Can conflict and polarisation be a doorway into growth and connection? A hands-on training for transforming inner and outer challenges into empowerment and discovery.

Resources recommended by workshop facilitator Irina Feygina

Irina’s work:
- Climate Change Inaction and Relationship, in Process Work Institute, by Irina Feygina
- Responding to Climate Change Skepticism and the Ideological Divide, in Michigan Journal of Sustainability, by Jessica M. Santos and Irina Feygina
- Understanding and countering the motivated roots of climate change denial, in Current Opinion in Environmental Sustainability, by Irina Feygina
- 11th Annual Psychology Day at the UN: A report, in The Shrinking Couch, by Nivida Chandra

Introduction to Processwork (websites, articles and videos):
- Amy and Arny Mindell’s Introduction to Process-Orientated Psychology
- Lane Arye’s Introduction to Process Work
- Kate Sutherland, Process Oriented Psychology
- Good Therapy’s Introduction to Process Oriented Psychology
- The world in here and out there: Processwork facilitation as therapy and as worldwork, by Iona Fredenburgh and Leah Bijelić

Deep Democracy and the process-oriented approach to organizational and political processes:
- Amy and Arnold Mindell on Deep Democracy and Worldwork
- From Conflict to Community – A Deep Democracy and Process Work Approach, by Gill Emslie
- Worldwork Seminars - an introduction to Worldwork and Deep Democracy

Processwork books:
International Association of Practitioners of Process Oriented Psychology - a reading list