

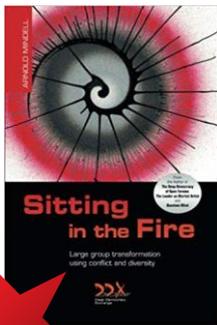


PROCESS WORK GROUP FACILITATION CURATED READING GUIDE

The Process Work approach to facilitation is supported by a wealth of published books and dissertations to help you learn the skills and deepen your self-knowledge as a facilitator. The red stars indicate what we consider to be the most central texts.

If you are joining the Process Oriented Facilitation Training, the first two are must-reads, the rest are amazing but optional for getting started.

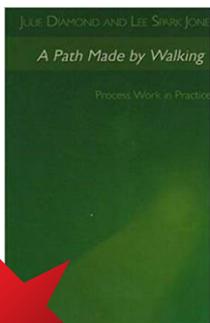
Sitting in the Fire: Large Group Transformation Through Diversity and Conflict by Arnold Mindell (1995)



The core facilitation text by Process Work founder Arnold Mindell, articulating the different components of the Process Work facilitation model. Full of captivating examples of Mindell's facilitation work that demonstrate the theory, the book also includes a powerful exercise to work on your own privilege at the end of chapter 4.



A Path Made by Walking by Julie Diamond and Lee Spark Jones (2005)



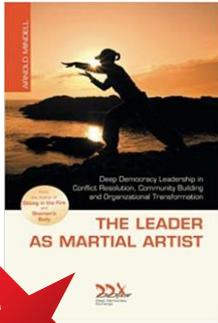
An excellent introduction to the Process Work model written in a clear, well-structured way, using case studies and activities to bring the model to life. The examples are mostly within the context of one-on-one psychotherapy but are still highly relevant to group facilitation. Don't worry if after reading it you're still not quite sure how it all works, Process Work can't be learnt just from a book, but this one is a good start if to at least familiarise yourself with the jargon.





Leader as Martial Artist by Arnold Mindell (1992)

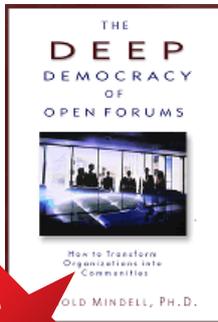
This book is all about Deep Democracy, a fundamental Process Work concept developed by Mindell - from the book:



“Deep democracy is that special feeling of belief in the inherent importance of all parts of ourselves and all viewpoints in the world around us... It must not be limited to inner peace or outer equilibrium but must apply to real situations where there are chaos and attack, transformation and conflict... Deep democracy is our sense that the world is here to help us become our entire selves, and that we are here to help the world become whole.”



Deep Democracy of Open Forums: How to Transform Organizations into Communities: Practical Steps to Conflict Prevention and Resolution for the Family, Workplace and World by Arnold Mindell (2001)



An incredible book that explores the application of Deep Democracy and the central role of conflict as a tool to develop awareness and greater connection. Great for those wanting to feel more confident working with conflict and those working in organisational change.



Conflict: Phases, Forums and Solutions by Arnold Mindell (2017)

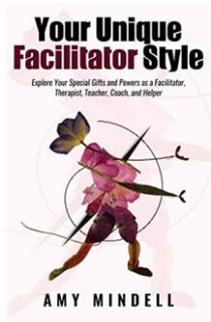


An extension of Mindell's Deep Democracy work, this book introduces new ideals and tools for conflict transformation in a wide range of contexts (his new concept of the four phases of Deep Democracy, chapter 1, is particularly powerful). The book combines methods for the facilitators own inner work, as well as ways of working with groups.



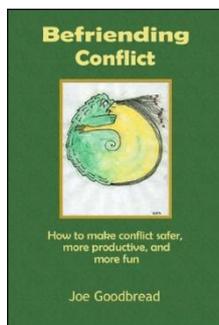


Your Unique Facilitator Style by Amy Mindell (2019)



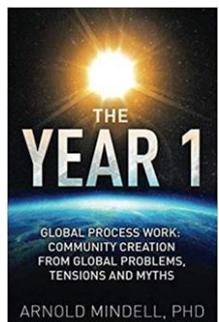
A book to “help you explore the unique style that animates your work and makes you most creative and effective”. Full of case examples and exercises, this book encourages you to fully claim your unique facilitator style (and stop critically comparing yourself to other facilitators) and how to leverage it to do your best work.

Befriending Conflict by Joe Goodbread (2010)



An excellent book for facilitators who get nervous about conflict (and then might tend to suppress it in groups) to support your conflict skills, but also help you reframe conflict. Born from Goodbread's work developing the Befriending Conflict program, sponsored by the European Union to help community workers along the Northern Irish border to cope with the stress of the highly conflictual atmosphere they worked in, the book offers easy to understand and use tools to transform conflict into opportunities for growth and connection, in both our inner and outer conflicts.

