

**Three Year Certificate in Process Oriented
Psychotherapy and Counseling**

offered by

Process Oriented Psychology Ireland

Preliminary Draft March 27, 2006

Welcome to the Irish certificate in Process Work training programme. This three-year course is designed for psychotherapists, counselors, community workers, teachers, health professionals and others who are interested in obtaining a professional training in counseling and psychotherapy leading to a certificate in Process Work.

Process Work

Process work is an interdisciplinary approach to psychotherapy, bodywork, conflict resolution and group facilitation, that supports individual and collective growth and change.

Process Work was developed during the last 30 years by Drs Amy and Arny Mindell and their associates in Switzerland, the United States and throughout the world, and continues to develop through the research of the Mindells, as well as many other researchers world-wide.

Process Work offers a new vision for working with broad areas of human experience, but especially those that are problematic or painful. At its core is the discovery that dreaming processes go far beyond our night time dreams to express themselves in physical symptoms, relationship difficulties, addictions, extreme states of consciousness, social tensions and political differences. Process Work offers attitudes and skills which, when applied with openness and respect, can help unfold these meaningful dreamlike processes to bring self-awareness, new insight and an energetic shift that is vital for our personal and social development.

With roots in Jungian psychology, philosophical Taoism, Zen and modern physics, Process Work shows how problems, when treated with curiosity and awareness, reveal the path to their own solutions. What presents itself as a difficulty becomes the seed of a new process of personal growth, expanded awareness and enriched experience of life's mysterious ways.

History and Basic Structure

The Irish Certificate training was founded in 1995 by a group of diplomate Process Work trainers, together with the Irish Process Oriented Psychology group. It offers a three-year certification in the theory and practice of process oriented counseling, psychotherapy, and group work. The course is based on an integrated curriculum covering Process Work fundamentals, somatic processes, interpersonal relationships, and processes involving spiritual experience and altered and extreme states of consciousness. These four fundamental aspects of Process Work are augmented by training in movement and non-verbal processes, inner work, and group facilitation. The Irish Certificate Programme can be a first step toward earning the Diploma in Process Work. It may also be a first step toward accreditation by one of the Irish accreditation bodies.

To date, 4 groups of students have completed the program. Students go through the program as a cohort, with admission closed after the first year. Students who enter

during the first year must make up any missed modules and assignments to complete the program.

Aims and Vision

The Irish Certificate Program in Process Work is committed to providing quality training in process work that is cognoscent of Irish and European culture, on the one hand, and providing a link with process work training programs worldwide, on the other. It aspires to support, through training and community work, the connection between personal psychology and social issues. Process work sees a dynamic connection between dreams, body experience, relationship issues and world events and endeavors to train facilitators who foster that connection. We seek to both train therapists and facilitators in the Process Work methods, as well as to create a center for providing facilitation services in Ireland, Europe and throughout the world.

In keeping with its attention to the intimate connection between individual and community development, the program is also committed to stay abreast of, support, and participate in the rapidly developing Irish and European psychotherapy, counseling and training landscape.

Admission

Those seeking admission to the program must write to the program administrator requesting an application form. Applicants will be interviewed by one of the core faculty to make sure that they understand the nature of the program and its demands, and to mutually evaluate their suitability for the program.

We proudly admit students of any race, national or ethnic origin, gender, sexual orientation, or physical ability.

The next program will start in January of 2007, and admission will be open for one year. Students who miss training modules must arrange with the faculty for procedures to make up missed material.

Training Syllabus

Details of the training syllabus are shown in graphic form on the following pages. Its basic elements are:

1. Quarterly training modules, presented by the core training team, that cover theory and practice of foundational themes in Process Work. These average four days in length, and two each year are residential. Two of the modules will incorporate open public workshops on topics related to the training theme, so that students may observe how the theory is applied in a real-life, practical setting.
2. Quarterly interim training weekends, alternating with the main training modules. These will provide opportunities for students to review and practice skills in a supervised environment. A second component of the interim

- training will be face-to-face demonstrations by external presenters of comparative schools of psychotherapy, counseling and facilitation.
3. Ongoing, online coursework covering theoretical aspects of counseling and psychotherapy in general, as well as introduction and guided study in a broad spectrum of related disciplines.
 4. Reading assignments will be given in preparation for each module, and written work assigned during the module, to be completed and submitted by each student.
 5. Peer groups of 2-4 students will form and meet fortnightly to practice the skills they have learned during the modules. The groups will meet at least yearly, but preferably more frequently, with a supervisor to get help with and feedback on the development of their skills.

