ *International Institute of Facilitation and Consensus (IIFAC)*

This presentation and slide show will illustrate some of the work in Bolivia, which was facilitated by Ana Rhodes (a Process Work phase two student) and myself in 2005/2006. We were invited to contribute training modules on leadership, rank and limiting belief systems to a group of indigenous coffee farmers: 22 participants, 7 women and 15 men aged between 21 and 50. The presenting issues were apathy and lack of engagement in the day to day running of the ecological farming cooperatives. We were asked to fix this problem. The methods we used and will outline in this presentation were drawn from a Process Work approach. We worked mainly with group process, communication skills and highlighting the influence of rank, power and privilege. The main contributing factors, which became evident, were internalized racism, leading to limited belief systems and inner critics that undermined and paralyzed their ability to function effectively and institutionalised racism which exacerbated the above. The work we did with the group indicated that rank awareness and the ability to confront one's inner and outer critics in a skilful way, while simultaneously picking up the essence of what is most difficult in the inner and outer critic (perhaps an authority figure), and then using this as a meta-skill, was effective in resolving their communication problems. This in turn led to a group commitment to strengthen their own cooperative structures as a viable alternative to working for large, unethical multinationals.

[17] Religion and War – Killing Others in the Name of God

Gary N. REISS

Process Work Institute, Portland, Oregon, USA

Behind many of today's conflicts in the world are religious themes. Religious conflicts rage between different religions, and sects of the same religion. In Israel and Palestine, Northern Ireland, Iraq, India and Pakistan, and so many other world conflicts, religious issues provide much of the passion for war. In this experiential workshop, we will do a group process to explore, connect with, and unfold religious conflicts and the underlying energy of "God" that fuels these conflicts. We will also examine similarities and differences between wars done in the name of formal religions, and the more hidden role of spirituality and shamanism involved in issues of war and peace. Mindell has said we "need everything we have to create war. We can use it to prove ourselves and our lives worthwhile. Now beat that." (Deep Democracy of Open Forums, 2002, p.108). It takes a spiritual approach to compete with the religious fervor that fuels war, and we will work with processing this fervor so as to connect with the underlying, spiritual essence underlying these conflicts. After the group process, there will be discussion time to talk about how we can put to use what we learned in this group process

[18] Intimate Interactions

Vassiliki KATRIVANO

"Intimate Interactions" is a documentary on how a group of Greek Cypriot and Turkish Cypriot women handles conflict during the period of the referendum in Cyprus for the reunification of the island, in April 2004. The film explores how one can create change and a sense of home through intimate interactions. It shows a special and inspiring capacity for contact between women that transcends national, religious and class differences. Their love for their land and community and their longing for a better future motivates them to cross all kinds of boundaries. This whole process resonates with my personal journey as a woman raised in Greece, and brought up within the cultural framework of specific gender relationships and nationalism. It reflects my desire for creating community in the midst of conflict. Using the film as a reference point, I want to discuss specifically how public dialogue, within the framework of Deep Democracy, can be a vehicle for conflict work and civil empowerment. The Deep Democracy approach to public dialogue, which addresses the socio-political facts and at the same time the feelings and dreaming of the people, furthers more intimate interactions, by supporting a deeper rapprochement with the "other."

[19] Finding a Jewel in the Dump: Applying Process Work to Working with Street Children in Bangladesh

Ayako FUJISAKI^{1,2}

¹Process Work Institute, Portland, Oregon, USA

²Process Work Center of Japan, Japan

This presentation describes an ongoing training project with a local NGO in Bangladesh. The NGO and its more than 500 staff members offer street children throughout the nation facilities including shelters, street schools and treatment centers for sexual abuse. The first year, 30 staff members took part in a five-day basic training. The second year, about 20 staff members participated in a four-day basic training and another 20 members, including some who participated the previous year, took part in a four-day advanced training. The training sessions focused on the fundamentals of Process Work, including the core belief that the solution lies within the problem itself, signal awareness and meta-skills (therapist's feeling attitude). These trainings provided a set of practical skills and brought positive change to the staff's attitude toward the children, their confidence in dealing with the children and the overall atmosphere of the organization. One shelter reported that the percentage of children who demonstrated problematic behavior such as stealing and drug use decreased from 60% to less than 5% one year after the first training. The feedback from all participants indicated that the trainer's ability to model meta-skills played an important role in the positive results.

