

# CO-CREATING EARTH-BASED COMMUNITY

with Gary Reiss

## **Using Earth-based Awareness And Process Oriented Skills To Facilitate Conflict, Power, Rank And Diversity For The Wellbeing And Resilience Of Groups And Communities In Transition**

*Process Work (Dr Arnold Mindell) now emphasises Earth-based awareness work for working on social and ecological issues. This approach to social and environmental problems helps us to move beyond traditional polarisations, bringing us in touch with a place of Deep Democracy from which complex difficulties can be addressed. Process Work brings together the outerwork of social activism with the innerwork of psychology and meditation, grounding it in our connection with the sentient earth. An aim might be 'how to be at home within ourselves while finding home and community on the earth'.*



A seminar for those interested in 'resilient community' & the interface between *Process Work* and the *Transition Movement*; wanting to discover a sense of 'home' (ecos) while seeking sustainable change and solutions.

**Friday 14th (7.30 - 9.30pm) - Saturday 15th (10- 5) Sunday (10- 4pm) 16th May**

**at Bowden House, Totnes**

With complex social and ecological problems there is often a tendency to marginalise both; aspects of our inner diversity and the outer diversity of the situation.



Can we make the needed societal changes without repeating the damage to each other and the environment in the process?

What deeper skills and attitudes can help how we relate to one another in our families and communities?

How can we deal with the complexities which arise when groups with different levels of privileges interact trying to make changes?

A weekend mixing theory, experiential skill-based exercises, group process, and the sharing and reflection on experiences. There will be opportunities to explore application to 'real' relationship, group or community issues as part of the workshop.

The seminar will be preceded by 2 weeks of online presentation and discussion of Process Work theory open to all participants held by Diploma holders and advanced Process Work Students. This will be an opportunity to ground yourself in some basic PW ideas before attending the course, and online access will be made available after registration.

Visit [www.apricotcentre.co.uk/cocreate.html](http://www.apricotcentre.co.uk/cocreate.html) for SCHOLARSHIP & BURSARY info

**Gary Reiss LCSW PhD** lives in Oregon and teaches worldwide as a Certified Process Oriented Psychology Trainer. An experienced conflict facilitator working in the Middle East; he has also helped develop Process oriented family therapy and coma work; and integrating shamanism, Taoism, Kabbalah, and other spiritual approaches into Process Work. Gary has written 8 books with in-depth explorations of many of life's most challenging areas. Written with the goals of enhancing deep development while reducing suffering, both personally and collectively.

- *Changing Ourselves, Changing the World*
- *Beyond War & Peace in the Arab Israeli Conflict*
- *Angry Men, Angry Women, Angry World*
- *Leap into Living: Moving from Fear to Freedom*
- *Vital Loving: a guidebook for families & couples'*
- *Inside Coma* is his most recent book