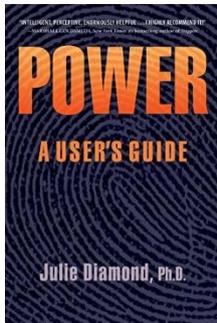
The Year 1: Global Process Work: Community Creation from Global Problems, Tensions and Myths by Arnold Mindell (1989)



An oldy but a goody, here Mindell's first expands his concept of the individual 'dreambody' to whole world planetary dreaming. Combining physics, Jungian psychology and mythology to explore the ecological and political problems of the world and how acceptance of all parts (the beginnings of Mindell's Deep Democracy concept) is essential for solving these problems.

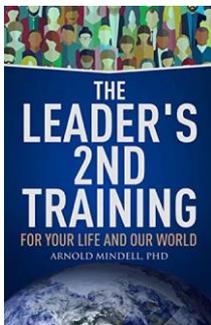


Power: A Users Guide by Julie Diamond (2016)



If the Process Work ways of thinking about and working with rank, power and privilege have piqued your interest, this is a must-read. Full of exercises to deepen your relationship with your own personal power and learn to use it well. Especially important for anyone in a leadership position (which is generally everyone at some time in their lives – parenting is a leadership position).

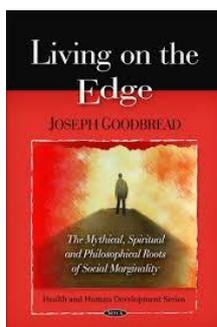
The Leader's 2nd Training by Arnold Mindell (2019)



Quantum physics meets facilitation! In this book, Mindell teaches how to work with deep levels of reality in the midst of conflict: “helping people become effective leaders by increasing their awareness and ability to FLOW – that is, to be creative as well as powerful during conflict.”

An excellent book but we suggest you read it after some of the earlier facilitation books.

Living on the Edge: the mythical, spiritual and philosophical roots of social marginality by Joe Goodbread (2009)



Social marginality is always present in group work. In this fascinating book, Goodbread “explores the processes that lead those who start off as heroes to be ultimately despised and rejected by the very society that they rescued”. The book is based on Goodbread’s work with Chernobyl liquidators (army personnel who decontaminated and sealed the site) and explores mythology, philosophy and psychology to understand how marginalisation happens, why it’s so hard

to come back from, and ideas about to engage in the process with more fluidity.



Dissertations

Following is a compilation of free-to-download (click on the title) Process Work dissertations from Diplomat, Doctorate, and Process Work Conflict Facilitation programs, all related to either facilitation, group dynamics, organisational dynamics, power or conflict.

[Group Process Work](#) by Jan Dworkin, 1989

[Emerging World Views](#) by Dawn Menken, 1989

[The Individual as a Channel of Group Process](#) by Clare Nance, 1991

[A Process Oriented Approach to Developing a Mental Health Service Organization: An Experiential Study](#) by Salome Schwarz, 1993

[Conflict: Gateway to Community](#) by Gemma Summers, 1994

[Listen or Die: The Terrorist as a Role](#) by Alexandra Vassiliou, 1995

[Process Oriented Dialogue: An Inquiry into Group Work & Conflict Facilitation](#) by Ingrid Rose, 2000

[Deep Democracy A Learning Journey](#) by Martha Sanbower, 2000

[Process Work Contributions to Men and Power](#) by Stephen Schuitevoerder, 2000

[Racism in Trinidad](#) by Charlene Agostini, 2000

[Rank and Marginality: A Multidimensional Approach](#) by Lee Spark Jones, 2003

[Process Work and the Facilitation of Conflict](#) by Stanford Siver, 2006

[What is Organisational Development from a Process Work Perspective?](#) by Heike Hamann, 2007

[The Process of History-Making Conflicts: Subjectively Revisiting Three Historical Conflicts in Process Work Terms](#) by Nancy Papathanasiou, 2007

[Developing Awareness of Group Process Inside a Group That Resists Learning About Itself](#) by Doug Hales, 2008

[The Missing Facilitator: An Exploration of the Concept of the Participant-Facilitator in Process Work](#) by Barbara Burkhardt, 2009



[Moving in the Interstices: Cultivating Fluidity in the Participant Facilitators Role](#) by Susan J. Newton, 2009

[Shooting Ourselves in the Head? A Qualitative Exploration of Conflicts with Leaders in Groups Experiencing Marginalization](#) by Tim Spalding, 2009

[Building a Global Family: An organisational case study focusing on the myth of the leader and the organisation](#) by Vicki Henricks, 2011

[Deep Democracy in the Australian Context – a personal journey with ancestry](#) by Nicole Kinnaird, 2012

[The Braided Way: Deep Democracy and Community](#) by Gill Emslie, 2014

[Deep Democracy in Action: The Elder Role in Leadership Development](#) by Violetta Ilkiw, 2014

[The Elderful Leader: Developing Rank Capabilities for Effective Leadership](#) by Vanessa Toy, 2014

[Entangled: Interdependence between Personal and Community Development](#) by Yuliya Filippovska, 2018

[Worldwork in the Theatre](#) by Elena Margo, 2019