



Hosted by the Process Work Institute for nearly four decades, discover fundamental Processwork tools for personal and collective transformation with experienced faculty, in an international group setting, during our 39th [Annual Winter Intensive](#).

This life-changing opportunity offers:

- **Experiential Learning:** Designed for adult learners seeking practical exercises for awareness, understanding, insights and meaning
- **Life-Altering Insights:** Engage with topics that truly matter, shaping your understanding and practice of Processwork for personal transformation and professional application.
- **Comprehensive Exposure:** Explore a range of Processwork theory and applications and latest developments.
- **International Community:** Learn with a diverse group from around the world.

The Processwork Intensive course is designed as an adult learning event, fostering an interactive and participatory atmosphere where theory meets practice, empowering attendees to transform personally and professionally. Live online classes, private online community, and class recordings access until August 31, 2024.

[Explore the curriculum](#)

[Meet the faculty](#)

Processwork Intensive 2024

Community Stream
10am- 1pm Pacific time

Feb 10
Welcome and Dreambody
with Jai

Feb 11
Creativity
with Amy

Feb 17
Integration
with Vassiliki

Ocean Stream
9am -12 noon Pacific time

Feb 12
Inner Work
with Aleksandr

Feb 13
Community
with Dawn

Feb 14
Unshaming with David

Feb 15
Altered States
with Kas

Feb 16
Leadership
with Vassiliki

Forest Stream
2-5pm Pacific time

Feb 12
Worldwork
with Aleksandr

Feb 13
Big Medicine
with Pierre

Feb 14
Life Myth with Bill

Feb 15
Dreams
with Susan

Feb 16
Community
with Dawn

Choose your participation option:

Full Bundle (39 training hours)

Community Stream + Ocean Stream + Forest Stream

\$795 (EARLY REGISTRATION \$695 until January 15!)

<p>Community Stream</p> <p>Feb 10, 11 and 17</p> <p>(10am - 1pm Pacific)</p> <p>check your timezone here</p>	<p>Ocean Stream</p> <p>Feb 12-16</p> <p>(9am-12noon Pacific)</p> <p>check your timezone here</p>	<p>Forest Stream</p> <p>Feb 12-16</p> <p>(2pm - 5pm Pacific)</p> <p>check your timezone here</p>
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Single Stream Bundle (24 training hours)

Choose either Ocean Bundle or Forest Bundle.

\$495 (EARLY REGISTRATION \$450 until January 15!)

Ocean Bundle = Community Stream + Ocean Stream

Forest Bundle = Community Stream + Forest Stream

Financial Equity

PWI recognizes the global and systemic forces that unequally impact people's opportunities to participate. We offer partial scholarships to support participation equity for the Intensive. If you are from an emerging economy or carrying the burden of systemic inequality and impacted by financial disadvantage, please email pw@processwork.org to request our partial scholarship.

We hope to support you to participate!

Explore the curriculum

Welcoming and Dreambody in Community with Dr. Jai Kahn and Friends

February 10th, 10am - 1pm Pacific (Community Stream)

This class will be an opportunity to connect in community and get to know each other. We will have a meet and greet time and then focus on settling into our bodies. Having a body symptom can be a very lonely experience. Your dreaming body can help you to connect more to yourself and to others in the community. In this time together you will learn have an experience of

- Noticing signals (both intended and unintended) to discover new information, insights, and directions.
- Learning to discover and unfold sensory grounded information that will lead to understanding the Dreambody and body symptoms from a process-oriented perspective.
- Noticing levels of symptoms and discovering how to navigate these different levels, bringing more freedom and fluidity into health and body symptom challenges.

- Finding the ally and power in our body symptoms to help empower you and your and their unique process.

The Creativity of Your Dreaming Process with Dr. Amy Mindell

February 11th, 10am - 1pm Pacific (Community Stream)

Join Amy Mindell for a special class to unlock your creative potential through the power of your dreaming process. Discover wisdom, insights, and creativity within fun exercises using everyday objects. Benefit from Amy's guidance to unleash your creativity, gain insights, and apply newfound wisdom to enhance both life and work.

In this class, we'll explore how your dreaming process is an endless source of creativity. Expect short talks and fun exercises (using simple objects you can find at home) to experience the wisdom, insights, and creativity just waiting to be discovered for your life and work. If possible, please have these simple materials ready for the class: some paper, pens or markers, and something fun (like a hat, stuffed animal, puppet, or something else).

