

Final Project Presentations

Please join us for the final project presentations of our
Processwork Diplomate candidates of 2019!

Thursday, June 06, 2019

6:00 PM - Catharine Macdonald: *Autism & Processwork: Finding a therapeutic framework that helps autistic adults with relationships and other life problems.*

Autism is a lifelong developmental condition characterized by atypical social communication, repetitive and restrictive behaviours, and a weaker sense of self (compared to neurotypical peers). Processwork is an awareness-based paradigm that uses sensory exploration to find meaning in significant experiences. And from this, an expanded sense of self of sense and new ways to interact with the world. Putting them together sounded great, but in practice I found that Processwork interventions fell flat with autistic clients. Clients responded with one-word answers or “I don’t know” when I asked them what their distress felt like, or where they experienced it in their body. I got a lot of blank looks. Mostly, clients had difficulty naming emotions, and didn’t seem to care. After a while they might ask, “OK, but what should I do? Tell me what to do.” I explored different options, trying to find ways to help my clients - CBT and DBT, Social Stories™, and trauma-based approaches. This project outlines how I use a framework of Processwork, with practical, skill-based approaches to work with autistic clients.

6.45pm Lolo Halman: *Combining Process Work and Theater of the Oppressed to create deeply democratic social justice drama*

What does deeply democratic theater look like? And how can Processwork be used to help to develop it? This presentation offers reflections on the potential of a mix of Processwork and Theater of the Oppressed to create compelling deeply democratic drama. Specific reflections will be offered on the use of these methods in the development of an interactive theater piece investigating the role of white people in racial justice work. Additionally, this presentation will explore the complexities surrounding media-making and leadership in change movements when coming from the mainstream/dominant position; in this case, being a white person making work with other white people around racial justice work.

7.30pm Marissa Seiler: *The Legacy of the Childhood Dream: Getting Dreamed Up By Ancestral Ghosts*

My final project is an exploration of collected family story, family history, and childhood dreams. I weave together fragments of inherited history of my matrilineal line that echo patterns of my own lived experience within my family and themes that continue to emerge in my own life. Through personal narrative through my grandmother’s eyes, my mother’s eyes, and my own eyes; I explore the intergenerational legacy within the childhood dream. Is there a connection

between our shared matrilineal thematic life patterns? Is there a mythical inheritance? How do secondary energies manifest in our intergenerational lives, and how does that tie to a deeper ancestral legacy of life myth and childhood dream?

8.15pm Renee Ryals: *Applications of process-oriented psychology in academia: A personal journey from Post-Doctoral Trainee to Assistant Professor*

In this presentation, Renee will describe her personal journey in the field of academia. More specifically, she will illustrate how she used process-oriented psychology to aid in her success as a researcher. As Renee realized that her personal development work was aiding in her success in academia she asked the question, "Can process-oriented approaches provide psychological support to postdoctoral researchers at OHSU?" To answer this question, Renee developed a support group for post-doctoral scholars in which Renee facilitated process work exercises and group processes. Renee will present the curriculum she designed and the results from her work with post-docs.

Friday, June 07, 2019

6:00 pm Herb McDonald: *Finding the Gold In Your Golden Years: Discovering Meaning In Aging*

In mainstream American culture, older folks are often viewed very negatively, as being diminished, lacking in value, and having little or nothing to contribute. In this project, I look at older adulthood as a distinct phase of life with it's own developmental task, challenges, and rewards. It grew out of my own experiences working with older adults as a health care practitioner and process work facilitator as well as my personal experiences with aging and the journey that led me to begin to study Processwork intensively in my mid-sixties. The core of the project was the creation, promotion, and teaching of a six-class series on aging and personal growth using the theories, attitudes, and methods of Processwork. Subjects focused on included dreams, life myth, relationships, physical symptoms and health issues, and life transitions. The emphasis was on taking the many challenges of aging and, rather than only seeing them as disturbances and unwelcome guests, but also as invitations to greater awareness and creativity.