Face to face contact with the training staff comprises approximately 580 hours over the 3 year course of study.

Supervised Client Hours:

Students are required to work with their peers in groups of two to four throughout the three year program and this work must be supervised. Students will therefore complete 40 client hours each year totalling 120 supervised client hours over the three years.

Personal Therapy

Each student must have 125 hours of personal therapy over the 3 year course of study. Of those, 25 hours must be with one or more of the core training staff. It is highly recommended that the other 100 hours be either with training staff or with other practitioners of Process Work, in order to derive the greatest learning benefit from the work.

Evaluation

Guided self-evaluation is the cornerstone of the program. Each student will be advised by a study committee, composed of three faculty members, who form the student's personal link to the program. Students will meet with their study committee as a whole at least twice during the course. The study committee members will consult with the student to identify both strengths and problem areas, and work together to find strategies to address any difficulties.

Students participate in a yearly five-day residential seminar, as one of the modules, that is also open to advanced students from the diploma program. This intensive experiential seminar offers an opportunity for ongoing self-evaluation in a supportive, supervised practical work situation.

The final module of the program is a final evaluation workshop, in which students work with one another under faculty supervision, receiving feedback and encouragement from one another and from the faculty.

A final oral examination on process work fundamentals and their relationship to other theoretical frameworks is necessary for the student to obtain the Certificate of Completion.

Training Faculty

The core faculty is made up of trainers holding a Diploma in Process Oriented Psychology. They will be assisted, especially during Interim Training Weekends, by advanced students from the Irish Diploma Program in Process Oriented Psychology. Guest presenters will offer seminars from time to time. Process Work seminars conducted under the auspices of programs other than the Irish may be used to fulfill the requirements for additional experiential seminars.

Costs

Costs for the program are published in a separate document. Please contact the program administrator for information about the cost.

Year-by-Year Breakdown of Training Syllabus

The following pages show the details of the training syllabus.

First Year: Focus on Foundations of Process Work and Basic Skills

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| Module 1 | Four-Day Residential Seminar 32 hrs. | | | Ongoing Therapy (125 hrs. over 3 years) | Supervised Practice in 'triads' (groups of 2-4 trainees) 40 supervised hrs./yr. | Preparatory reading and written assignments |
| | Foundations of Process Oriented Psychology: Introduction to basic theory and practice of process work | | | | | |
| | Interim Weekend 16 hrs. | | | | | |
| | Counseling skills: comparative systems, theory and practice Process Awareness Practice | | | | | |
| Module 2 | Training Day: 8 hrs Somatic Processes: Basic theory of Process Work applied to working with body experiences, meaning, symptoms, and personal myth | Open Seminar: Dreambody and Symptoms 16 hrs | Training Day: 8 hrs. Practical challenges of applying process work to somatic experience. Includes video studies of public seminar | | | |
| | Interim Weekend 16 hrs. | | | | | |
| | Comparative somatic therapy theory and practice Somatic processes practice | | | | | |
| Module 3 | Five-day student-only residential intensive 40 hrs. | | | | | |
| | Inner work theory, practice, and application to practice of process oriented counseling and psychotherapy | | | | | |
| | Interim Weekend 16 hrs. | | | | | |
| | Comparative inner work and meditation systems Inner work practice | | | | | |
| Module 4 | Training Day: 8 hrs. Working with couples, families, clients with relationship difficulties. Focus on trainee's relationship patterns | Open Seminar: Processing Relationships 16 hrs. | Training Day: 8 hrs. Practical challenges of applying process work to relationship processes. Includes video studies of public seminar | | | |
| | Interim Weekend 16hrs. | | | | | |
| | Comparative family, partnership, and marriage counseling systems Relationship work practice | | | | | |
| Guest Experiential Seminar: New Directions and Research in Process Work | | | | | | |

