



Australia New Zealand Process Oriented Psychology

Two-Year Professional Training in
Process Oriented Psychotherapy

2020 Course Prospectus

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Harmony is a wonderful thing, but
not nearly as powerful as awareness.

Arnold Mindell, PhD



Welcome

Studying Process Oriented Psychology is life changing.

For many, it gives a language and structure to something they already intuitively *knew* about the world. Formal study enables them to deepen this knowledge and bring more awareness and clarity to their intuitive wisdom; and how to use it in service for the benefit of all.

For others it represents a strong alignment with their own deeply held values of inclusion, equality, accountability, compassion and nonviolence.

Undertaking the ANZPOP Two-Year Professional Training in Process Oriented Psychotherapy is not only an opportunity to deepen your therapeutic practice, but an invitation into a community where awareness, integrity, authenticity and self-responsibility are valued.

It is also an invitation to learn more about yourself. At the heart of learning Process Oriented Psychology is studying, growing, healing, and loving oneself, and as such, you will be supported and challenged in your studies to grow in yourself as you build the skills to work with others.

If that sounds like your cup of tea, we welcome you to the tea party!

Warmly

Silvia

Silvia Camastral
Course Coordinator



Jane

Jane Martin
Director of Training



ANZPOP

Australia New Zealand Process Oriented Psychology Inc. (ANZPOP Inc.) is an educational institution dedicated to the highest standards of psychological and educational practice.

As a member of the International Association of Process Oriented Psychology (IAPOP) training network, ANZPOP's program is affiliated with centres in the USA, Canada, Denmark, Eastern Europe, England, Greece, Ireland, India, Japan, the UK and several other centres around the world.

All our trainers are qualified Process Workers (Diplomates) and members of IAPOP and PACFA, guaranteeing you're learning Process Work from those qualified to teach it.

They are also highly experienced practitioners in their fields, with diverse experience in clinical services, private practice, organisational consulting, vocational education, coaching, and facilitation.

We offer the Two-Year Professional Training in Process Oriented Psychotherapy not only as a PACFA Accredited Specialist Course designed to deepen your therapeutic work, but also as an introductory pathway to further studies in Process Work in the Diplomat Pathway Training Program, as ANZPOP is the only institution in Australia and New Zealand recognised by the International Association of Process Oriented Psychology (IAPOP) to deliver Diplomat training.



The Two-Year Professional Training in Process Oriented Psychotherapy

The two-year Professional Training in Process Oriented Psychotherapy is a post-graduate program for people with existing qualifications in counselling, social work, psychology or psychiatry, looking to deepen their therapeutic work by studying a depth psychotherapy.

Process Oriented Psychology (POP) is a liberation psychology that weaves together Jungian psychology, Taoism, communication and systems theory, Indigenous healing approaches, and quantum physics to study and work with the dynamics of human experience at the individual, relationship, group and societal levels.

It's an integrative awareness-based model that works with clients at the psychodynamic, somatic, and transpersonal levels by working with the client's phenomenological experience happening in the moment, seeking to unfold the understand the process within experiences themselves, not to interpret them using an externally imposed model.

The two-year program brings together theory, practice and personal development to give graduates a solid foundation in POP, equipping them to work more deeply and experientially with clients.

The program is modelled on the standards of the Australian Qualification Framework. Graduates are required to practice according to industry standards of ethical practice for counsellors and to have an understanding of Australian Indigenous culture and history, as well as an understanding of issues pertaining to communities where English may be a second language.

Prerequisites

This program is delivered at the post-graduate level, so an undergraduate degree in a related field, or significant work experience/other training, is required to enter the program.

If you do not have a related undergraduate qualification but have engaged in significant, related studies and/or have significant experience working with people in a related context, through a process of recognition of prior learning (RPL), you may be eligible for entry into the program.

No previous knowledge or studies in POP is required.



Course Structure

The course consists of seven highly experiential face-to-face training seminars of four days each: a total of twenty-eight training days/200 hours tuition.

Online group sessions are conducted between seminars on a monthly basis to integrate learning and for case supervision.

Year One

Seminar One – Introduction to the Process Oriented Psychology Theoretical Framework and Experiential Practice

We start with an overview of the theoretical framework and how to work experientially with the framework. This will be built on in every seminar as we focus on specific areas of application.

Seminar Two – Working with Somatic Experiences

Somatic work is central to the POP paradigm. In this seminar we learn how to work with acute and chronic illness symptoms and momentary somatic signals as vehicles for awareness and greater wholeness.

