



# PROCESS WORK INSTITUTE

2049 NW Hoyt St, Portland, Oregon 97209  
(503)223-8188 • Fax: (503)227-7003 • pwi@processwork.edu

## *Cohort Experience*

October 3-13, 2024 (in person only)

Processwork Learning in Community

Process Work Institute, Portland OR



Facilitator Development  
& Integration Support  
(15 hours)

personal transformation and healing, innerwork,  
relationship deepening, community building

Skills Training Theory &  
Technique Development  
(24 hours)

dreamwork, body experience, own relationship  
conflict, couple or family, group process, long  
term casework, altered states, innerwork

Facilitation Skills Practice  
Individual, Relationship  
and Groupwork  
(18 hours)

supervised facilitation practice & observation  
(small groups and large group)



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PROCESS WORK INSTITUTE		Cohort Experience October 2024				
October 3-13, 2024						
Thursday, October 03, 2024	Friday, October 04, 2024	Saturday, October 05, 2024	Sunday, October 06, 2024	Monday, October 07, 2024	Tuesday, October 08, 2024	Wednesday, October 09, 2024
Opening (Container Building) 10 - 1pm	Facilitator Development 10- 1pm	Symptoms & Dreambody 10 am - 1pm	Symptoms & Dreambody 10 am - 1pm	Advanced Professional Applications 10 am - 1pm	Rest day	Facilitation Skills (supervised practice) 10 am - 1pm
SHARED MEAL						
Facilitator Development 3-6pm	Facilitator Development 3 - 6pm	Symptoms & Dreambody 3-6pm	Advanced Professional Applications 3-6pm	Facilitation Skills (supervised practice) 3- 6pm		Facilitation Skills (supervised practice) 3- 6pm
Thursday, October 10, 2024	Friday, October 11, 2024	Saturday, October 12, 2024	Sunday, October 13, 2024			
Groupwork & Diversity 10 am - 1pm	Groupwork & Diversity 10 am - 1pm	Groupwork & Diversity 10 am - 1pm	Closing (Container Building) 10 - 1pm			
			SHARED MEAL			
Facilitation Skills (supervised practice) 3-6pm	Facilitation Skills (supervised practice) 3- 6pm	Facilitation Skills (supervised practice) 3- 6pm				

  

Topic	Faculty	Hours
Container Building	Rhea	6
Facilitator Development	Ingrid Rose	9
Symptoms	Pierre Morin	9
Advanced Professional Applications	Dawn Menken	6
Facilitation Skills Practice	Team TBA	18
Groupwork	Bill Say	9
	Total Training Hours	57

Effective July 2024. All details subject to change. All classes in person only, Portland Oregon

## Opening (Container Building)

### With Rhea

The opening and closing sessions of the Cohort Experience are focused on container building, integration support and community. Reflection, practice and supervision support will be provided for working on issues that arise between cohort members (relationship level) and within the cohort as a whole (group process level). This class may include faculty facilitated experiential exercises, group or relationship work, along with other innerwork and creative reflection activities.

The cohort participates in a shared meal together, catering provided by PWI.

### About Rhea

**Rhea Shapiro, M.A., Dipl.PW.** Rhea is a trainer and therapist at the Process Work Institute in Portland Oregon. She also has a background in activism, theater and Buddhism. Most recently she is working to support the Diversity, Equity and Inclusion Initiative at PWI. Rhea says, "Processing is a joy and a challenge that makes life continuously surprising and engaging."



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## Facilitator Development

With Ingrid Rose

**INNER WORK** with the focus on the inner critic and our own edges as facilitators

Wrestling with the inner critic and edge figures provides us with an exciting opportunity to harness our own powers and allies and to expand our sense of ourselves, developing more self-trust in the arena of facilitation. We will emerge not only with more tools and skills for inner work but with more insight into who we are as facilitators and our own personal style.

In this class participants will enhance their awareness and skills in:

- Identifying when the inner critic is present
- Recognizing when a personal edge appears
- Developing methods for navigating challenging inner dynamics
- Applying useful techniques with the inner critic and one's own edges
- Using the metaskill of fluidity to dance through challenging moments

### About Ingrid

Ingrid Rose Ph.D, Dipl. PW has spent the past 4 decades exploring various modalities that enhance human potential and growth, all of which contribute to her eclectic style and method in working with others. She has had extensive experience teaching Process Work to many groups in Portland and all over the world. As well as being a clinical supervisor and faculty member at PWI, Ingrid also has a private practice in which she works with a large range of presentations, as well as supervising students and facilitating groups in conflict.