[20] The Art of Aar in the Path of Process: a Process Work Map of the Cold War

Nancy PAPATHANASIOU

The purpose of this presentation is to discuss the Process Work point of view in regard to the Cold War conflict and focus on the historical and political processes that led to it. Myths that led to the Cold War, roles, ghost roles, edges and hot spots are presented. The Cold War was a unique conflict in human history, in terms of arousing the collective unconscious and its aftereffects still influences the international political scene today. The aim is to interpret the historical facts surrounding this period using process oriented psychology. Published literature sources from different disciplines are discussed, as well as the implications in present and future international relations

[21] Round Table Discussion: How Does Your Oyster Grow? Lessons from Process Work Learning Communities around the World

Carol ZAHNER

Process Work Northeast, USA

Process Work learning communities have been and are being established in different parts of the globe. The analysis of recent interviews with members of Process Work communities in various locations and various stages of development revealed certain elements and patterns that may be the keys to successful learning community growth.

The term "successful growth" will mean different things at different stages of learning community development.

Trends and patterns in growing communities include but are not limited to:—

- Strong friendship within a group of individuals affording support to continue the work of study, organization and networking.
- Individuals with the passion, ability, training and financial resource to offer groups and trainings, who will network, and sustain interest in practice and study.
- The support of institutions and/or established individuals.
- An economic, social and cultural climate that welcomes the PW paradigm.
- Creation of a bridge to mainstream certification and licensing credentials.
- Competition and envy of training and certification can be either a growth inhibitor or a growth incentive depending on how and the skill with which it is addressed.
- Mentorship from established senior Diplomates.

A round table discussion will be preceded by a brief presentation of these interview findings. The elements and patterns that were revealed in the analysis of the interviews, and those that emerge in the round-table discussion can serve as the ground for future research on keys to successful learning community growth.”

[22] Process Work and Other Perspectives on Rank and Power

Wanda SCARFF

National University of Ireland, Maynooth, Ireland

Process Oriented Psychology has a unique way of looking at rank and power. The inclusion of the sentient and dreaming aspects of reality allows us to consider rank as a fluid process, and provides a complimentary viewpoint to that of other theorists. I will examine the concept of rank as used in Process Work in relation to work by others on the use and misuse of power. In particular, I will reflect on Iris Marion Young’s work on justice, oppression, democracy, and the non-recognition and misrecognition of difference.

Coffee and Tea Break 3.15 – 3.30 pm

Plenary Session (3:30 – 5pm)

[23] Round-table Discussion on Conflict Resolution and Community Building, followed by World Café with participants

Lena ASLANIDOU, Arlene AUDERGON, Milan BIJELIC, Gill EMSLIE, Ayako FUJISAKI, Joe GOODBREAD, Vassiliki KATRIVANO, Tanya RADOCAJ, Gary REISS, Stephen SCHUITEVOERDER

Moderators: Julie DIAMOND, Alexandra VASSILIOU

The session consists of a round table discussion by individuals or teams who have been applying Process Work conflict facilitation methods in various contexts followed by World Café with the participants.

Day 3

Plenary Session (9.30 – 11 pm)

[24] Round-table Discussion on Mental Health and Extreme States

Moderator: Joe GOODBREAD, USA

Presenters: Jean-Claude AUDERGON, Pat BLACK, Michal DUDA, Will HALL, Kanae KUWAHARA, Mark O'CONNELL, Viera SIMKOVICOVA

The session consists of short presentations by individuals who have been using Process Work in public or private psychiatric and social settings, followed by a round-table discussion.