By engaging in simple exercises using everyday items, your dreaming process can become a vivid playground of wisdom. Inspired by Amy's warm, compassionate style, find your creativity soaring, infusing fresh ideas into your personal life and your work.

Key Benefits:

Creative Awakening: Tap into your dreaming process as an endless reservoir of creativity.

Practical Exercises: Engage in enjoyable exercises using everyday objects, bringing insights and creativity to life.

Guided Wisdom: Amy Mindell's warmth and creative guidance helps unlock creativity for personal and professional growth. Join us for an enriching experience that fosters imagination and practical application.

Inner work with Aleksandr Peikrishvili

February 12th, 9am - 12noon Pacific (Ocean Stream)

Join us on a transformative journey as we explore the profound tools of the process oriented awareness paradigm, applied to our personal growth. Dreaming is always just a 'flirt' away. Our emergent self, our facilitative superpower, our life's purpose, is accessible through the subtle experiences that we often marginalize.

In this course, discover some of the tools of process oriented awareness paradigm applied to our work with ourselves. Inspired by the wisdom of Joseph Campbell and insights from Arnold Mindell's "The Shaman's Body," we begin to unearth our emergent selves, tap into our facilitative superpowers, and align with our life's purpose. We challenge the conventional belief that great teachers are confined to dreams or seclusion, as we delve into the intricate dynamics



of relationships, everyday life, and our contemporary world. By embracing the awareness path, we discover that seemingly challenging situations are catalysts for self-transformation. Through deep introspection and self-mastery, we transcend inner obstacles, reaching the very core of our existence. Join us as we embrace the transformative path of Innerwork. Together, let's navigate the complexities of life with wisdom, compassion, and a deep understanding of our own existence.

WorldWork with Aleksandr Peikrishvili

February 12th, 2pm - 5pm Pacific (Forest Stream)

Dive into the heart of human connection and personal growth, exploring the depth of contact with one's own humanity, with another and with life itself. In this course, we will begin to cover some of the process oriented approach's application to facilitating groups. As our dear colleague and friend, Errol Aramesekera, expressed, "I feel closer to God during group process." He reminds us of the immense power and beauty that lies within the realm of group dynamics. It is so moving as a facilitator to hold such a space.

Drawing inspiration from Arnold Mindell, we embark on a journey that echoes the words of Albert Einstein: "I want to know God's thoughts." Mindell's passion for process-oriented research has ignited our love for group work and its ability to provide a profound understanding of ourselves, others, and the world around us. As group facilitators, we hold a sacred space for exploration and growth, allowing individuals to delve into the depths of their own experiences and connect with others on a profound level.

Creating Bridges during Challenging Times with Dawn Menken

February 13th, 9am - 12noon (Ocean Stream) and February 16th 2 - 5pm (Forest Stream)

Creating Bridges during Challenging Times: Embracing Processwork for Inner Growth and Connection. Join Dawn on a transformative journey as we harness the power of Processwork to nurture our innerwork, relationships, and connection with the world. In these two classes, we offer support for those seeking solace and guidance during challenging times. Together, we will embark on an exploration of key areas, including personal history, working with others, navigating the edges of our world, and unlocking the profound wisdom hidden within our dreams.

Through the lens of Processwork, we will learn to build bridges that bridge the gaps and foster a deeper understanding of ourselves and others. By cultivating these essential skills, we will navigate the complexities of our personal histories, enhance our ability to collaborate with

others, and embrace the tasks that lie at the edges of our world. Additionally, we will delve into the transformative realm of dreams, unlocking their hidden messages and utilizing their guidance for personal growth.

Navigating Community Health and Wellness in Brutalizing Times: A Communal Medicine and Processwork Approach with Pierre Morin

February 13th, 2 - 5pm (Forest Stream)

We live through brutalizing times with many conflicts erupting all around us that impact us personally as well as our clients. Trauma is pervasive and the danger of retriggering and being triggered is acute. We need new tools to navigate these complex multiple layers of community relationships. In this 3-hour class Pierre will provide you with some awareness and relational skills that can guide your interventions.