Seminar Three – Working with Night-time Dreams and the Dreaming Process

A highly experiential method of dreamwork that avoids external interpretations and instead utilises Shamanic techniques for understanding dreams from inside the dreams themselves. We also explore how dreams don't just happen at night but are part of a continuous dreaming process.



Year Two

Seminar Four – Working on Yourself – Learning to be your own therapist

POP emphasises the importance of practitioner personal development through therapy but also through learning to work on yourself, both as an ongoing awareness practice for personal growth and an essential skill to work ethically with clients.

Seminar Five – Working with Addictions and Altered and Extreme States of Consciousness

As a liberation psychology, POP understands altered and extreme states of consciousness and addiction processes and not just belonging to the individual, but as information about the wider social context of the client. Here we learn how to work with these states and experiences in ways that benefits the client and the culture.

Seminar Six – Working with Trauma and Wounded States of Consciousness

Learn the unique perspective and tools POP brings to working with complex trauma and the dynamics at play when working with wounded states of consciousness.

Seminar Seven – Working with Relationships, Conflict and Power

Learn how to apply the POP model to relationship work including how to work with the *relationship dreaming process*, not just the two people in the room, as well as the role of power in interpersonal conflict while also increasing your own *rank awareness*.



Course Assessments

In line with contemporary adult education best practice, course assessments are in a variety of formats and allow students to build competence over time.

Effective therapy requires the application of knowledge, skills, and attitudes and thus all are assessed throughout the program as follows:

1. A **Reading Reflection** (essentially a book review) from both a theoretical and personal perspective (1,000 to 1,200 words), due seven days prior to each seminar. This assessment task is non-graded but students must Achieve Competency (AC) or will be assessed as Not Yet Competent (NYC) and will be required to incorporate feedback and resubmit their work.

2. A **Theoretical Essay**: (1,500 to 2,000 words) Due three weeks after the end of each seminar, the essay requires students to link the relevant theory pertaining to the seminar with their therapy practice. Students must Achieve Competency (AC) or will be assessed as Not Yet Competent (NYC) and will be required to incorporate feedback and resubmit their work.

3. Four **Videos Demonstrating Process Oriented Psychology Skills** are required; one at the end of the first year and the other three over the course of the second year. They will be graded and receive a mark from the two assessors. Students must Achieve Competency (AC) or will be assessed as Not Yet Competent (NYC) and will be required to incorporate feedback and resubmit their work.

4. **Client Therapy and Supervision Hours**: Each student is required to complete 40 client contact hours over the two-year course and have a minimum of ten hours of supervision for these sessions.

5. A **Learning Journal** is to be kept from a Process Oriented Psychology perspective: marking criteria will be provided and discussed in class. Students must Achieve Competency (AC) or will be assessed as Not Yet Competent (NYC) and will be required to incorporate feedback and resubmit their work.

6. **Training Therapy**: Students must complete a minimum of ten hours therapy with a Process Oriented Diplomate over the duration of the course.

The Assessment Marking Criteria will be given for each assessment item.



Course Resources

Students will be assigned access to learning resources through the website and have access to our online library.

Students may wish to purchase Process Oriented Psychology texts for their own study (a recommended reading list will be provided) but the only text that must be purchased is:

Dr Julie Diamond and Lee Spark Jones (2005) *A Path Made by Walking*, Lao Tse Press.

Please note that ANZPOP reserves the right to vary any course content according to changes in local industry and international practice. ANZPOP may make minor changes to improve the course syllabus, the teaching objectives, course methodology and assessment criteria in response to feedback and as appropriate to developments in the field. Student feedback about the course is encouraged and welcomed. Students will be asked for written feedback at the end of each training event.

Venue, Accommodation and Travel

The Training Modules are delivered in Randwick, Sydney (full details will be supplied upon acceptance into the program).

Students travelling from outside Sydney will need to organise and pay for their own travel and accommodation.

Each training day runs from 9am to 5.30pm (with the last finishing at 4pm) and attendance at each full day is required.

ANZPOP provides morning and afternoon teas with students organising their own lunches. There is a fridge at the venue to store lunches, plus an assortment of cafes and food court vendors in walking distance from the venue.



Dates for the 2020 Cohort Intake

Administration Dates

Enrolments for the 2020 intake must be finalised (including paying the \$500 deposit) by 29 January 2020.