6.45pm Alyona Kurelenkova: *Discovering the Multiverse: How We Tune Our Brain Waves to Travel Through Levels of Reality*

I believe there is magic in our world and ourselves – sometimes we lose touch with it. I want to help people achieve the most sacred, inspiring dreams they cherish. Processwork can be an amazing way to do it! How does it work? Are there more than three levels? What's the biological mechanism of transition? How does our theory relate to the wisdom of quantum physics, psychology and spiritual traditions? These questions led to a new way of looking at levels of reality, and a pilot study measuring brain waves during Processwork sessions. My presentation will introduce a model of the Multiverse that includes:

- Five levels of reality, that exist simultaneously on different frequencies
- Migration of attention and correlation with states of consciousness

- Curled up dimensions, real and imaginary time
- Known and additional channels

In the pilot study I decided to look “inside the brain” using an EEG headset to see:

- How the state of consciousness changes depending on the level
- What happens at the edge or moment of insight
- How activity in certain areas is connected to channels of experience

7.30pm Rebecca Lang: *From the mainstream to the margins: A dedication to unfolding life myth, courage and cowardice in the Processwork paradigm*

As a facilitator it has been easy for me to hide myself in the stories and work of others. It is now time to explore and understand my own story. In this project I use the fairy tale genre to present this story. I then use the Processwork paradigm of life myth to identify key dynamics of my life as seen through my earliest childhood memory and explore how these dynamics play out in my professional life, my relationships and my body symptoms. Lastly, I reflect on the themes of courage and cowardice and how these play out in who I am and how I live my life.

8.15pm Hiroshi Fujihira: *Finding Inner Home Beneath Suffering*

In my Final Project, I'm planning to reflect on my relationship with a small children's home which is located in a rural area in Japan. I've been working with abused children there as a psychologist for about twenty years. The organization has been struggling with insufficient human resources and budget especially after the huge earthquake and nuclear power plant's accident in 2011. I'm trying to support the organization and staff members by utilizing Processwork. I'm also going to explore the entanglement between what has been happening in the field and my life myth in which death and rebirth process appeared at several critical periods.

Saturday, June 08, 2019

6:00 pm Maraya Karena: *Continuing Education: Inside and Out*

Maraya Karena will creatively present her journey making digital courses and building an online Processwork learning platform. She will share an in-depth overview of the courses and platform themselves, as well as storytelling about how she used material from her own personal process to generate the course curriculums. The presentation will include a mini-experiential activity that gives a flavor of her teaching style and examples from the course series titled: A Best Friend's Guide To Navigating Patriarchy and Internalized Oppression.

6.45pm Irina Feygina: *Climate change conflict: What can Processwork offer? Creating process-oriented tools to foster climate action and engagement*

What is climate change if not the greatest conflict of our times? It has spurred extreme political, economic, and social polarization, and is exacerbating national, ethnic, and interpersonal

conflicts as impacts set in. It is a profound internal conflict, between the need to rationalize and protect existing systems, and the need for deep transformation and immediate action. These social and psychological conflicts pose perhaps the greatest impediment to decisions and action directly needed to limit and prepare for climate impacts. Unfortunately, conflict is rarely directly acknowledged or addressed within climate solutions or preparedness settings. It is the wildcard of human behavior that many practitioners marginalize in favor of a technological or policy focus.

Processwork has much to offer in this complex social and emotional space. The goal of my project is to adapt the practices and tools developed by process work to support sustainable engagement with climate change and the fostering of directly needed action. It consists of: (1) Developing a facilitation practice/space that can be utilized by climate and clean energy organizations or groups to address conflicts that arise in their work; and (2) Creating a behavioral science and conflict facilitation toolbox tailored for professionals in NGO, government, and private orgs working on climate solutions, and a training workshop for understanding and building facility in using these tools, and opening facilitation opportunities. In this presentation, I will share my ongoing journey of developing this project.

7.30pm Weronika Pielas: *Inner Work for Creativity*

This project has been inspired by “The Artist’s Way” book by Julia Cameron. It’s a 12 weeks program that helps creative people overcome blocks on their path. The book includes exercises for every week of the program. In my Final Project I decided to create some additional exercises that would include some Processwork ideas and practices. In this way I’ve started creating different kinds of inner works that would supports people with their creative projects.