

Process Work Institute

2049 NW Hoyt Street, Portland, Oregon 97209 · 503-223-8188 · Fax: 503-227-7003

General Standards for Phase 2 Exams

The student needs to demonstrate the following:

1. A thorough knowledge and integration of the process work paradigm.
2. Skills:
 - A) structural analysis: ability to make a hypothesis about the process based on signal awareness, to explore it and to follow feedback.
 - B) ability to work with signals, channels, edges and amplification techniques.
 - C) demonstrate a working understanding of edges and feedback
 - D) ability to work with transference, counter transference and dreaming up
 - E) ability to use metaskills appropriate to the client's process
 - F) ability to work with and to become fluid around getting stuck; making "stuckness" useful.
 - G) knowing how and when to use role play
3. The examinee should have the ability to analyze and discuss the process, regardless of whether or not s/he was able to unfold it while working.
4. The examinee should have knowledge of his or her personal goals and how they interface with the process.
5. The examinee should have the ability to be an elder in the exam situation. This means being able to be a therapist with all the responsibilities that it entails, while being examined.
6. The examinee should have the ability to use your self-awareness to benefit the therapist/client relationship.

Symptoms

1. Check on consensus reality aspects of symptom and medical care.
2. Unfold sensory grounded information in the channel in which the symptom presents itself.
3. Show an understanding about the difference between chronic and acute symptoms' processes.
4. Know when and how to use hands on skills with body experience.
5. Relate the process behind the symptom to experiences in other channels and ultimately to the client's everyday life.
6. Connect symptom with childhood dream and life myth.

Working with a couple

1. Recognize levels and have a toolkit that allows you to make interventions appropriate to that level.
2. Recognize and work with edges, double edges and system edges
3. See the relationship as a system or field, including its relationship to the world and the social context.
4. See your own experience and how you are perceived as a role in the relationship work.
5. Work in various channels while working with a couple.

Process Work Institute

2049 NW Hoyt Street, Portland, Oregon 97209 · 503-223-8188 · Fax: 503-227-7003

6. Appreciate the relationship culture and know when to interrupt it.
7. Awareness of the fluid nature of rank

Working with an individual on a dream

1. Find the dream in the moment, i.e. leave the dream and enter the dream stream
2. Use symbolic thinking
3. Explore unknown elements in the dream
4. Approach and unfold the dream on various levels, including consensus reality, dreamland and sentient levels
5. Work with and unfold dream associations
6. Identify the process structure in the dream
7. Use various methods to unfold dream
8. Process-orientated dream interpretation including CR, dreamland and essence interpretations
9. Recognize your dreamed up reactions in relation to the dream

Group work

In the exam you may be asked to come with a pre-agreed on topic, in which case you are still requested to show the ability to sort within that topic.

1. Demonstrate basic skills: sorting, consensus gaining, hot spots, edges, temp resolution, identifying roles and ghost roles.
2. Skills for role play: reaching into the sentient part of role, noticing edges in roles, noticing when roles become personal, double signals in roles, edges in roles
3. Work with and support a group's primary process
4. Work with atmospheres
5. Unfold what is unknown in a group
6. Have many methods for unfolding group including role play, sentient awareness, personal sharing, individual and relationship work and work with body symptoms.
7. Awareness of facilitator's use of air time – ability to enter and ability to be quiet.
8. Ability to work on you own states see them as part of the process and make use of them (innerwork)
9. Ability to follow the group rather than manage
10. Ability to do innerwork on the spot
11. Ability to deal with criticism and attack
12. Ability to deal with the exam situation, work with peers and demonstrate eldership.

Working on yourself alone

1. Ability to see everything as you.
2. Sort experiences and focus on secondary material
3. Find an edge and explore it.
4. Follow experiences in the channels that they present themselves in.
5. Unfold appropriate levels of experience
6. Notice your primary process. Who is working?

Process Work Institute

2049 NW Hoyt Street, Portland, Oregon 97209 · 503-223-8188 · Fax: 503-227-7003

7. Ability to discuss your process with an examiner.
8. Using the exam situation as a role in the innerwork.

Working with an extreme state (to be done on video)

(Please do not work with an addiction unless it is a dual diagnosis)

1. Comfort with various states of consciousness in yourself and others
2. Metaskills: befriending, entering, joining, interacting
3. Find the primary state within the extreme state
4. Demonstrate various methods for attempting to unfold the extreme state
5. Recognizing where the state is on a continuum of extreme, altered and CR states.
6. Know where the state fits into the person's CR situation or life myth and central major edge
7. Understand extreme states as a city shadow. How does this extreme state function as city shadow?

Long term case study using video analysis

1. Map out various threads of the client's long term process including childhood dream, chronic symptoms, relationship issues, world issues, current dreams, body and movement experiences, personal history and family of origin, central edges
2. Track transference and counter-transference
3. Identify and relate to the client's primary process and central complexes over time
4. Help the client integrate secondary material over time
5. Describe interventions and methods for working with short and long term edges
6. Do a structural analysis with the momentary video and show how it relates to the long term process of your client
7. See the long term process within a snapshot/video and vice versa

Working with your own relationship conflict

1. Stay in the conflict and keep a metaposition
2. Do not act as the therapist but hold the awareness
3. Track your own signals and unfold them
4. Track other's signals and support the other person to unfold them
5. Find the other in yourself.
6. Fluidity with side taking
7. Level awareness and ability to work on different levels
8. Ability to bring up a conflict.
9. Awareness of rank and ability to work with it
10. Demonstrate curiosity about someone's process while in conflict with them.
11. Innerwork while in conflict

Rev. January 2006