

# Process Work in Russia

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## The Three Stages of Studies toward the Diploma in Process Work

The Russian Diploma Program in Process Work is based on three stages of training:

- 1) 3-Year-Certificate in Process Work
- 2) Diploma Program  
Intermediate Exams (oral exams in 7 key areas of process work)
- 3) Diploma Program  
Cand. Dipl. POP  
Diploma in Process Work (after completion of requirements including internships, final thesis and final exams as outlined in the handbook).

### Phase I

Prerequisite to enter the diploma program is the completion of the Certificate Program. This *basic training* includes the participation in 12 seminars, a minimum 12 individual therapy sessions and peer-to-peer learning in a peer group. For specifics and further details check the booklet on the Certificate Program provided by the faculty and local organizers. The Certificate is granted upon completion of the above requirements. There are no exams to receive a basic Certificate in Process Work.

The Certificate in Process Work asserts that the holder has acquired a basic knowledge and understanding of the process work paradigm. Explicitly, the Certificate does not give permission to either teach process work or give therapy sessions, consultations or supervision in process work.

### Phase II

The student who wishes to continue their studies in process work toward the diploma can apply to the faculty for admission into the diploma program. Please refer to the diploma program handbook for the details of the admission process. Once admitted to the program, the student chooses an advisor from the faculty to mentor her/him in the study program. This advanced phase of studies encompasses the preparation for and the taking of Intermediate Exams with Process Work examiners. A student admitted into the diploma program is allowed to work as a 'student practitioner' of Process Work under supervision in their private practice, institution or

workplace. They need to consult with an international Process Work Diplomat every 5<sup>th</sup> session for case control and/or live supervision and continue their private therapy.

The threshold for passing the seven intermediate exams in Process Work is considerably higher than getting the Certificate and requires self-guided reading, possibly studying and discussing literature in peer groups. Above, a high frequency of private therapy, supervision and case consultation sessions as well as peer-to-peer learning is required geared to a deeper understanding of and an ability to apply the skills and metaskills of Process Work. A student who passes the intermediate exams is considered an advanced student (cand. Dipl. POP) on their way to the Diploma in Process Work.

### Phase III

After passing Intermediate Exams the student is granted the status of cand. Dipl. POP. The status of a Diploma candidate allows the student to enter the final phase of the Diploma Program. Cand. dipl. POP students can offer therapy sessions, case control and supervision to beginning students of Process Work as well as in their private office or workplace. They need to consult with an international Process Work Diplomat every 5<sup>th</sup> session for case control and/or live supervision and continue their private therapy. Also an clinical and a worldwork internship are part of the requirements as well as the collaboration with an advisor and the faculty (see "requirements" in the Diploma Handbook for details).

The last phase of studies toward the diploma encompasses intense practice of and supervision in all areas of process work (individual's general issues, symptoms and illness, addiction and extreme states, relationship, facilitating conflict, group work, inner work) as well as continuing personal therapy toward the required numbers. During the last year of study clinical and worldwork internships and final project (thesis) need to be completed. Once all requirements are met the student qualifies for final exams in the Diploma in Process Work.

### **Frequently asked questions**

Q: Is it possible to move faster to a Certificate if I combine seminars in 2 or more training programs?

It is not possible to alternate or add seminars in the St. Petersburg and Moscow Certificate training programs. However, extra seminars offered by internationally certified Process Workers can be attended anywhere in Russia or abroad and will count toward the requirements of the Diploma Program.

Q: If I attend seminars with Process Work Diplomates beyond the required 12 seminars in the Certificate Program, do they count toward the diploma?

Yes, seminars with international teachers and diploma holders count toward the requirements of the diploma. In addition, personal therapy and live supervision in the large group in seminar settings with any international Dipl. Process Worker count toward the total number of sessions. Any effort made to meet the requirements are fully accountable towards the Diploma program. Last but not least, the more you study, the better prepared you are.

Q: I think that I want to continue my studies beyond the Certificate into the Diploma program. What do I need to consider?

If a student considers continuing the studies after certification, the requirements for admission into the diploma program, details of Intermediate Exams and overall requirements of the Diploma in Process Work must be studied in detail. Frequency of therapy sessions and supervision as well as reading should be carefully planned ahead of time and discussed with a faculty member as early as possible.

Is the Certificate and Diploma Program accredited?

Accreditation of psychotherapy programs depends on the laws and regulations in each country. The Certificate and the Diploma in Process Work are accredited by the IAPOP (International Association of Process-Oriented Psychology, <iapop.org>) and the IPA (Process Work Institute Zurich, Switzerland, <prozessarbeit.ch>). Process Work is accredited as a psychotherapy training Institute in Switzerland by the Swiss Charta for Psychotherapy [www.chartapsychotherapie.ch](http://www.chartapsychotherapie.ch).

The Institute for Clinical Psychology and Psychotherapy is a State-accredited Training Institute for Clinical Psychology and Psychotherapy. Psychologists and Medical Doctors with an appropriate University Degree receive credit for ongoing training when studying in the Process Work Program offered through the Institute in Moscow.

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## The Faculty of Process Work in Russia

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## **Process Work Programs in Russia**

Certificate and Diploma Programs are currently offered by the Process Work Faculty 4 x per year through the Institute of Clinical Psychology and Psychotherapy, Moscow, and the Institute of Process Work, St. Petersburg. The seminars, training days, supervision and personal sessions are usually being held in March/April, in May/June, in September, and in November/December of each year. Please contact the local organization below for details of the program and any further information.