Coffee and Tea Break 11.00 – 11.20 am

Break-Out Sessions (11.20 am – 1 pm)

Social Marginalization

[25] Living on the edge: A Process-Oriented View of Social Marginalization

Joe GOODBREAD

Process Work Institute, Portland, Oregon., USA

Social marginalization is an increasingly important problem of the modern world. Among its many casualties are those who have been tainted by their participation in warfare, natural, or human-made disasters, as well as those with serious psychiatric diagnoses. Drawing on case material from my work with victims of the Chernobyl reactor disaster, as well as homeless clients of an urban transitional housing project, I will present a theory of marginalization as a process whereby experience that is disavowed by individuals and groups is projected onto those least able to defend themselves against the projection. They then become the carriers of the disavowed experience, and are themselves pushed to the margins of their social world. I will explore the mythical, philosophical and piritual roots of this process as an aid to formulating a method for reversing the marginalization process, helping those who have been pushed to the edge to become fluid commuters between the mainstream and the margins.

Altered and Extreme States of Consciousness

[26 A] Process Work with Panic Attacks

Lily VASSILIOU^{1,2,3}

¹*Process Work Greece, Athens, Greece*

²*Process Work Institute Portland, Oregon, USA*

³*The Athenian Institute of Anthropos, Athens, Greece*

Panic attacks are terrifying experiences that disrupt the flow of everyday life. The application of Process Work to panic attacks emphasizes the role of awareness and addresses the multidimensionality of individual experience by investigating biomedical and contextual, as well as dreamlike aspects (i.e., a person's subjective experience of the neurobiological and cognitive features) of panic attacks. This presentation is based Lily Vassiliou's doctoral research and her subsequent clinical experience. The research involved a multiple case-study of the work of Dr. Arnold Mindell – the founder of Process Work – with the researcher and five other people who have experienced unexpected panic attacks, from which the approach was abstracted and delineated in nine steps (phases of the work) that describe broad directions and methods composing the therapeutic interaction observed across the six cases.

A central hypothesis, brought to the foreground by the explication of the approach is that embedded within the experience of a panic attack is a needed direction for a person's life (aspects of a person's nature marginalized by the person's identity), which can be revealed by the unfolding of the dreamlike aspects of a panic attack. Implied in this central hypothesis is the hypothesis that aligning oneself with the needed direction (i.e., becoming aware of the marginalized aspects of one's nature, opening up to them, and continually and consistently allowing everyday life to be recreated from that sense of oneself) can have an effect on the person's experience of panic attacks (i.e., reduce the severity or eliminate the panic attacks). These hypotheses imply a mind-body connection – an interaction between one's awareness and one's body, between awareness and matter. The above formulated hypotheses warrant investigation in future research.

[26 B] Wounded States of Consciousness

Bogna SZYMKIEWICZ^{1,2}

¹*University of Warsaw, Poland*

²*Polish Association of Process Psychology*

The presentation focuses on the “here and now” of hurtful situations. Its goal is to present a “map” that helps one navigate through “wounded states of consciousness.” By “wounded state of consciousness” I refer to the altered states of consciousness that occur when people are feeling hurt. The presentation is based on a study designed to investigate how experience flows and how it gets stuck in hurtful moments. The data was collected during individual therapy sessions and seminars in the form of interviews and drawings.

The study is based theoretically on Process-oriented Psychology; it also includes certain academic findings and ideas about sub-personalities from various theories, as well as different psychological approaches to altered states of consciousness. It describes what happens with the flow of subjective experience; what the typical patterns of communication between the parties involved are; and it shows some ways out of the trap of being stuck in a one-sided perspective and back into the flow. Hurt happens in relationships. We feel we share some kind of reality, but the behavior of the other seems to destroy this feeling. After a moment of shock the roles of a “victim” and an “oppressor” begin to organize the field. Quickly, other roles such as an avenger, terrorist, hero or savior get constellated. Often the everyday identity loses its position of governing the process and a person identifies with one part of the experience, thus going into a subtle altered state of consciousness with its own rules, patterns and unfinished stories seeking completion. The observer is usually missing and there is no one to facilitate the process within and without. If we follow the experience with awareness, we may transform the interaction ruled by unconscious pain and power into a deep human encounter.