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## Skills Training Theory & Technique Development

### Health and the Practice of Deep Democracy: A Process-oriented Approach

With Pierre Morin

Health and sickness in our clients, patients and communities are not just biological phenomena. They are part of a larger Process that includes physical, emotional, social and community experiences. In this class we will explore a Process-oriented framework that helps us facilitate solutions for achieving individual, relational and community wellness. This innovative approach extends beyond the boundaries of individual care to include the social arrangements and health injustices that mediate how disease and trauma become embodied. Using examples, awareness exercises, and poetry we will examine ways to support and advocate for whole health (emotional, physical and social) for individuals and communities.

#### About Pierre

Pierre Morin MD, PhD, clinical director and supervisor with refugees and trauma survivors in a community outpatient mental health setting, in Portland Oregon. As a physician in Switzerland he worked in the fields of brain injury recovery and psychosocial medicine. He is the author of *Health in Sickness and Sickness in Health and Big Medicine: Transforming your Relationship with your Body, Health, and Community*. He has written numerous articles on mind-body medicine and community health. He is an international coach and trainer and the current co-president of the international association of process-oriented psychology (IAPOP). Areas of specialization: Altered & Extreme States; Non-verbal Processes; Psychiatric & Medical Issues; Coma Work & Near Death States of Consciousness.

### Advanced Supervision: Professional Applications

with Dawn Menken

This class will focus on advanced supervision with an eye towards practical applications. Focus will be on cases from participants with individuals, couples, families and organizations to help us explore and break-down some of the more challenging experiences of our work. We will particularly focus on the complex experience of being dreamed up. Bring your cases, facilitation work and your curiosity!



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## About Dawn

Dawn Menken, Ph.D., Dipl. PW has been working in the field of psychology and facilitator development for 40 years. She is an internationally respected educator, facilitator, therapist, leadership coach, and conflict resolution specialist. She is a co-founder of the Process Work Institute, where she co-created its masters programs and served as academic dean for more than a decade. Her most recent award-winning book, *Facilitating A More Perfect Union: A Guide for Politicians and Leaders*, introduces new ideas to support leaders, particularly those in the public sphere. In all of her endeavors she is moved to improve social discourse and inspire more meaningful civic engagement. Dawn is a thought leader and change agent who brings her gifts to a variety of sectors. Her parenting book, *Raising Parents Raising Kids: Hands-on Wisdom for the Next Generation*, offers a groundbreaking approach to parenting and has been described as "... a must read for everybody who cares about the state of our relationships and our world." She is a passionate teacher and facilitator with a special devotion to relationship and building sustainable community. She is based in Portland, Oregon.

## Inclusive Community & Facilitator Development

### With Bill Say

Our world needs more inclusive communities and facilitators who are able and willing to co-create these environments. Let's learn processwork theories of group work, eldership, diversity awareness, rank, role work, and conflict facilitation. We'll explore how we can co- create a learning community environment, include each other and the rich dreaming processes that we are part of.

## About Bill

Bill Say Dipl. PW. focuses on the intersection of diversity awareness, conflict resolution, and leadership, team and community development. He has offered training and facilitation to health, mental health, educational and business organizations in the US and abroad, including the Highlander Research and Education Center; BUILD; NAMI; East Bay AIDS Center; Taproot Foundation; UC Berkeley College of Engineering and Computer Science; Contra Costa Mental Health; the Cities of Berkeley, Richmond and San Rafael; Independent Thought and Social Action in India; New Energy in China and



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UN refugee health organizations in the Middle East (UNRWA). He has taught at UC Berkeley Extension, Esalen Institute, Naropa Institute, the Core Energetic Institute, SEEDS CRC, and the Process Work Institute. In his private coaching practice of over 25 years Bill works with individuals, couples and families. He addresses issues including: life direction and meaning, relationship issues and conflicts, diversity issues, communication problems, workplace conflicts, career paths, and leadership issues. Bill lives in Berkeley, California. He is married to Linda and father to Gabe.

## Facilitation Skills Practice

### Individual, Relationship and Group Process Practice

#### With Supervision Team

These classes focus on practical skill development using live supervision and feedback in small groups for individual and relationship work, and in the large group for relationship and group facilitation practice. They provide intensive practice to help prepare students for the diploma final exams by providing directly supervised practice time with the flexibility to address specific learning needs as they progress toward mastery of the competencies.

**Live Supervision and Feedback Class:** Individual live supervision is delivered in small groups, with one faculty supervisor working directly with each group of 3-4 students so that students have the opportunity to practice as a facilitator, and to learn through observation as a client and as the observer.

Students use the time with the supervisor to work with each other, have skills or metaskills demonstrated, practice their skills, receive and give feedback, explore edges and personal development.

The focus will be on the live practice of individual and relationship facilitation skills, however students may also present facilitation cases for input.

#### Relationship and Large Group Process Supervision

Faculty supervise students as they practice and study the facilitation of group processes and relationship processes with their cohort. There is also the possibility of inviting



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community members to join group process practice. Faculty and students may work toward facilitation for certain types of groups and invite those groups to participate, for example in an open forum.

## Closing (Container Building)

### With Rhea Shapiro

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