

DDI, Int Process Work Coaching and Facilitation Training – Our Approach

Process Work Coaching and Facilitation: *A Life Practice of Liberation*

Process work coaching and facilitation is a depth-psychological approach that works on three levels of awareness. While theoretical understanding can be helpful, the critical point in all of this is actual practice and flow. In our view, process work is not only a revolutionary or liberation theory—it is, even more so, a revolutionary or liberation life practice.

It has an overarching theoretical umbrella – the Process Work and Deep Democracy paradigm – Mindell’s and colleagues’ research have developed practical applications in many areas:

For the Curious and Agile: Who Joins Our Training and Why

While our training places a strong emphasis on coaching and facilitation—including specializations such as extreme states, psychosomatic processes, large group facilitation, organizational development, conflict resolution, and team dynamics—we also see a growing number of participants drawn to cultivating two essential qualities for thriving in today’s world: curiosity and agility. These are the foundations for engaging with any challenge and moving fluidly through its unfolding process.

Co-Learning in a Living System: *Practice, Culture, and Interpretation*

There are different paths—and periods—in life, and people take up different aspects of this practice depending on their unique journey. In our co-learning approach, trainers are just as involved in working with and practicing this liberation-through-awareness path as the trainees. We are all in a joint learning “bubble” together, where practice and collaborative learning are key. While there is a solid theoretical foundation in the background, there are also diverse possibilities of interpretation and application—depending on cultural context and personal style. There is also a wide range of practices.

Competency as Co-Creation: *Dreaming Paths and the Flow of Practice*

In our competencies, we do not focus on understanding the theory in the “right” way or working with clients in the “right” way—because there is no single right way. Instead, there is a flow of mutual co-learning. Yet at the same time, there is a solid background theory of awareness and a method for relating to the emerging “dreaming path.” This dreaming path can be approached through group processes, interpersonal relationships, or inner experience. Our competencies are no longer simply divided into body symptoms, group work, or dreamwork. Although for some, these may still be natural areas of focus and specialization, depending on their curiosity and gifts, and also professional focus.

When Theory Becomes Life: Personal Integration and Global Application

In our experience of working across continents and cultures, we find that maybe the most happiness for people—and also impact on the environment—is related to how the theory and practice become integrated into each person’s life—and consequently how they relate to their clients and how they approach their community and groups.

Welcoming Many Ways: Honoring Style, Culture, and the Inner Path

One vision we hold at DDI—and which is also unfolding in practice—is to welcome many different ways of practicing, learning, and understanding. We love cultural diversity, the energy and learning (including unlearning) they bring to everyone, and do not pretend to know “the” right way. Instead, we aim to encourage each person to discover their own unique way, to hone it, master it, and make it beautiful for themselves.

A Common Ground for Diverse Explorations

At the same time, we offer a shared base of knowledge—core theory and practices—that provide a platform to leap from, bounce against, be inspired by, and learn from. This base is used, interpreted, and danced with in a wide variety of ways.

Following the Call: Travel Principles and the Awakening of the Process Worker

Even this is consistent with process work as a paradigm (rather than just a theory). Research suggests that childhood dreams show meaningful patterns unique to each person. These dreams reflect a person's "travel principle"—the deeper calling that guides them through life. Along the journey, we meet "time spirits"—the challenges and allies that help us grow.

You become aware of your travel principle through the places and people you are drawn to, and the challenges you must face. In this dualistic system of attraction and difficulty, you come to understand more deeply who you really are, and what your larger purpose is within the web of life.

Because of this, different aspects of theory or cosmology will speak to different people, depending on their travel principle. You make parts of the theory your own. Others may feel foreign or challenging—and engaging with these challenges can awaken the "process worker" in you.

Dream-Directed, Not Directionless: Balancing Structure and Curiosity

That is why we call it dream-directed learning. But it is not simply "trusting the process" and drifting without structure. We support both: we support the following of your deeper curiosity, and we hope to support you as you meet particular challenges along the way.