[28 C] Being Creative with the Inner Critic

Michal WERTHEIMER-SHIMONI

POP Israel

Inner criticism plagues us all. It is everywhere, affecting everyone at one point or another. It stops our love, self expression, confidence and spiritual development. The purpose of this work is to show a few tools for identifying the presence of the Inner-critic as well as to widen the scope of creative interventions used by therapists when working with this ubiquitous phenomenon. This work is based on personal experience, cumulative clinical work, spiritual practices and literature. Working with Inner-Criticism never really ends, but with time, training and a lot of love and compassion we can learn to live with it and eventually turn this powerful inner-figure's energy into our own.

Disabilities

[27 A] Process Work with Persons with Physical and Mental Disabilities in Social Care Institutions in Slovakia

Viera SIMKOVICOVA

ANNWIN – Center for the Support and Development of Human Potential, Slovakia

Viera Simkovicova will present the impact of Process Work methods on improving the skills of professionals working with persons with physical and mental disabilities in social care institutions in Slovakia. Our work aims at facilitating the change in attitudes and approach of the staff in social care institutions, in order to ensure better relationships with clients with disabilities. It also aims at developing a better understanding of clients' needs and emotional states, which can improve the quality of their lives and prevent human rights violations, particularly if an extreme state occurs. Identifying sensory-based signals and amplifying these signals in their respective sensory channels is a key to the inner life of people with serious or multiple disabilities. Responding to the client's signals helps break their isolation and reclaims their human dignity. Process Work offers practical tools and a highly sensitive and creative approach to clients living in social care institutions. The successful use of these basic Process Work tools by professionals working in social care institutions will be illustrated through case examples and personal observations of more than 500 participants from workshops (62 of them long-term participants) over the last 9 years.

[27 B] In the Margins: Person Centered Planning and Process Work

Pat. A. BLACK, Andy SMITH

Queen Margaret University, Edinburgh, UK

Pat Black and Andy Smith are directors of Diversity Matters, a Scottish Company working with issues of diversity in the UK. Much of their work is with people marginalised because of disability or mental health labels. They designed and teach an award winning university course for social care workers. This workshop is about working with people who have a label of learning disability (developmental disability). It will include a brief outline of the history of marginalisation experienced by this group of people and explore a variety of ways to work that acknowledge this history. This will include using a Process Work perspective to understand and explore Person Centered Planning which is a growing and popular set of tools often used by people working in this field. Using Process Work to understand and enhance our facilitation of the tools can make a lasting difference to their success with individuals, groups and families. The workshop will be participative and will include graphic facilitation techniques, individual and family case studies and person centered planning experiences.

Process Work with the Arts

[28 A] Process Work, Creativity and the Arts

Arlene AUDERGON^{1,2}, Jean-Claude AUDERGON^{1,2}

¹ RSPOPUK

² CFOR, UK

One of the beautiful things about Process Work is its constant focus on the inherent creativity in nature, found in the most disturbing, unexpected or subtle things. Touching on the larger theme of creativity, we will also introduce how Process Work methods have been applied to the arts. We'll share a few of our experiences working with actors, improvisers, opera singers, musicians, puppeteers, visual artists, and writers, as well as using Process Work as part of devising and to direct theatre. We'll also describe the 'Arts Atelier', which began as an experiment in exploring the creative process, among various artists, performers, and writers, working together in a studio, each learning at their growing edge, and from the disturbances and collaborations that came from working closely together.

We will offer a simple exercise for those who would like to try it on your own or in pairs, or take home with you - and we will explore a process with one or two performers or musicians, to show a few ways of working.