Study Dates

	2020
Pre seminar Reading Reflection due	20 March
Seminar 1 – Introduction to Theory & Practice	27 - 30 March
Post seminar Theoretical Essay due	17 April
Pre seminar Reading Reflection due	17 July
Seminar 2 – Somatic Experiences	24 - 27 July
Post seminar Theoretical Essay due	14 August
Pre seminar Reading Reflection due	18 September
Seminar 3 – Dreams and Dreaming	25 - 28 September
Post seminar Theoretical Essay due	16 October
First Therapy Video due	November
	2021
Pre seminar Reading Reflection due	2 April
Seminar 4 – Working on Yourself	9-12 April
Post seminar Theoretical Essay due	30 April
Pre seminar Reading Reflection due	25 June
Seminar 5 – Addictions and Altered SOC	2-5 July
Post seminar Theoretical Essay due	23 July
Second Therapy Video due	July
Pre seminar Reading Reflection due	27 August
Seminar 6 – Trauma and Wounded SOC	3-6 Sept
Post seminar Theoretical Essay due	24 September
Third Therapy Video due	September
Pre seminar Reading Reflection due	22 October
Seminar 7 – Relationships, Conflict and Power	29 Oct – 1 Nov
Post seminar Theoretical Essay due	19 November
Fourth Therapy Video due	November
Graduation Celebration	November

The first three seminar days in each block run 9-5.30pm, the last day 9-4pm.



Course Fees

The application fee is \$150 and is a non-refundable fee.

An initial deposit of \$500 is required to secure your place in the course and you can then choose from a range of instalment plans for the course fees:

1. One instalment of \$14,300 due prior to course commencement
2. Two instalments of \$7,700, the first due prior to course commencement, the second due 29 Jan 2021.
3. Four instalments of \$4,100, the first due prior to course commencement, the second 29 July 2020, the third 29 Jan 2021, the fourth 29 July 2020.
4. Ten instalments of \$1,740 due at the start of February, April, June, August, October in each year.

Additional Costs

A minimum of ten hours client supervision and ten personal therapy sessions is required to complete the course. Fees vary but expect a range of \$100-\$160 per session.

If you only purchase the mandatory text, expect to pay around \$40. Other Process Oriented Psychology texts can be purchased at your discretion.

Work-Study Places

All applicants are eligible to apply for a work-study place whereby a reduction in student fees is exchanged for assisting with administrative and care taking tasks during the course.

There are a limited number of places and applications are made via the online course application form. Applications for work-study places need to include:

- A statement as to why the discount is needed
- What kind of skills and availability you have to offer

In the first instance, Work-Study placements will be decided based on need, and if there is no discernible difference in the situations of each applicant, based on random selection. Applicants will be advised of the outcome of the application to a Work-Study position one month before the course starts.



Course Cancellation Policy

In addition to the non-refundable \$150 application fee, once the \$500 deposit is paid to complete enrolment, a \$250 refund will be issued for course withdrawals made up to one month before the course commences.

If the withdrawal is advised with less than one month's notice, no refund is applicable.

If a student misses or defers a training seminar, fees are still due in that year, but the module can be attended in the following year. No extra fees are payable for course deferrals.

If a student withdraws from the course once it has begun, fees for the semester in which the student withdraws are still payable. No further fees nor a withdrawal fee are payable.



Applications

Applications to the course are done via the online application form and incur a \$150 non-refundable application fee.

To apply to join the 2020 intake, please follow these steps:

1. Read all the information in this guide and on the webpage, including the FAQs.
2. Gather together the electronic documents required to submit your online application: identification (driver's license or passport or birth certificate), certified copies of qualifications, resume, contact details of two referees who can confirm your suitability for the course.
3. Complete and submit the online application form and pay the application fee.
4. We will then assess your application and contact you within seven working days, either to schedule an online interview time, request further information, or to give feedback as to why your application is not successful at this stage (in this case the application process is now complete).
5. Attend the online interview (via Zoom).
6. Within seven working days of the interview, we will confirm that you have either been accepted to the program, that we need further information, or why your application has been unsuccessful at this time.
7. If you are accepted into the program you will be required to pay the initial deposit of \$500 to accept the offer within two weeks.
8. A letter of welcome and orientation information will then be sent to you.



Australia New Zealand Process Oriented Psychology

ANZPOP Office Administrator

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ANZPOP Inc., in affiliation with the International Association of Process Oriented Psychology (IAPOP) offer a training program that welcomes diversity, particularly in areas of race, national origin, cultural background, class, disability, gender, age, sexual and spiritual orientation.

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