Topics that will be covered:

- Oppression as a public health crisis
- Genes and environment, epigenetics
- Navigating rank and power differences
- Intersectionality
- The 4 phases of conflict
- Universe versus pluriverse
- How change happens: awareness, learning and changing circumstances and systems

Shame, Somatic Experience and Processwork with David Bedrick

February 14th, 9am - 12noon (Ocean Stream)

Shame is one of the most talked about issues in psychology today. While the conventional literature conceives of shame as a painful feeling, that understanding is inadequate, neglecting the fact that most shame is totally unconscious, relegated to the shadow. In this seminar you will learn how shame is an internalized witness that denies and gaslights our experience. This has profound implications, among them is the fact that we can literally unshame. How? By following experience, especially somatic experience. You will learn how to identify when shame is present, what it is “hiding,” and how to use the body to unshame.

Life Myth with Bill Say

February 14th, 2 - 5pm (Forest Stream)

The Life Myth can be likened to one's dream of life, recognizable over time for its main theme, pattern, and figures. It contains our deepest struggles and gifts and may suggest our direction and meaning in life. In this class you'll be introduced to some of the features of the Life Myth. You'll have the opportunity to practice the skill of symbolic thinking; here, utilized to consider your own Life Myths and how they may provide context and framing for your aspirations, struggles, relationships, work and more. Together, we'll explore how an earliest dream or memory and its main representations of self and other may suggest a long-term relationship and integration process. We'll touch upon other dreaming doorways, disparate areas of our lives where the Life Myth expresses itself, often in thematic ways. Finally, we'll use the resource of our favorite nature or home spot energy to help offer grounding and perspective as we look at these enduring but often veiled processes.

Processwork, altered states and addictive tendencies with Kas Robinson

February 15th, 9am - 12noon (Ocean Stream)

In this class we will be focusing on addictive tendencies. Addictive tendencies touch our lives and can be a gateway to discovering marginalized energies, and unlocking creativity. There is or can be suffering with addictive tendencies and we will share Processwork methods that help access a deeper awareness, marginalized energies and can reduce the pull of the addictive tendency over time. Utilizing the tools of processwork we will deepen and unfold the altered state individuals are yearning for when they reach for a substance, behavior, or activity that has an addictive pull and integrate this experience, creativity, or altered state into our everyday lives.

Approaching Dreams with a Dreaming Mind with Susan Kocen

February 15th, 2 - 5pm (Forest Stream)

This class will offer an inspirational introduction to some of the process based tools and attitudes that encourage our explorations of night-time dreams as guides and gifts for our daily lives. To work with dreams requires skills both learned and intuitive, plus an attitude of awareness and creativity, and a deep welcoming of less known and oftentimes completely bizarre information that seemingly makes no sense. Let's see what surprises we discover and what skills already exist and may just need to be remembered. After all, we are dreaming beings who tend to forget some of those less ordinary things that we have always known, and with a little nudge get to recover those rememberings.

Picking up leadership when things look impossible with Vassiliki Katrivanou

February 16th, 9am - 12noon (Ocean Stream)

There are moments in life when we are called to pick up the leadership role. We may be called either as an appointed leader or as someone who has a better understanding of a situation, a certain vision and can motivate people. The focus of the class will be how to pick up our leadership role from an inner state of connection with people and our vision. Not only being motivated by ambition. But with the attitude "I can do it today and you can do it tomorrow". How can we lead in the midst of crisis, when things look extremely challenging, but life pushes us to go for it? In this class you will learn how to connect with your vision and fight with inner critic that puts you down. Also, you will learn about your role as a leader and about your own personal power style.

Meet the faculty

About Jai (Welcoming & Dreambody Feb 10)

Dr. Jai Kahn is on faculty at the Process Work Institute of Portland and is a Diplomate member of IAPOP, the International Association of Process Oriented Psychology. She has been working with the dreaming body as a chiropractic physician and functional medicine doctor for over 30 years. As a facilitator and coach, she helps individuals and organizations to develop leadership skills, embrace change, and transform conflict. Her passions include raising awareness about racism, climate change and empowering people in their own unique leadership style.

About Amy (Creativity Feb 11)

Dr. Amy Mindell is in private therapeutic practice in Portland, Oregon and teaches in many countries in the world. She helped develop processwork in the areas of coma, creativity, dance, and facilitator styles. She holds a M.A. and Ph.D. in psychology and is a diplomate of the Process Oriented Psychology Center of Zurich. She has written many books such as , *Metaskills: The Spiritual Art of Therapy*, *The Dreaming Source of Creativity*, *Alternative to Therapy* and her newest book, *Your Unique Facilitator Style*, as well as papers in professional journals. (Her studies of the feeling skills in therapy, or "metaskills", are at the core of much of her work.). Amy is also an artist, puppet-maker, singer-songwriter, and dancer. Her most recent musical CD is called *First Bloom*.

