



Australia New Zealand
Process Oriented Psychology

Somatic Psychotherapy
Dreambody Training

2020 COURSE PROSPECTUS

Indigenous Acknowledgement

Australia New Zealand Process Oriented Psychology acknowledges the Traditional Owners of Australia, the Aboriginal and Torres Strait Islander people, and the Traditional Owners of Aotearoa, the Maori people.

We pay our respect to their Elders past, present and future, and give gratitude for their custodianship of the lands we live and work on.

We acknowledge the ongoing harm caused by colonisation and our role as a colonial structure, to work towards reconciliation and decolonisation.

We express our gratitude to the Indigenous people who have shared their knowledge with Arnold Mindell and permitted it to be integrated into the Process Work approach, including knowledge of Dreaming, shamanic healing, and the central importance of relationship and connection.

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

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

Arnold Mindell, PhD

Welcome

Studying Process Work (also known as Process Oriented Psychology) is life changing: you won't just learn deeply transformative skills, you will be deeply transformed. At the heart of learning Process Work is studying, growing, healing, and loving oneself, and as such, you will be supported and challenged to grow in yourself as you build the skills to work with others.

Australia New Zealand Process Oriented Psychology Inc. (ANZPOP) is both an education and social change organisation.

Our Vision is of a world where people connect with themselves, each other and the planet, with more kindness, peace, and meaning. Our contribution to this vision is to teach Process Work – an approach that helps people, as individuals and in groups, connect with their deepest growth processes, in good times and bad.

As a member of the International Association of Process Oriented Psychology (IAPOP) training network, ANZPOP is affiliated with training centres around the world. All our trainers are qualified Process Workers and members of IAPOP, guaranteeing you're learning Process Work from trainers who are internationally recognised to teach it. They are also highly experienced practitioners in their respective fields, be it psychotherapy, facilitation, organisational consulting, vocational education, or coaching.

Joining an ANZPOP training program is not only an opportunity to deepen your professional skills and personal development, but an invitation into a community where awareness, integrity and authenticity are valued.

If that sounds like your cup of tea, welcome to our tea party!

Warmly

Liz Scarfe

ANZPOP Executive Director



The Somatic Psychotherapy Dreambody Training

The Somatic Psychotherapy Dreambody training program course is a highly experiential training program for practitioners working in counselling, psychology, social work, psychotherapy and psychiatry.

It is specifically for those wanting to develop skills for working in a deeply experiential, subjective, and phenomenological way that follows the unique change process of the client, as opposed to an externally imposed program of change, while also deepening their own self-knowledge and relationship to their own process of growth and change.

In particular, the course will be of interest to practitioners wanting to work with the meaningful processes within body symptoms experienced by their clients, and the ways in which these connect with nighttime dreams.

Although there are no other pre-requisites for this program and no experience in Process Oriented Psychology is required, it is essential to read at least one of the recommended texts before the course starts.

Our dream for this course is to help clinicians confidently go beyond talk-therapy to help their clients find the rich meaning and wholeness encoded in their aches, pains, and illnesses.

Continuing Professional Development Points/Hours

The course is eligible for:

- 72 Category A CPD points in PACFA (covering CPD points for two years, 2019/20 and 2020/21)
- 24-60 OPD points with ACA plus eight group supervision hours
- 72 Category 2 CPD hours with AASW (dependent on your individual learning plan) plus eight group supervision hours.

Course Structure

The program includes twelve days of face-to-face seminars in Sydney, split across four, three-day training seminars. Each seminar will be preceded by an online tutorial and followed up with an online group supervision session.

LEARNING AREA 1 Working with the Dreaming Process

Process Work teaches that night-time dreams are only part of the picture. In fact, we dream constantly throughout the day and night. Learn how to work with both night-time dreams, and the many ways we dream in everyday life, in a direct, hands-on, experiential manner.

LEARNING AREA 3 - Working with the Life Myth

Encoded in our early childhood dreams and memories, as well as our chronic body symptoms, is the Jungian concept of Life Myth – a deep developmental pattern that is woven throughout our lives. Uncover your own Life Myth as a part of helping clients uncover this mythic process, bringing a sense of cohesion and meaning to their life's journey.

