

## Process Work in Russia

The process work training provided by the **Faculty of the Institute for Process Work, Zurich, Switzerland (IPA)** by

**Reini Hauser, Ph.D., Lukas Hohler, M.A., Elke Schlehuber, M.A. , Marianne Sinner, Bea Schönfeldt, Stephan Müller**

at the **Institute for Psychotherapy and Clinical Psychology, Moscow** which is affiliated with the Institute for Process Work, Zurich, Switzerland (IPA) [www.institut-prozessarbeit.ch](http://www.institut-prozessarbeit.ch). It meets the requirements and standards of the Swiss programmes.

## The 3-Year Certificate Program in Process Work

### **Welcome to the 3-Year-Certificate Program (Foundation Training) in Process Work**

This three year foundation training in Process Work is suitable for psychotherapists, counselors, community workers, teachers, health professionals, organizational development and business consultants and others who are interested in obtaining a professional training in process-oriented psychology. The completion of the foundation training leads to a Certificate in Process Work. Trainees who complete the certificate are eligible to apply with their teaching faculty for admission to the Russian Diploma in Process Work (advanced studies).

### **What is Process Work**

Process Work is an innovative experiential approach in psychotherapy, conflict work, mediation, in working with organizations and business and in the field of social tension. It combines psychology, spirituality and social activism into a single paradigm. With roots in Jungian psychology and Humanistic Psychology, Process Work includes the new paradigm in science (system theory, modern physics) and relates to spiritual traditions like Taoism and Shamanism.

In the 1970s in Switzerland, Arnold Mindell began researching illness as a meaningful expression of the unconscious mind. He discovered that the dreaming process went far beyond our night time dreams and could be seen in physical symptoms, relationship difficulties, addictions, extreme states of consciousness, and social tensions. All of these dreamlike processes - when approached with openness and respect - can lead to new insight and an energetic shift that is vital for our development.

In short, Process Work is based on the assumption that the solution to a problem is contained within the very nature of a disturbance itself. It has developed into a comprehensive therapeutic system designed for working with a wide spectrum of human experience and provides a practical framework through which individuals, couples, families and groups can connect with greater awareness and creativity. Our goal is enriching our awareness and unfolding the full human potential as well as the realization of *deep democracy*: valuing and supporting all roles, feelings and positions in the social, cultural and natural environment.

### **The 3-Year Certificate Program in Russia**

The program is equal to the Certificate Program of the Institute for Process Work in Zurich, Switzerland, and is prerequisite for further studies toward the diploma. The training program provided by the Zurich IPA faculty is affiliated with the Zurich Institute.

The training is designed as a synthesis of experiential work or personal growth and theoretical training in the basics of Process Work. The program provides students with a wide range of learning opportunities, both theoretical and experiential, in many areas of application of Process Work. Upon completion of this program, a Certificate is awarded, certifying that the student has studied and acquired a beginning knowledge of Process Work and is ready, should he or she wish, to undertake advanced studies leading to a diploma in Process Work

### **Basic elements of the certificate training**

The basic elements include

- 12 four-day training modules
- a minimum of 12 personal therapy sessions (in person, by phone or by computer)
- peer-to-peer group learning: a minimum of 4 meetings a year (total of 12 meetings)
- a final evaluation and feedback session

### **Log**

The student is given a booklet (log book) where she/he takes careful notes of all fulfilled requirements of the program, i.e. attended seminars, personal therapy sessions, live supervisions and case consultations up to the Certificate and beyond should the student desire to continue her/his studies toward the diploma.

### **Seminar Topics**

The curriculum is designed with four main areas of Process Work in mind: body work and symptoms, relationship work, altered & extreme states of consciousness, group work &

conflict resolution. The curriculum aims to deepen and broaden knowledge and experience through repetition of practice and study.

○ Introduction to the Dreaming Body: Philosophy, Theory and Practice

### **Year 1**

Essence of Symptoms: Process-oriented psychosomatics

Dreams, the Dreaming and the Dream maker

Inner work and creativity

Relationship I: Levels of relationship work, high and low dreams

### **Year 2**

Group Process I: Introduction to Process-oriented group process

Hidden Dance: Process-oriented Movement

Extreme States of Consciousness and Addictions

Relationship II: Conflict, Rank and Privilege

### **Year 3**

Supervision: Feedback, Structures and Signals, incl. Video analysis

Group Process II: Worldwork - Facilitation and Eldership

Relationship III: Conflict, Rank, Power and Privilege

Supervision and Evaluation

Seminar topics may change as the curriculum is a co-creative process between teachers and students who are encouraged to give input on their learning needs.

### Personal therapy

Personal therapy is one of the essential pillars of the training. Each student is required to be in training analysis with a trainer (Process Work diplomate) and complete a minimum of 12 sessions.

### Peer groups

Peer groups of 2-4 students meet 4 x / year (12 meetings over the course of the Certificate program) and practice working together on dreams, symptoms, life issues, relational and small group dynamics. Due to long distances, these meetings can happen by telephone conference or internet.

### Supervision

Beginning live-supervision will be an aspect of the training. Teachers will provide opportunities for students to work in front of the group and get feedback. Students who wish to deepen their studies are encouraged to get supervision or consult on their own

clients from visiting teachers and/or by email on issues that come up in peer groups and their work environment.

### Evaluation and feedback

The last seminar module consists of supervision and feedback for the students. The certificate is granted upon completion of the formal requirements listed above.

### Advances studies in the Russian Diploma Program

Students who wish to continue their studies in the Diploma program shall discuss this with the training faculty as early as possible, no later than the second year of studies. They must be granted permission from the faculty to enter the diploma program (further details see the diploma handbook). The training faculty guides the students further in the preparation for the diploma program, i.e. consults on reading, sessions and supervision.

### Reading

For students in the Certificate program some reading of essential process work texts is recommended. For student who wish to continue their studies toward the diploma reading of what is available to them in English and Russian is necessary. Texts by Mindell in Russian are available on [www.mindell.ru](http://www.mindell.ru)

### Meeting place and Communication

Ongoing contact between trainees and teachers is essential for the success of the program. It is strongly recommended that students have access to the internet and learn English. A website in the future will include the outlines of programs (certificate, diploma) as well as schedules of Process Work teachers in Russia as well as a page on FAQ.

### **Main Faculty (responsible for the certificate and diploma program)**

Dr. Reini Hauser                    [info@reinihauser.net](mailto:info@reinihauser.net) / [www.reinihauser.net](http://www.reinihauser.net)  
Lukas Hohler, M.A.                [lukas.hohler@change-faciliation.ch](mailto:lukas.hohler@change-faciliation.ch) / [www.change-faciliation.ch](http://www.change-faciliation.ch)

Elke Schlehuber, M.A.            [schlehuber@inpersona.net](mailto:schlehuber@inpersona.net) / <http://www.raum-prozessarbeit.ch>

Marianne Sinner                    [marianne.sinner@raum-prozessarbeit.ch](mailto:marianne.sinner@raum-prozessarbeit.ch)  
Stephan Mueller                    [stephan.mueller@raum-prozessarbeit.ch](mailto:stephan.mueller@raum-prozessarbeit.ch)  
Bea Schönfeldt                    [info@prozessarbeit-schoenfeldt.de](mailto:info@prozessarbeit-schoenfeldt.de)

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