Diversity in Action: Relating to the Other in Real Time

We are a highly diverse group. People come from a wide variety of worldviews and cosmologies, diverse narratives of the meaning of relationships, family, economics, religion, politics, community, success and failure, right and wrong, etc. What we share is a common understanding that working on our awareness is a key to personal and collective inner and outer "liberation."

Our learning is based on inner work and group work: discovering how what happens inside reflects the outside world and vice versa. Our diversity gives us a unique chance to engage with the so-called "other" directly—not by reading about it, watching it, or discussing it from a distance, but by encountering and relating to it in real time.

Dreambody and Awareness: Foundations of the Process Work Paradigm

Vision + Overview of Outlook Review Process

In the larger psychological community, and including the transpersonal community, there are two major innovations that Process Work is known for, although there is much more to be said in terms of a large, cohesive paradigm. They are two of the main pillars in the foundation upon which many of our practices and concepts stand.

First, historically, is the Dreambody concept. We expect people to understand not just the Dreambody concept, but to be able to discuss and explain some of the complexity involved: our seemingly unconscious or chaotic behavior actually reflects the same experience that we have in our night dreams. Our night dreams make our daydreams whole—they belong together—just as our body symptoms make our physical identities whole. This is the dreambody concept. This is extended into relationship issues including “x” energy, world problems, etc.

Second is the parallel worlds of the three awareness modes: consensus reality, dreaming, and essences, including quantum flirts, etc. We would like you to explain, discuss, and debate.

Theory in Action: Competencies That Emerge Through Practice

Dreambody and the three awareness levels are the foundation of the body of Process Work theory. There are of course many connections. Life-myths that are connected to chronic symptoms, childhood dreams, peak experiences, and crises in your life. Quantum flirts provide a method to get to your life myth in a given moment. Night dreams help you to discover different aspects of where you are at a moment in time along your lifepath, as are body symptoms. These are all practical applications. These are process work in action — the practice of Process Work.

The competencies that we define are focused on the practice. There is a huge body of books, detailed studies, and diploma works—that all focus on the details of how you can hone and master these particular competencies. To begin with, we think it’s key that you can discuss these foundational issues and make the connections in terms of the larger theory in the background, rather than break this down into particular islands, like for example life myth, without understanding that the life myth concept is directly connected to the Dreambody concept, which shows that there is a larger pattern behind the local and temporal Dreambody expression that is timeless. The larger pattern has a dream-directedness, and we discover and work with this by applying many of the practices.

The Outlook Review: Reflective Integration of Practice and Understanding

Outlook Point

An outlook point is a joint conversation where you share your understanding in the context of your specific situation.

In our outlook reviews, co-learners – trainers and students – get to discuss their personal, diverse views and experience, jumping off and dancing on the following platform below:

Guiding Questions for Outlook Reviews

1. The Dreambody concept

Explain your understanding of the Dreambody concept and how symmetrical patterns can be found in body symptoms, relationship problems, and inner conflicts.

Can you define each of these terms and describe how they are interconnected?

2. Awareness Levels

Describe the three awareness levels with examples and how they are important in terms of PW Theory and practice.

3. How to bring a problem to a coaching session

Describe your understanding of how to present an issue in a coaching session for the purpose of working on it and why that is important.

4. Clarifying and unfolding the process

“Once you have clarified the problem with your client, together you will look for the edge, find a way to switch levels, notice double signals and unfold the dreaming in the ‘x’ content/energy.”

Can you define and explain every term used in this sentence? Do you understand the flow and dynamics of this process?

5. Identity shift and assemblage points

Can you explain the dynamics of an identity shift and how it creates new assemblage points? Please define these terms and give examples.

6. Dream-directed learning vs. rule-based curriculum

Explain the difference between a dream-directed learning path and a quantifiable, rule-based curriculum. Talk about your own path of dream-directed learning and how you experience these particular concepts in connection with your own coaching, guiding team process, and learning.