LEARNING AREA 2 - Working with the Dreaming Body

One of the rich pathways for our constant dreaming process to express itself is through symptoms and signals in our bodies. Learn to work experientially with symptoms and signals in the body through a variety of amplification and unfolding techniques, and the differential approaches required when working with acute versus chronic symptoms.

LEARNING AREA 4 - The Body in Movement

Important information comes through the body not just in symptoms, but in incomplete and unintended movements. Movement is one of the most powerful and direct access channels to dreaming processes, but the least used in therapy. Learn how to work with body movements to discover the meaning within, as well as overcome your own shyness to working in movement, and that of your clients.

LEARNING AREA 5 - Metaskills of Body Work

Working with the body is not just about a set of intervention skills but requires the cultivation of particular attitudes and *ways* of being with clients, which in Process Work, we call metaskills.

LEARNING AREA 6 - Ethics of Bodywork

Understanding the specific ethical considerations of bodywork and therapeutic touch, including how to initiate and safely engage in therapeutic touch and how to discern congruent consent.

Dates for 2020

Applications to the Somatic Psychotherapy Dreambody Training will close on 1st of May, 2020. Enrolments must be completed by this date.

Seminar Dates

5-7 June, 24-26 July, 18-20 September, 6-8 November. Each training day runs from 9am to 5pm except the last day which will end at 4pm.

The stars don't disappear when the sun comes out,
we just can't see them because the sun is so bright.

So it is with dreaming.

The brightness of consciousness makes it hard to
see that dreaming is always happening.

**Dreambody work teaches you how
to see *dreaming* while awake.**

Course Trainers

Dr Silvia Camastral

Course architect and Lead Trainer

Silvia qualified as a Processwork Diplomate over 25 years ago and has been working in private practice as a psychotherapist since that time. She also has a Doctorate in General Psychology, Masters in Counselling, Diploma in Early Childhood Education, and Certificate IV in Workplace Training.



A founding member of ANZPOP, Silvia has been delivering training in Processwork for over twenty years and has a particular interest in somatic [Dreambody work](#). Her Processwork dissertation, [The constant itch to self development: A personal journey with Atopic Dermatitis](#), is a personal exploration of how the psychological pattern behind chronic illness is also present in dreams, relationships and other areas of life.

Silvia is a member of the [Queensland Counselling Association](#), the [Queensland Association of Family Therapy](#), the [Psychotherapy and Counselling Federation of Australia](#) and the [International Association of Process Oriented Psychology](#).



“The search for healing has brought me to many different doctors and healers and eventually to therapy - first to a Jungian and then a Process-oriented therapist. The latter was a turning point for me. The Process Work paradigm was able to answer some of my questions about my tantalizing skin syndrome. Working with the actual experience of my symptom, discovering it and unravelling its mystery helped me value my underlying process of excitement and ecstasy.” From Silvia's thesis.

Liz Scott

Liz discovered Process Work through her own 27-year struggle with chronic debilitating migraines. In trying to make sense and meaning of this experience, she gradually transformed her life to the point where she no longer gets migraines and is living in a completely different way. This personal journey is captured in her captivating Processwork dissertation [Out of the Matrix](#).



Liz is a Process Work Diplomate with a private psychotherapy practice based in Auckland. She works with a wide variety of different situations and has a particular interest in working with somatic processes. Liz brings her deep empathy for those suffering with chronic illness and other ways in which we struggle, together with the hope that change is possible, based on her own lived experience.

Liz is a member of the [International Association of Process Oriented Psychology](#).



“Making changes can be incredibly difficult and troubling experiences alone do not necessarily provide us with sufficient incentive. Although we are often motivated to change through experiencing pain, pain and difficulties can be isolating experiences and reaching out sometimes seems

an impossible task. To know that meaning lies within these difficult experiences can sometimes be enough to help us begin our search.” From Liz’s thesis.

Dr Gerald Maclaurin

Gerald completed training as a General Practitioner in 1979, following which he spent six years as a rural medical officer in the highlands of Papua New Guinea, gaining a deep understanding of the intersection of medicine, healing and culture.

