



13 - 15
November
2020

OPEN SEMINAR **zoom**

FEELING BLUE OR FEELING HIGH - Processing addictions and depression

with *Ana Rhodes Castro*

THE SEMINAR, HELD IN ITALIAN/ENGLISH, IS RESERVED FOR MEMBERS OF ARTE DEL PROCESSO ASSOCIATION AND CONTINUES OVER THE NEXT TWO DAYS FOR STUDENTS ENROLLED IN THE SCHOOL

THE CONTEXT:



What are we really dependent on? Is it the substance itself or are we looking for something else? And in that case, how can we embark on a journey that help us understand some of the deepest desires and work with them creatively?

Jung said that "the briefly explored dependencies have become a journey of understanding."

We will also explore how addictions keep information not only about us, but also about the family, the working environment, as well as being a social and political issue.

THE TOPIC



Depression can be considered the psychological equivalent of cold. Everyone has experienced it to a certain degree at a certain point in his life.

During this workshop we will explore the processes behind different types of depression. We will consider depression as a call to integrity and a journey to discovery.

As we carry out and explore what kind of depressive property is accompanying us in our lives, we will be able to discover new internal powers that will give us a greater sense of freedom in the ways we relate to the world.

THE TEACHER



Ana Rhodes Castro is an organizational consultant, trainer, executive coach and transpersonal psychotherapist.

Over the last 10 years he has worked as a trainer and coach in various contexts ranging from the Eco-village of Findhorn in Scotland, the United Kingdom, the United States, universities in Italy, Latin America.

She has taught a variety of topics such as facilitating conflict, leadership, and communication skills.

The seminar **format open to public in the first days** allows interested people to learn more about the **ProcessWork methodology** developed by Arnold and Amy Mindell: an interdisciplinary method that enriches the traditional therapeutic approach with the **over-individual and systemic dimension, exploring the social, cultural and political components that emerge in groups and interactions.**

The main objective of this workshop is to understand the theoretical framework behind process work, conduct individual and group practices that enable first-person experience, and learn **how Process work can be applied to the fields of dependencies, depression, and extreme-state experiences in general.**

A process work and training seminar for all those who feel affected by this theme, including holistic and bionatural practitioners, social workers, consultants, psychologists, facilitators, coaches, group and community workers, anyone who wants to enrich and deepen their personal and professional growth path in the help report.

**OBJECTIVES AND
PUBLIC**



zoom

Let's meet on Zoom!

LOGISTICS



DATES AND TIMES

13 - 15 NOVEMBER 2020

OPEN SEMINAR

Friday 13 from 15 to 19

Saturday 14 from 10 to 13 and from 15 to 18

Sunday 15 from 9.30 to 13.30

The open seminar is reserved for the members of the Art of the process Association.

All external parties can still register, subject to payment of the annual membership fee of 10€ and the membership fee.

TRAINING DAYS RESERVED TO STUDENTS

Monday 16 November

Tuesday 17 November



Seminar is held in Italian and English.

Places for Open Seminar are limited. Sign up as soon as possible to guarantee your participation!

PARTICIPATION FEE

Open Seminar – 160 Euro
Membership Card 2020 – 10 euro

TOP 3 PROMO!

A gift book is provided for the first 3 members. The book will be at the participant's choice on a collection of titles selected by the school and will be delivered to the designated address in Italy when completing the enrollment.

BRING A FRIEND PROMO

Sharing is an integral part of ProcessWork. Bring a friend and receive a free book or, of your choice, a 20 euro voucher to attend a later school seminar with you or your acquaintance.

FED
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THE PROFESSION IN
PROCESSWORK IS
GOVERNED BY LAW 4/2013

INFO AND COSTS



HOW TO REGISTER



BANK TRANSFER

Make a bank transfer of 170 euros (or 160 euros if you are already registered to the association year) entitled to:

Associazione Arte del Processo
Via XXV Aprile 10, Castelfiorentino (FI)
IBAN : IT08C0501802800000012398665
SWIFT/BIC: CCRTIT2T84A

Purpose of the payment: Open seminar registration, NOVEMBER 2020 + First and Last Name

Send a copy of the payment and your personal and contact details (first name, last name, email, tel) to:
info@processworkitalia.com

PAYPAL OR CREDIT CARD

Book your place via [Eventbrite](#), our [Facebook page](#) or [our website](#) (a small fee will be added to the transaction).

All participants will receive a confirmation message that they have been registered together with the Zoom link.

PS: The first three subscribers and those who bring a friend will receive an email communication with the facility or gift provided.

For more info on the workshop or on the school please contact Samuel Capecci at +393471821047.



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www.processworkitalia.com