



POPI-Slovakia (The Institute of Processoriented Psychology - www.processwork.sk) invites you to a seminar about the topic:

DEEP DEMOCRACY AND GROUP FACILITATION

Group Process as a Path to Sustainable Communities and teams

21-23.11.2014 in Bratislava, Slovakia

Led by *Alexandra Vassiliou, PhD* and *Lena Aslanidou, M.P.W.*

We are faced with many world changes. The old ways of organizing the world and our communities are no longer working and we are called to find new sustainable ways of living. Politics, economics, race, religion, social marginalization and access to resources are some of the issues that are continuously troubling our world and our communities. ***In order to create resolutions to the problems we face in our organization and the world and bring sustainable change we need to both negotiate with the real issues and create institutional changes, as well as work with our deepest experiences.*** This supports us to gain access to the inner wisdom and skills that are needed to bring Deep Democracy to life.

Deep Democracy has many meanings. In our personal lives, it ***means openness to all of our inner voices, feelings and experiences.*** Not only the ones we are familiar with and support, ***but also the ones we fear and not know well.*** In relationships, deep democracy means ***having ongoing awareness of our highest ideals and worst moods, how our differences are also our similarities.*** In group life it is a ***willingness to listen and create space for all parts to be expressed and stories to be unfolded.***

In this seminar we will explore: levels of experience, the group as a field, the group's atmosphere, the structure of a group process, roles, ghost roles, edges, hot spots and cool spots, levels of interaction, metaskills etc. ***We will use innerwork, individual work in the middle of the group, dyad work and group process to explore Deep Democracy and how it affects our perception of the world and ourselves.***



Venue: *Národné tenisové centrum, Sála 2, Príkopova 6, Bratislava*
<http://www.ntc.sk/index.php?action=cat&id=111>

Registration registration from 15:30, seminar: Fri 16-19, Sat 9-18:00, Sun 9-12:00

Language: *English with Slovak translation.*

CONTACT AND REGISTRATION

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PRICE:

1st rate: countries from Central and Eastern Europe economies:

If you register till 21.10.2014: 105 €
Registration from 22.10.2014: 130 €

2nd rate: countries from western stronger economies:

If you register till 21.10.2014: 130 €
Registration from 22.10.2014: 150 €

You can pay directly on the spot.

*If you have lower income, you can also ask the organizer for **fee reduction** by describing your situation.*

Accommodation: *plenty of accommodation possibilities near venue, also a restaurant in the venue. If you need help ask organizer.*

SEE YOU IN BRATISLAVA



Alexandra Vassiliou, Ph.D. has a Ph.D in Social Psychology. She works in Greece and internationally as a processworker, trainer, group and conflict facilitator and organizational consultant. Her relationship with psychology started from the Athenian Institute of Anthropos in 1982, where she was trained in Systems Theory and Group Dynamics. In 1990, in a seminar in Zurich, Switzerland, she met Arnold Mindell and his associates. She then decided to go to Portland, Oregon in the United States and study Process Work and she also pursued a doctoral training program in Social Psychology, with an emphasis on

Conflict Resolution, with The Union Institute in Ohio. She has been a member of the facilitation staff of Worldwork Seminars, and teaches Processwork seminars in Greece and abroad. In 1996 she returned to Greece, where she started working as a counselor and trainer, working with individuals, couples, families and groups. She is interested in human experience as it expresses itself through the body, through dreams and through relationships. Web: www.processworkhub.gr



Lena Aslanidou, M.P.W, Dipl.PW is a Social Worker, trainer, therapist, facilitator and a Certified Process Worker. Her first quests led her to study Social Work at the University in Athens, and later be trained in General Systems Theory and its Applications on Human Sciences at the Athenian Institute of Anthropos. She first came across Arnold Mindell's work and Process Work in 1990. The enthusiasm of this discovery lead her to Portland, Oregon, to study Process Work. Since 1997 she has returned to Greece, where she works in private practice. She also facilitates open forums- public dialogues about hot issues in Greece society. Her main interest in working with people is in accessing the sense of freedom from which each person can express their wholeness, and the connection of the spiritual dimension to everyday consciousness and life.

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'Deep democracy is our sense that the world is here to help us become our entire selves, and that we are here to help the world become whole'

- Arnold Mindell

Processwork or Process-oriented psychology

Processwork is a broad-spectrum approach to psychotherapy, relationship work, body work, conflict resolution and large group dynamics. It bridges the gaps between art, psychotherapy, spiritual discipline and social activism. Its practitioners strive to follow the course of human experience with awareness and openness. Processwork rests on a theory and practice, developed in the last 30 years by Drs. Arnold and Amy Mindell and their associates in Switzerland, the United States and throughout the world. It offers a new vision of working with all areas of human experience, especially those considered problematic or painful. These experiences -body symptoms, relationships conflicts, social tensions and political differences - are viewed as temporary states in the flow of life. Treated with respect, and enhanced by the exact skills of Processwork, they can be brought to their full expression as the beginning of their own solutions. What presents itself as a difficulty may turn out to be the seed of a new process of personal growth and awareness. Over the last thirty years of application and research by Arny and Amy Mindell and associates, Processwork is now commonly described as "awareness practice," as its emphasis is on awareness, both the practitioner's and the client's, rather than on any particular intervention.