



Trabajo
de Procesos.
La Escuela

When Cracks Become Gold

Creative Paths for transforming conflict

With Boris Sopko & Gill Emslie



Friday 7th December 16.00 - 19.30
Saturday 8th December 10.00 - 19.30
Sunday 9th December 10.00 - 17.30

Training Days - Students only
10 & 11 December 10.00 - 17.30

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Much of the most touching and powerful creative expression emerges from painful experience with which we resonate, both individually and collectively. We are surrounded by this in the music, art, poetry, dance that we are drawn to. This training seminar will emphasize the connection and use of creativity in transforming traumatic or difficult experiences.

Trauma and its effects are present in everyday life. Whether in our personal experience, from listening to others, in unexpected atmospheres, or in family or cultural stories. The underlying influence of these experiences influences many of our relationships and interactions. If you ever criticize yourself for over reacting to something small, become entangled in a relationship conflict, enraged or depressed very quickly, or struggle with shame and later wondered why such a strong reaction occurred – there is most likely an element of trauma in the background.

During this training seminar we will:

- **Learn how painful cracks in life can carry seeds for new unexpected creative and empowering directions.**
- **Develop skills to facilitate yourself and others in these experiences.**
- **Understand the collective impact on our individual experience.**
- **Explore renewed strength of our identity, a way to express difficult feelings and develop new perspectives.**

This training seminar will be highly experiential, supported by theoretical presentations. It is relevant for anybody who is interested in exploring a Processwork approach to trauma and creativity, and is either affected personally, or works with individuals or groups where trauma is, or may be present.

Based on Dr. Arnold Mindell's Processwork approach with its multi-dimensional framework and metaskills of deep democracy. This trans-disciplinary approach emphasizes embodied learning and increased awareness at its heart.



Boris Sopko

Boris has more than 15 years of experience in psychotherapy, working with individuals, couples and groups. He teaches process work and enjoys working with students. He is member of Faculty in process work training programs in Spain and in Slovakia. Boris lives in Barcelona. He is grateful to life for meeting his partner Neus and he is proud father of his son Jakub.



Gill Emslie, PhD

Processwork facilitator and worldworker, emphasizes deepening democracy and social change in her work internationally, focusing on issues such as leadership, social and environmental justice and conflict facilitation. Founder of the Processwork Institute in Spain, when she is not travelling she lives and works in the Findhorn eco-village in Scotland, an NGO and sustainability training centre.