[28 B] Sourcing the Flow: Painting, Movement, and the Intentional Field in Co-creation

Kasha D. KAVANAUGH

Process Work Institute, Portland

The focus of this paper is an exploration of the creative process and an attempt to bring together the wisdom of such separate fields as personal discovery, process work theory and tools, and techniques of the visual and movement arts. The author begins with a self-awareness study of her own approach to painting. She finds that the visual product in her work, as well as in the work of other artists throughout time has a very personal essence to it that tends to repeat itself. This leads her to believe that there is a co-creative process between the artist and the sentient level behind all things that takes place, where the artist is moved to create, where feelings and deep connections are made with the subject on its own terms. The author concludes that the process of making art and discovering its intrinsic associations with the self could well lead to new forms of self-actualization and to future studies.

[28 C] The Creation and Destruction of Spit Castle – A short film

Mark O'CONNELL^{1,2}, (John HEARSON, Anna CARULLO, Georgina LORTON are co-creators from the Ryes School Organisation UK)

¹*The Ryes School Organisation, UK,*

²RSPOPUK

This short film explores the making of a puppet musical with the children at a residential school in Suffolk, and specifically explores working with processes of creativity and destruction. The puppet musical involved working creatively with 12 children, described as having Educational and Behavioural Disorders (EBD) or Special Learning Difficulties (SLD) between the ages of 10 – 15, and with a team of educational staff, during a 4 month period from September to December 2006. The initial question behind the project was: 'Is it possible to address a sense of stuckness which we, the project organisers, experience in the school during the Summer of 2006?' This question evolved to include 'what is the relationship between creativity and destructivity?', and 'how can we work creatively with destructive behaviours?' To start the project the organisers chose 4 key words which the children were then asked to associate to, and this resulted in the development of the entire plot and performance. These words were: 'Stuck', 'Castle', 'Key', and 'Secret Room'. The film highlights the importance of accompanying and engaging children in their urges to create and destroy.

Lunch Break (1.00 – 2.00 pm)

Plenary Open Forum (2:00 – 4:00pm)

[29] Open Forum on “Where Fields Meet” and What’s Next?

Moderators: Amy MINDELL¹, Arny MINDELL¹

¹*Process Work Institute, Portland, Oregon, USA*

A dialogue among the participants and the presenters on the fields of application of Process-oriented Psychology, how we connect and where we are going, facilitated by Drs. Amy and Arny Mindell.

Closing Plenary Session (4:00 – 5:00pm)

[30] Reflection & Networking: Where Are We Going From Here?

Jean Claude AUDERGON, Lily VASSILIOU

Networking time for participants to discuss their experience at the conference, places of interface, projects they are involved in or dream of creating, future aspirations and possible application and utilization of presented ideas and methods, followed by closing words by the organizers.

Poster Presentations

Posters are exhibited during the conference, Presentations are at lunch break

[PP1] The Swiss Outcome Study

Josef HELBLING¹, Thierry WEIDMANN¹

¹FGPOP Zürich, Switzerland

FG POP Zürich (Research Society of Process oriented Psychology) as a member of the Swiss Charta of Psychotherapy, is participating in a large research study (PAP-S) together with other psychotherapeutic training institutes in Switzerland. The study will focus on the outcome of psychotherapeutic work in out-patient settings. In this poster presentation we describe the study design and list questions and issues for further discussion that arise for us such as questions about key interventions, Process Work's affiliation to established psychotherapeutic mainstreams, financial aspects and other hopes and fears.

[PP2] Weather-reporting: A Process-Oriented Investigation into Our Contribution to Climate Change

Emily S. HODGKINSON

Research Society for Process-Oriented Psychology UK

Climate change is arguably the most important environmental issue of our time. Process work offers non-pathologising tools for studying how we contribute to climate change on individual and collective levels. I present initial results of an heuristic study of the different roles underlying my personal responses to climate change.

