



# Australia New Zealand Process Oriented Psychology

Diplomate Training Program  
*Mastery Level Process Work 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 Indigenous People 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.

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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, respect, 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 Mastery Level Diplomate Training Program

The Diplomate Training Pathway is a rigorous program of study designed for those who already have some familiarity with Process Work and who feel called to deepen their experience and develop a level of mastery in the application and knowledge of Process Work.

Graduates of the Diplomate Training Program earn the designation of Process Work Diplomate. This title was first awarded by the Research Society of Process Oriented Psychology in Zurich in 1982 and enables graduates to join the International Association of Process Oriented Psychology (IAPOP).

Through IAPOP, the ANZPOP Diplomate Pathway is networked to training programs in other countries, with the core curriculum consistent throughout these networked but independent programs.

ANZPOP is the only IAPOP recognised faculty delivering a Diplomate Training Program in Australia/New Zealand. We offer the program locally and also encourage students to avail themselves of opportunities offered at overseas centres (seminars attended in other IAPOP recognised schools, delivered by Process Work Diplomates, can be counted toward Seminar Hours requirements).

**Rigorous, demanding, and deeply rewarding, the program emphasises the personal development of the student. Learning the theoretical framework and intervention tools are not enough. To become a truly skilled Process Worker requires significant personal development, self-awareness, and capacity to work on oneself: expect a transformative experience.**

## Program Structure

The course is a semi-structured program consisting of experiential workshops, seminars, peer learning groups, project-based learning, supervised clinical practice, and personal therapy. It is designed to support your learning in a way that utilizes your creativity, skills, learning style and deeper dreaming process.

Each students' learning journey is supported by a Study Committee of three Diplomates (at least two from ANZPOP faculty, the third may be any IAPOP member Diplomat). The Study Committee act as cheer squad, gatekeepers, and assessors throughout the learning journey.

The Diplomat Training Pathway is designed to ensure that the theoretical study and application of process-oriented methods occurs within a community of practice. Students are involved in several levels of practice, including personal work in therapy, reflective work in supervision and the student learning group, and community interaction at the local, national and international levels.

The program has two phases, each of which includes an evaluation process:

### Phase I

In Phase I, students will primarily attend seminars, engage in their own therapy, and practice skills and discuss readings in small peer study groups. With permission from their Study Committee, students will study for and then sit the eight oral Phase I theoretical exams. Upon successful completion of these exams, the student passes into Phase II with the permission of their Study Committee.

### Phase II

The focus in Phase II is on skill development. While attending seminars, peer study and personal therapy is continued, the emphasis is now on practical skills and clinical supervision. There are eight competency-based assessments undertaken through Phase II whereby students are assessed on either live or videoed examples of their work with clients and groups in a range of subject areas. Phase II also includes a mental health essay, World Work project, Ethics Course, and final project/thesis.

Full details of the program structure are provided to students in the Comprehensive Student Handbook upon acceptance into the program.

## Eight Core Learning Areas

### LEARNING AREA 1 - The Theory and Antecedents of Process Oriented Psychology

Develop an in-depth understanding of the Process Work theoretical model and the frameworks that inform it, including Jungian Psychology, Taoism, Buddhism, Shamanism, Alchemy, Communications Theory, Quantum Physics and Systems Theory.

A rich study tracing the ancestries of the Process Work paradigm and finding the connecting threads throughout them all.

### LEARNING AREA 3 – Mental Health Issues: Working with Altered and Extreme Mental States

Develop an understanding of the socio-political history of psychiatry and the Western Biomedical view of Mental Health (including familiarity with the Diagnostic & Statistical Manual of Mental Health Disorders).

Compare and contrast this to the deeply non-pathologising, liberation-based Process Work model of Altered and Extreme States of Conscious including working with coma and near-death states, addictions, and trance states.

Explore the concept of City Shadows in which extreme states in the individual are understood as a community process.

### LEARNING AREA 2 - Comparative Psychotherapeutic Traditions

Develop an understanding of other Psychotherapy/change models and how they are similar and different to Process Work, including Psychoanalytic, Psychodynamic, Adlerian, Gestalt, Movement, Narrative, Object Relations, Transactional Analysis, Client-Centered, Cognitive, Behaviour, Rational Emotive Behaviour, Reichian, Existential, Alexander Technique, Psychodrama, Keleman, Family Systems, Feldenkrais, and Lowan.