Second Year: Emphasis on Process Work for Therapeutic Interaction

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| Module 1 | Four-Day Residential Seminar 32 hrs. | | | Ongoing Therapy (125 hrs. over 3 years) | Supervised Practice in 'triads' (groups of 2-4 trainees) 40 supervised hrs./year | Preparatory reading and written assignments |
| | Process Work application to Counseling and Psychotherapy/ The Therapeutic Relationship – Emphasis on the therapist’s goals, dreams, life myth | | | | | |
| | Interim Weekend 16 hrs. | | | | | |
| | Advanced Counseling Techniques including comparative Counseling and Psychotherapy Systems Dyad Process Work Practice | | | | | |
| Module 2 | Training Day: 8 hrs. Movement and Deep Somatic Processes: Introduction to Non Verbal Processes through movement, deep body feeling, sound. Introduction to work with coma states. | Open Seminar: Movement and Creativity 16 hrs. | Training Day: 8 hrs. Practical challenges of applying process work to movement processes and nonverbal experience. Includes video studies of public seminar | | | |
| | Interim Weekend 16 hrs. | | | | | |
| | Comparative Somatic Therapy Systems incl. Expressive Arts Therapies Movement and coma work practice | | | | | |
| Module 3 | Five-day student-only residential intensive 40 hrs. | | | | | |
| | Extreme and Altered States of Consciousness: Working with extreme states like psychosis and depression, and altered states like Addictions & Eating Disorders | | | | | |
| | Interim Weekend 16 hrs. | | | | | |
| Module 4 | Comparative addiction/ substance abuse studies. Mainstream approaches, ethics, social considerations Addiction work practice | | | | | |
| | Training Day: 8 hrs. The Counseling/Therapeutic Relationship: Working with transference, countertransference, boundaries and multiple relationships | Open Seminar: Conflict Resolution 16 hrs. | Training Day: 8 hrs. Practical challenges of working with transference-countertransference processes. Includes video studies of public seminar | | | |
| | Interim Weekend 16 hrs. | | | | | |
| | The Counsellor’s Role – Comparative studies, Ethics, Multiple Role Relationships, including transference / countertransference. Dreaming up / entanglement practice | | | | | |
| Guest Experiential Seminar: New Directions and Research in Process Work | | | | | | |

Third Year: Focus on Process Work in a Social Context

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| Module 1 | Four-Day Residential Seminar 32 hrs. | | Ongoing Therapy (125 hrs. over 3 years) | Supervised Practice in 'triads' (groups of 2-4 trainees) 40 supervised hrs./year | Preparatory reading and written assignments |
| | Group Process Foundations – Worldwork Application of the theory and practice of Process Work to group processes. Introduction of “Worldwork” -working with social issues that affect individuals and their psychological and physical health. | | | | |
| | Interim Weekend 16 hrs. | | | | |
| | Introduction to Social Work Frameworks, Issues, Practice in Ireland Practice in Group Facilitation | | | | |
| Module 2 | Training Day: 8 hrs. Psychiatry and Medicine in a social field – city shadows and marginalization | Open Seminar: Extreme states in social context 16 hrs. | Ongoing Therapy (125 hrs. over 3 years) | Supervised Practice in 'triads' (groups of 2-4 trainees) 40 supervised hrs./year | Preparatory reading and written assignments |
| | Training Day: 8 hrs. Practical challenges of applying process work psychiatric illness and marginal populations. Includes video studies of open seminar | | | | |
| | Interim Weekend 16 hrs. | | | | |
| Interface of Spirituality and Counseling/ therapy; Principles of Pastoral Counseling Practice working with Extreme and Altered States | | | | | |
| Module 3 | Five-day student-only residential intensive 40 hrs. | | Ongoing Therapy (125 hrs. over 3 years) | Supervised Practice in 'triads' (groups of 2-4 trainees) 40 supervised hrs./year | Preparatory reading and written assignments |
| | Working with trauma and abuse, including practical challenges of applying process work to the recovery process. | | | | |
| | Interim Weekend 16 hrs. | | | | |
| Comparative approaches to working with Sexual Abuse and Psychosexual Problems; Ethics and Standards of Practice Supervision | | | | | |
| Module 4 | Four-day residential seminar 32 hrs. | | Ongoing Therapy (125 hrs. over 3 years) | Supervised Practice in 'triads' (groups of 2-4 trainees) 40 supervised hrs./year | Preparatory reading and written assignments |
| | Final Evaluation | | | | |
| Guest Seminar | | | | | |