Major roles present include the environmentalist (who attempts to reduce carbon emissions), the denier (who does nothing) and the egotist (who is concerned with short-term personal satisfaction). Bringing compassionate awareness to the entire system enables each role to unfold. For example, the denier is in a frozen state, but when supported it experiences grief for what is happening to the planet. This change relieves the psychological climate of the community although it remains to be demonstrated whether it results in any change to the physical climate. These outcomes could not be predicted by the initial behaviour motivated by each role. All roles need support, especially the most disturbing one, in order for sustainable change to happen. This implies that the increasingly dominant approach of trying to suppress behaviour (e.g. by setting laws against carbon emissions) may not 'work' unless support is also given to the deeper motivations behind our behaviour.

[PP3] Workshops on Dealing with Violence and Aggression

Lukas HOHLER

In this poster presentation I illustrate my work on dealing with violence and aggression. I outline the structure and main ideas behind the workshops I teach in that area.

[PP4] Psychotherapy with neurosurgical patients

Svetlana GUSAROVA

Burdenko Neurosurgical Institute, Russia

The group of psychologists working at the Burdenko Neurosurgical Institute in Moscow, Russia, has more than 10 years of psychotherapeutic experience with neurosurgical patients. We have dealt with patients surviving brain injury, cerebral tumors and strokes of different origins. At the beginning of the rehabilitation process, which oftentimes takes place in the intensive care unit, most of our patients are in altered states of consciousness: comatose, in a vegetative state, conscious but unable to talk, conscious but with cognitive disorders (memory, attention, cognition, etc.). In the psychotherapy part of the rehabilitation process we use Process Work methods to communicate with patients in the various states of consciousness. We not only attempt to restore the functional deficits of patients in altered states of consciousness but we try to develop their interactions with the world of objects, the world of people, and their inner world. In our clinic a team of professionals work with the patient who is at the centre of the treatment and rehabilitation process. The team usually includes a doctor, a physical therapist, a psychologist, a speech therapist, and a physiotherapist. The team uses holistic and client-centred approaches and complex system theory. The team itself is an open system; it can include more than one psychologist and sometimes relatives of the patient. Minimal signals and feedback from patient are very important for the team. A psychologist can facilitate the process by using Process Work methods to expand the ability of the patient to communicate with the world around him/her. Process Work methods make it possible to work with people in altered states of consciousness beginning the day after neurosurgical operation or brain injury. We have found these methods to be less effective for patients with severe memory, speech damage, or organic mental disorders.

[PP5] Coma and Remote State Directive

Stan TOMANDL^{1,2,3} Ann JACOB^{1,2,3}

¹ *Process Work Institute, Portland, Oregon, USA*

² *Sacred Art of Living Center and The Anamcara Project, Oregon, USA*

³ *ComaCARE, Cape Town, South Africa*

A living will for those concerned with communication and decision making during confusion, delirium, stupor, coma, vegetative state, depression, catatonia, dementia, and other remote states of altered consciousness. The Coma and Remote State Directive (CRSD) is an advance directive, also known as a living will. The CRSD helps ensure that you receive verbal and nonverbal support for your awareness of spiritual, physical, emotional, and cognitive experiences; and that you are facilitated in making your own decisions while you are in remote states of consciousness. The intent of this

directive is: "Communicate and confer with me before you perform medical interventions or disconnect me from life support."

[PP6] An Alzheimer's Surprise Party: New sentient communication skills and insights for understanding and relating to people with dementia