### LEARNING AREA 4 - Relationships: Working with Couples, Families and Relationship

Learn to apply the Process Work model to working with relationships and family groups using a field-based approach that works with the deeper growth process of the relationship, as well as the stated goals of the individuals.

Learn the Process Work approach to conflict transformation in relationships, how power dynamics appear in and impact relationship processes, and phases of relating.

Compare Process Work to Structural, Strategic and Systemic approaches.

### **LEARNING AREA 5 - Innerwork: Working on Oneself Alone with an “Inner” Supervisor**

Develop sophisticated skills to work on yourself using the Process Work Inner Work method, developing a high level of self-awareness and the skills to keep developing even more over your lifetime.

Compare and contrast Process Work Inner Work to other methods including Vipassana meditation, Zen meditation, yoga, Jungian active imagination, authentic movement, Tai Chi, and Shamanic vision questing.

Learning about other approaches helps you to work with clients within their own frameworks and belief systems.

### **LEARNING AREA 7 - Movement: Working with Kinaesthetic and Non Verbal Communication Processes**

Learn how to work with movement - the most powerful and direct route to the deepest change processes of our clients.

Compare and contrast the Process Work approach to movement therapies (such as Jung, Marion Chace, Laban, Mary Whitehouse, and Trudi Schoop), martial arts (such as Aikido, Tai Chi and Karate), and body therapies (such as the Alexander technique and

Feldenkrais), Yoga and Ecstatic Dance traditions.

### **LEARNING AREA 6 - Somatic Work: Working with Body Processes**

Learn to work with aches, pains and illnesses as psychologically meaningful experiences, appreciating the different ways of working with acute compared to chronic illness.

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

### **LEARNING AREA 8 - Worldwork: Facilitation of a Conflict with a Student Colleague, and Facilitating Large and Small Groups and Diversity Processes**

Develop advanced group facilitation and conflict transformation skills using the Process Work facilitation framework, including Deep Democracy, Conflict Phases, Group Processing and Open Forum models.

Learn to use your embodied, momentary experience as a facilitation tool.

Discern and work with the deepest change processes in groups and conflicts.



## Time Commitment

The Diplomate Training Program requires the equivalent of a minimum of four years full-time study to complete, however, it is uncommon for students to complete the program in four years, with most students studying part-time to accommodate work and carer commitments, and to follow their own unique learning process.

Students may take up to nine years to complete the course and in exceptional circumstances may negotiate more time.

	Recommended	Maximum allowable
Start Phase I exams	Within 12 months of enrolment	No later than 18 months after enrolment
Ph I exam period	12 months	18 months
<b>TOTAL Phase 1</b>	<b>2 years</b>	<b>3 years</b>
Phase II competency period	2-4 years	5 years
Final project period	4-6 months	1 year
<b>TOTAL Phase II</b>	<b>2.5-4.5 years</b>	<b>6 years</b>
<b>TOTAL COURSE TIME</b>	<b>4.5-6.5 years</b>	<b>9 years</b>

## Program Hours

While the Diplomate Training Program is much more than a collection of course requirements, we are also committed to ensuring a level of rigour in our program commensurate with local sector standards. As such, our course requirements are benchmarked to the Psychotherapy and Counselling Federation of Australia psychotherapy training standards to ensure our graduates are able to gain membership with PACFA if they so choose. The following minimum course hours are required:

- 130 hours of your own therapy
- 200 practice client hours
- 50 clinical supervision hours
- facilitate or co-facilitate five supervised group processes
- 520 seminar hours (approx. 86 x 6-hr days).

## Estimated Costs

### Fixed Fees

As a semi-structured program, the Diplomat Training Program, has core compulsory training requirements with associated costs.

ANZPOP delivers two, four-day compulsory face-to-face trainings (or online if we're not able to travel due to COVID), fixed every year on the last weekend of March and the first weekend of September. Four blocks of four, two-hour compulsory online training/supervision sessions are also included in the annual fixed fee component.

Students in Gate 3 of Phase II are not required to attend trainings and their fees are modified accordingly (students at this stage are focussed on their final project and are no longer required to attend seminars).

Item	Phase I	Phase II Gates 1 & 2	Phase II Gate 3
Two, four-day trainings	\$2,080	\$2,080	-
Four, four-session online training/supervision	\$1,400	\$1,400	-
Study Committee meetings	\$330	\$660	\$660
Student Fee	\$680	\$720	\$720
<b>TOTAL per year</b>	<b>\$4,490</b>	<b>\$4,850</b>	<b>\$1,480</b>

Students can choose from a range of flexible payment plans to pay the fees over each 12 month period.

