

A photograph of a woman with her eyes closed, wearing a patterned top, with her hand resting on the head of a child with long dark hair. The child is wearing a yellow sweater and is seen from the back. They are sitting on a wooden floor. The image is overlaid with a semi-transparent orange rectangle containing text.

Foundation Year



January-December 2023

Annual training Process Work

This is a course designed to deepen the philosophy, theory, meta-skills and methods of Process Work, and its connections with other schools of thought.

The program is based on three basics of learning:

- Community learning.
- Connecting our inner and outer worlds.
- Mentoring and individual sessions.

Students work in a group context, made up of peer groups that progress together through the program as part of a learning community.

This training model accelerates the learning process through the rich exchange of experiences and ideas that takes place in a relational and community environment. The student support network continues to work together between seminars and training days through e-learning, sharing groups and conference calls (group calls).

Process-oriented ease is more than a set of skills. It is a constant lifestyle that connects our inner experiences with the world around us. The program is designed to enhance the professional careers of the participants and to promote both professional and personal goals. The creative application of facilitation skills in different areas of interest is encouraged.

Program participants are guided throughout their studies by an individual facilitator and a mentor. These two relationships are cornerstones for learning. Through individual facilitation, students will learn about themselves and the process of their life in a more personal way and the mentor will support you in developing a more problem-oriented work approach to processes such as to professional and also in the development of practical skills that support him in this field.

We recommend the Foundation Year training, if:

- You are interested in getting to know yourself better as a human being and living closer to your potential.
- You are interested in developing a working perspective of processes in life and the challenges that arise through relationships; by being part of groups or communities;
- Are you interested in health problems with symptoms in the body; Altered or extreme states of consciousness and also dreams and fantasies.
- You are interested in developing many of the skills and meta skills needed to facilitate difficult situations.
- You are interested as a professional in deepening your skills to facilitate individual and / or group processes

At the end of the Foundation Year, students will have acquired:

- An understanding of the frameworks and structures used in Process Work to “map” the different processes and allow for intervention and facilitation.
- Knowledge of the different applications of Process Work.
- Practical experience with different tools and facilitation techniques.
- They will also have learned to identify the ones they are most comfortable with, they will have acquired a deeper knowledge of the limits of learning and a connection with the dream level.
- Greater awareness of their personal and professional goals and their process of individuation (or personal growth), and the relationship between the two.

The training consists of:

- **3 days of Fundamentals (*)**
- **Seminar days - 12 seminar days**
- **Training days - 6 days**
- **Peer groups - 2 hours / month**
- **Community day - 1 day**
- **Individual sessions with personal facilitator - minimum 20 hours**
- **Mentoring sessions - 6 hours**

Calendar:

November 5 to 6, 2022 Fundamentals (*) > César Fernández + Anna Pujol

January 14 and 15, 2023: Training days

February 24-26, 2023: Seminar: Sexuality, Gender >Gill Emslie

February 27 and 28, 2023: Training days

March 31, 2023: Dojo: Training Days

May 5 to 7, 2023 Seminar: topic to be confirmed. >Lily Vassiliou

May 8 and 9: Training days

June 30, 2023: Dojo: Training Days

Sept 29 to Oct 1, 2023 Seminar: Conscious Life, Conscious Death,>Boris Sopko + Gill Emslie

October 2 and 3 Training Days

December 1, 2023: Dojo: Training Days

For more information and to register, please contact info@trabajodeprocesos.net or visit www.trabajodeprocesos.net.