Tom RICHARDS^{1,2,3} Stan TOMANDL^{1,2,3}

¹*Process Work Institute, Portland, Oregon, USA*

²*Sentient Care*

³*Interactive Media*

⁴*Sacred Art of Living Center and The Anamcara Project, Oregon, USA*

⁵*ComaCARE, Cape Town, South Africa*

Alzheimer's/dementia is one of the biggest mysteries of our time. It is a pandemic that has, to a significant degree, defied explanation, prevention, and cure for over a hundred years. Our poster reveals a book opens a fresh, deep, gentle, empathetic approach to further understanding this mystery. Between the covers of this book is the passionate story of succeeding beyond conventional wisdom, to stay in communication with, in relationship to, and in love with a husband, a father, and a friend, who went in and out of very remote states of consciousness. As our story unfolds we introduce new Process Work ideas and interventions and provide training exercises for relating to people with Alzheimer's and other dementias. These ideas can also help lessen the dementia stigma and relieve suffering by remaining open to the inner worlds of dreaming and spirituality during the elder phase of peoples' lives. Using the sentient communication and facilitation skills of Process Work, we open our story with an Alzheimer's surprise party! We close nine chapters later with a proposed psychosocial-spiritual prescription for helping with Alzheimer's/dementia, and an invitation to continue exploring the mystery. The essence of our story is of course, love . . .

[PP7] Beyond Dementia & Alzheimers

Nader SHABAHANG¹ & Bogna SZYMKIEWICZ^{2,3}

¹*AgeSong, San Francisco, California, USA*

²*University of Warsaw, Poland*

³*Polish Association of Process Psychology*

In this poster presentation we are presenting a different kind of manual for caregivers who deal with people with Alzheimer's disease and other kinds of so-called Dementia. As we find the very labels scary and demeaning, we present to call it, "Forgetfulness." This manual provides practical information in the context of changing attitude towards Forgetfulness. It is "deeply democratic:" there are four different points of view that express themselves and sometimes debate with each other. These perspectives are represented by four different cartoon figures: Master Susushi is a sage. It is difficult to determine his tradition or religion but listening to him is always enriching. No matter how difficult or bizarre things are for our rational mind he finds something important and meaningful there. He keeps reminding us about fundamental questions and the mystery of life. Ms. Jenny is a young trainee. She is as much enthusiastic as apprehensive. She has many feelings when confronted with aging, unusual behavior, communication difficulties, different realities, and dying. Mr. David has a degree in psychology and social work. He likes rational information, clarity and structure. During his training he wanted to learn how to understand and influence human behavior and paid attention to the information that can be directly applied in practice. Dr Nancy is a passionate, competent physician and researcher. She loves talking about the brain and its functioning, showing us the amazing richness of the biological base of our behavior. The manual includes following sections: Changing attitudes, Understanding Forgetfulness, Learning Skills.

[PP8] The Dance of Life and Death in the Process of Medical Induced Abortion

Kirsten WASSERMANN¹

¹*Research Society for Process Oriented Psychology (RSPOP), UK*

The poster shows and describes the field of the decision making process around medical induced abortion.

An abortion is usually seen and dealt with (by mainstream society) as a personal process of women being responsible for their unborn child, having to find a solution, and therefore having to deal with an inner conflict, while supported by professionals such as doctors, midwives and psychologists. But the "inner" dynamic of the conflict itself and the different positions and perspectives involved in the polarization are also part of the wider, "outer" field. Disregarding this forces women to take on a conflict that also belongs to the community they are a part of and the larger society as only their own. The various roles (experiences, perspectives, positions) that participate in the conflict, are taken, sometimes more and sometimes less consciously, by the people involved in the process of an abortion, but also by the organisations involved indirectly, such as the hospital, churches, the government, etc., yet with little awareness of the larger field, of which they are an expression and part. Unwanted experiences, like the "murderer" and other roles in the field that are in the background unrepresented, are part of this unprocessed conflict, influencing the decision about abortion. I think that the field only works with humanity and wisdom if every role is consciously stepped into and inhabited. To get an idea of how to work with these roles in the field I show a diagram and examples which represents the dynamics and relationship between the roles and participants in the field. If we acknowledge that the conflict needs to be processed on both inner and outer level, it frees women to explore the inner dimensions of the conflict. And this is the only way for women to arrive at a decision that is not only bearable but acceptable.