He then went on to train as a psychotherapist in 1988, Process Work Diplomate in 2005, and has been in private practice since 1994.



Alongside his psychotherapy practice, he also supervises individuals and teams of health workers in child psychiatry, paediatrics, mental health, chronic pain, eating disorders, and palliative care.



Gerald has served as the Chair of the New Zealand Association of Psychotherapists (NZAP) Advanced Clinical Practice Committee and as the President of the NZAP.

He is a member of the [Psychotherapy Board of Aotearoa NZ](#), the [New Zealand Association of Psychotherapists](#), and the [International Association of Process Oriented Psychology](#).

Goosebumps and hiccups, as well as tension, pain and illness, are signposts from the unconscious speaking in the language of the body.

Just as the unconscious talks to us through dreams in the form of images and symbols, so it speaks through our bodies in physical symptoms.

Dr Arnold Mindell

Pre Reading

Please read one of the following books prior to attending the training. To get the most out of the training, we recommend you read the other two over the course of the training:

- A Path Made by Walking by Julie Diamond and Lee Spark Jones
- Working with the Dreambody by Arnold Mindell
- The Dreambody Toolkit by Joe Goodbread

Venue, Accommodation and Travel

The Training Seminars are held at The Centre, 14 Francis Street, Randwick, Sydney. Onsite affordable accommodation is available at the venue but can book up quickly.

Participants are responsible for their own travel and accommodation expenses and bookings.

ANZPOP provides morning and afternoon teas with participants 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.

Course Fees

There is a range of fee structures for this course:

Standard Rate: \$4,570 with an early bird discounted rate of \$4,270 for course enrolments completed by 1 March 2020.

Two or more participants from one organisation: \$4,370 each with an early bird discounted rate of \$4,070 each for course enrolments completed by 1 March 2020.

ANZPOP Alumni rate: \$4,370 with an early bird discounted rate of \$4,070 for course enrolments completed by 1 March 2020.

Some work-study places are available and receive up to 25% discount on course fees.

Payment Options

A 25% course deposit is due within seven days of being accepted into the course. After paying the deposit, an automated payment plan of three, monthly credit card deductions is available. You may also choose to pay the full course fees upfront.

We understand that payment and paperwork requirements vary across organisations and have some flexibility to accommodate your organisation's processes.

Work-Study Places

All applicants are eligible to apply for a work-study place whereby a reduction in course 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 can 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

Course deposits are non-refundable.

For course cancellations before April 4, 2020, a refund of 50% of any fees paid will be made (not including the course deposit).

Cancellations from April 5, 2020 are not eligible for refunds and full course fees are payable from this date, irrelevant of how many seminars are attended (exceptions may be made on compassionate grounds at are at the discretion of ANZPOP's Executive Director).

Transfers are accepted before the course starts if the new participant has successfully completed the application process (online form and interview) by May 4, 2020.

Information Sessions

To find out more about the program, join lead trainer Dr Silvia Camastral for a one-hour [online information sessions](#) at one of the following times (all Queensland time):

- Friday 20 Dec 2019: 5-6 pm
- Saturday 11th Jan 2020: 9-10 am
- Wednesday 15th Jan 2020: 5-6pm
- Wednesday 5th Feb 2020: 5-6pm

You will need to download the free meeting platform [Zoom](#) to take part in the session. A meeting room link will be sent to you ahead of the session.

[Ctrl+ Click here to book an Information Session](#)

Applications

Applications to the Somatic Psychotherapy Dreambody Training program are now open, and will close on 1st of May, 2020. To apply to join:

1. Read all the information on this prospectus and attend an information session (not mandatory but recommended).
2. Complete and submit the [online application form](#).
3. After receiving your application, Jane Martin will contact you to arrange an online interview to discuss your interest in the program and answer any questions you might have.
4. If you decide to go ahead with the course, you will be sent a payment link to pay the course deposit and to select a payment plan. To secure your place in the course you must make this payment within seven working days of being accepted into the course.

[Ctrl+ Click here to Apply](#)