About Aleksandr (Innerwork & Worldwork Feb 12)

Aleksandr Peikrishvili, L.C.S.W., M.S.W. Portland State University is an international process oriented trainer, supervisor, therapist, certified coach and licensed clinical social worker. He is faculty at Process Work Institute in Portland, Oregon; Moscow, Russia and Mumbai, India. Aleksandr's focus in processwork has lately been bringing together eldership and social activism, 1st and 2nd training, and his bicultural Armenian Georgian immigrant experience with his experience as a gay feeling man. He shares: my basic nature and some of the formative

experiences, growing up as a feeling Armenian gay man in a former Communist Republic of Georgia, immigrating at 16 alone to the US and a family history of Armenian Genocide, are an inspiration for my dream of creating a different world for us to live in. These experiences continue to be deep sources of agony, growth and compassion that guide me in my work with groups, relationships and individuals, and being human and relating to others, of finding the other in myself.

About Dawn (Community Feb 13 and Feb 16)

Dawn Menken, Ph.D., certified Process Worker, 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 the creator of Teens Rise Up (TRU), a cutting-edge program that empowers and educates young people to step into their leadership, engage in honest dialogue and co-create more welcoming school communities. She is a passionate teacher and facilitator with a special devotion to relationship and building sustainable community. She is based in Portland, Oregon.

About Pierre (Big Medicine Feb 13)

Pierre Morin MD, PhD, currently works as consultant for culturally specific behavioral health clinics and as a counselor in private practice. He worked for 20 years as 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).

About David (Shame Feb 14)

David Bedrick is a teacher, author, and psychological activist dedicated to helping you live a life free from shame. For over 30 years, he has supported students in reconnecting with the wisdom, power, and intelligence of their whole and authentic selves by releasing the grip shame has over their lives. He founded the Santa Fe Institute for Shame-Based Studies to teach therapists, coaches, and healers how to liberate shame from the body and mind. Along with books and online courses, David has assisted thousands of people in addressing shame at the root & dismantling its power to strangle your life force.

About Bill (Life Myth, Feb 14)

Bill 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 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.

About Kas (Altered States Feb 15)

Kas Robinson PhD, Dipl PW. Kas is originally from New Zealand/Aotearoa. She has been a faculty member at the Process Work Institute of Portland since 2007, and she is a clinical director at a behavioral healthcare agency. Kas loves processwork methods for discovering meaning, accessing altered states, addressing conflict, and grounding discoveries and insights into our everyday lives. Kas is deeply committed to Processwork's awareness of diversity issues, its anti-oppressive lens, and to diving into the challenges of life.

About Susan (Dreams Feb 15)

Susan Kocen is a Processwork Diplomat, currently working in private practice, and on the Teaching Faculty at the Process Work Institute. A dreamer since landing on earth, she has also been a working artist and designer, a Community Program Builder, a counselor for Portland's Houseless, mentally diverse community, and an Acupuncturist. All roads have led to and been informed by a deep dreaming life, and an attention to lived experience informed by creativity, sensitivity, and the deep democracy of many levels of experience.

About Vassiliki (Leadership Feb 16 & Integration Feb 17)

Vassiliki Katrivanou works in Greece and internationally as a process worker, trainer, group and conflict facilitator and organizational consultant. Currently, she is working at the Greek Council for Refugees as a coordinator of the social unit (2019-today). She is also facilitating trainings for women politicians in order to support a feminist way of leadership. She was a member of the Greek Parliament with SYRIZA (2012 - 2016). She was also a Member of the Parliamentary Assembly of the Council of Europe (2014-2016). Her main focus is on human rights: immigration and refugees, the far right and antifascist movement, the rights of women and the LGBTQI community. Vassiliki, in collaboration with Bushra Azzouz, directed the documentary, "The Women of Cyprus" which portrays how a group of Turkish and Greek Cypriot women handle conflict. She holds a Diploma and a Masters in Process Oriented Psychology, a BA in



International Studies and a Masters in Conflict Resolution (Portland State University). Her main interest is how to combine politics and psychology in order to support people, organizations and communities to be creative and close to their vision. She is also passionate about empowering women in their leadership role.