[PP9] Glimpses of the Dreaming: photographic prints

Helen M WELLS^{1,2}

¹*British Association of Art Therapists*

²*Research Society Process Oriented Psychology (RSPOP), UK (student)*

This case study takes as its subject 4 photographs taken by an artist using a Process Work method of following flirts, the barely perceptible signals that catch our attention. By discovering the story behind the images we see how this method enables the intentional field: the generating, creative force always present within and around us to manifest itself in the world in visible form. Further studies of this nature could add to our awareness of the mystery of Creativity.

[PP10] Worldwork

Stanya STUDENTOVA¹, Anup KARIA¹, Helen WELLS¹, Andy SMITH¹

¹*RSPOP, UK*

The poster gives a short history of Worldwork, presents the underlying principle of DEEP DEMOCRACY and gives details of the event to be held in London in 2008. The poster shows how the spirit of Worldwork manifests through teamwork, the way we organise, plan and network and process any conflicts and issues that arise as we engage with the project. Contributions are words and images from many people interested in practicing and teaching worldwork in action.

[PP11] Teambuilding: Utilizing the Dreamlike Direction of a Team

Lily VASSILIOU^{1,2,3}

¹*Process Work Greece, Athens, Greece*

²*Process Work Institute Portland, Oregon, USA*

³*The Athenian Institute of Anthropos, Athens, Greece*

This poster presentation presents the application of some of the latest Process Work ideas on teamwork, developed by Drs Arnold and Amy Mindell, in a teambuilding weekend for a group of Muslim and Christian youth workers, working in the context of "The Project for Reform in the Education of Muslim Children (PEM)–Program for the Education of Muslim Children 1997-2007," (www.museduc.gr), carried out by the National Capodistrian University of Athens, and funded by the European Social Fund, and the Greek Ministry of Education and Religious Affairs.

The poster includes a description of the central concepts and ideas on teamwork upon which the teambuilding weekend was based, the activities involved, as well as the effects of the teambuilding weekend on the team as these were observed by the team's supervisor during the eight months following the teambuilding weekend.

Presenters

Lena ASLANIDOU	Greece
Arlene AUDERGON	UK
Jean-Claude AUDERGON	UK
Milan BIJELIC	Croatia
Pat BLACK	UK
Julie DIAMOND	USA
Michal DUDA	Poland
Sebastian ELSAESSER	Germany
Gill EMSLIE	UK
Steve FENWICK	USA
Evelyn FIGUEROA	France
Ayako FUJISAKI	Japan
Joe GOODBREAD	USA
Svetlana GUSAROVA	Russia
Will HALL	USA
Reini HAUSER	Switzerland
Josef HELBLING	Switzerland
Clare HILL	UK
Emily S. HODGKINSON	UK
Lukas HOHLER	Switzerland
Ann JACOB	Canada
Kate JOBE	USA
Anup KARIA	UK
Vassiliki KATRIVANOU	Greece
Kasha D. KAVANAUGH	USA
Kanae KUWAHARA	Japan
Arny MINDELL	USA
Amy MINDELL	USA
Pierre MORIN	USA (Switzerland)
Conor McKENNA	UK
Mark O'CONNELL	UK
Nancy PAPATHANASIOU	Greece
Tanya RADOCAJ	Croatia
Gary REISS	USA
Tom RICHARDS	USA
Wanda SCARFF	Ireland
Viera SIMKOVICOVA	Slovakia
Andy SMITH	UK
Bogna SZYMKIEWICZ	Poland
Stephen SCHUITEVOERDER	USA (South Africa)
Nader SHABAHANG	USA (Iran)
Stanya STUDENTOVA	UK
Stan TOMANDL	Canada
Alexandra VASSILIOU	Greece
Lily VASSILIOU	Greece
Kirsten WASSERMAN	Germany
Thierry WEIDMANN	Switzerland
Helen M WELLS	UK
Michal WERTHEIMER-SHIMONI	Israel
Ruth WEYERMANN	Switzerland
Carol ZAHNER	USA

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