All fixed fees will increase by a minimum of approximately 3% per year.

### Variable Costs

Each student journey is unique and the program allows student to shape much of their learning journey. The costs associated with this are variable depending on the fees of therapists and supervisors students engage, the fees for additional seminars, and how many hours of these students chose to do above the minimum requirements.

Below is a broad estimate of additional costs over the course of study, usually paid directly to the provider per event:

Personal therapy	130 hrs x \$140 per session	\$18,200
Supervision	50 hrs x \$140 per session	\$7,000
Final project supervision	15 hrs x \$140 per session	\$2,100
Seminars	Additional 20 days x \$220 per day	\$4,400
Oral Exams (Ph I)	8 x \$130 (+ 8 x \$10 for Beisitzer)	\$1,120
Ethics Course (Ph II)		\$330
Competency Assessments (Ph II)	8 x \$260	\$2,080
World Work Fee	1	\$1,200
<b>TOTAL ESTIMATE</b>		<b>\$36,430</b>

Additional varying costs may include book purchases, telecommunication and technology costs, travel and accommodation for seminars, setting up private practice or consultancy (which as an earning vehicle can offset costs), and professional indemnity insurance.

## Venues, Accommodation and Travel

The face-to-face training seminars are held in various locations in Australia and New Zealand, including the Gold Coast, Brisbane, Sydney, Melbourne and Auckland.

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

ANZPOP provides morning and afternoon teas with students organising their own lunches. Our venues have kitchen facilities are close to café's.

## Trainers

Only Process Work Diplomates, as recognised by the International Association of Process Oriented Psychology, can teach Process Work in the Diplomat programs.

All our lead trainers are highly experienced Process Work practitioners in their respective fields, be it psychotherapy, facilitation, or coaching as well as highly experienced trainers, many with over twenty years teaching experience.

We also foster the development of our Diplomat Training Program graduates through co-trainer positions as part of our commitment to maintain rigorous training standards from one generation of Diplomates to the next.

## Entry to The Program

It takes more than a conscious choice to enrol in the Diplomat Training Program. In addition to your desire to enter the program and to work with others, you must also have strong dreaming signals including night-time dreams, life events or synchronicities that support this direction.

This is not a beginner-level program. Applicants must have attended some training in Process Work and personal therapy with a Process Work Diplomat (there are no set hours for either requirement).

Applications can be made to the program at any time in the year.

## How to Apply

### Step 1. Processing Your Intention

Diploma applicants are required to attend a minimum of two sessions with two different ANZPOP faculty members to explore their intention to undertake the Diplomate Training Pathway. This includes working with the dreaming signals supporting this direction. A written account of these sessions is required for the subsequent written application.

The sessions will either support continuing the application process or indicate that the timing is not right to continue at this point.

Fees for these sessions are paid directly to the faculty members. A listing of faculty members is available on the [About Our People](#) page.

### Step 2. Online Written Application and Fee

Applicants are next required to complete the [online application form](#), which includes uploading the following documents:

- Short (up to two pages) biographical essay
- Resume outlining previous training, work and volunteering experience
- Two referees who can attest to your suitability for working with vulnerable people (family and friends cannot be used)
- The written account of the two sessions from Step 1

To submit the application, payment of the non-refundable application fee of \$300 (AUD or NZD depending on which country the applicant lives in) is also required.

### Step 3. Interview

Within one month of receiving an application, the Admissions Committee will contact the applicant to arrange an online interview.

Topics explored in the interview may include intention, experience, and understanding gained through the sessions from Step 1, motivations for study, capacity to finance the studies, capacity for independent study, and ability to access educational, personal, professional and other resources to assist in pursuing this course of study.

Applicants will be notified of the outcome within two weeks of the interview.

## Accepting an Offer of Admission

To accept an offer of admission and begin your studies you must:

- Reply to the Admission's Committee email Offer of Admission confirming your acceptance
- Pay the first installment
- Form your Study Committee within six weeks of accepting the offer
- Have your first Study Committee meeting within three months of accepting the offer.

## Further Information

To find out more, please contact the ANZPOP Executive Director, Liz Scarfe, via [admin@anzpop.org](mailto:admin@anzpop.org).