### **Certificate Program Moscow**

Institute of Clinical Psychology and Psychotherapy

[www.psyinst.ru](http://www.psyinst.ru)

Tel

Email

### **Certificate Program Moscow**

Institute of Process Work, St. Petersburg, Russia

Web

Tel

Email

## **Minimal Requirements for the Diploma Program (for further information see the Handbook of the Diploma Program)**

Throughout the studies in Process Work it is the responsibility of the student to keep a **Log** (provided by the faculty). The log needs to be updated continuously: seminar and session completed need to be dated and signed by the visiting teachers.

The responsible body of the student's admission to as well as his/her progress and advance in the diploma training program the faculty of the Russia Training Program (Reini Hauser, Lukas Hohler, Elke Schlehuber). The advisor recommends and the faculty approves of

- count of number of sessions, supervision, case consultation and seminars
- admission to take intermediate exams
- approval and completion of internships, approval of working title of the final project, approval of final thesis, admission to and passing of final exams.

### **1. Basic Training (Certificate in Process Work)**

- ◆ 12 four-day training modules (completed within one training program and location)
- ◆ A minimum of 12 personal therapy sessions (in person, by phone or by computer)
- ◆ Peer-to-Peer group learning. At least four times a year for 3 hours (total of 12 meetings).
- ◆ A final evaluation and feedback session

For a detailed description of the Certificate Program please see our brochure on the Certificate Program, provided by the local organizers.

### **2. Diploma Program: Intermediate Exams (cand.dipl.POP)**

Admission to the Diploma program (see handbook)

In order to be admitted to Intermediate Exams, the student needs prove of 20 personal therapy sessions as well as 10 live-supervision and/or case consultation sessions with a dipl. process worker (in person, by phone or by computer).

In this phase of the official diploma program and until completion of the Intermediate exams, the student has to the following obligations listed below (they are steps in the study process and are counted toward the total requirements for the diploma):

- ◆ attend at least two seminars per year within the Certification program. Any additional seminars and training days elsewhere with international Dipl. POP teachers will count toward the overall requirements of the diploma program (see below).
- ◆ two training days per year in addition to the seminars. These training days are offered after each seminar and consist in advanced topics and supervision.
- ◆ continue personal therapy, live supervision and case consultations (every 5<sup>th</sup> session with a client needs to be supervised). Work in the middle of seminars as client (working with the teacher) and as a therapist (in supervision by the teacher) of minimum 30 minutes duration plus feedback will also count toward the requirements.
- ◆ ongoing Peer-to-Peer group learning (4 meetings/3hours per year)
- ◆ Self-guided studies (reading list)
- ◆ Preparing and passing the intermediate Exams (7 Exams)

With the successful completion of the Intermediate Exams and fulfillment of the above listed requirements the student is granted the status of cand. Dipl. (Diploma Candidate).

### 3. Diploma in Process Work

Here you find a **summary of the overall requirements of the diploma program**, including seminars and personal therapy sessions, supervision and case consultation. All sessions can be done in person, by phone or by computer.

- ◆ A minimum of **150 personal therapy sessions**

50 sessions with psychotherapists in any modality can be counted toward the total required number of sessions. In addition, 25 sessions can be done with an approved diploma student, 25 sessions can be accrued from work lasting at least 30 minutes in a group or fishbowl setting in seminars, training days and classes supervised by the teacher(Dipl. POP).

- ◆ **10 faculty advisor meetings.** It is recommended that the student connects at least 2x per year with his or her study advisor (must be a faculty member).

- ◆ A minimum of **40 live supervision sessions**, 10 before Intermediate Exams. 20 sessions thereof can be accrued from group supervision in fishbowl settings in which the student works as a therapist under supervision by the teacher (Dipl. POP) or with appointed diploma students.

◆ A minimum of **40 case consultations**. 20 sessions thereof can be accrued from group case consultations in which the student presents a case to the group and discusses the work with the teacher (Dipl. POP), or with appointed diploma students.

Note: You are responsible for having case consultation for all your clients and for on-going case consultation independent of the required minimum. You must consult every 5<sup>th</sup> session with each client with a Process Work diplomate.

◆ A minimum of **20 4-day seminars (80 days)** including the Certificate Program are required. Seminars and classes can be taken with any international Dipl. POP teacher affiliated with a IAPOP approved center.

◆ A minimum of 2 advanced training days per year or a total of **10 advanced training days** offered by international Dipl. POP teacher affiliated with a IAPOP approved center.

◆ **Peer-to-Peer group learning is ongoing** throughout the diploma program (4 meetings/year, 3 hours each)

#### ◆ **Clinical Internship**

The clinical internship encompasses 400 hours in a clinical setting, with circa 200 hours client contact. The students need to discuss their internship project with the advisor who has to approve it (setting and amount of client contact). The internship must be concluded with short written report).

#### ◆ **Worldwork Internship**

The student creates a worldwork project (to be approved by the advisor) for a worldwork experience. The aim is for the student to leave his or her comfort zone established by social rank of culture, race, class, education, sexual orientation, language, economics, age etc. and to engage in a worldwork or social project to learn and gain insights into the role privilege plays in the constitution of one's consciousness, worldview, identity. The project needs to be completed with a short written report.

#### ◆ **Thesis**

Project (working title and outline) must be approved by the advisor at least one year before possible exam date. Granted all other requirements are fulfilled, the completed and approved thesis (20-40 pages) is the last step to be admitted to the final exams.

#### ◆ **Final Exams (8 Exams)**

The faculty admits students to the final exams. An exam body will be appointed which can differ from the faculty.

1. Working with an individual on an unspecified issue
2. Symptom work or working on chronic illness

3. Relationship or couple's work
4. Group work
5. Inner work
6. Working on one's own relationship conflicts
7. Addiction or Extreme State work
8. Case presentation including Video analysis

**Notes:**

A reading list for Intermediate Exams is available (books in English and German). It will be updated to include what is available in Russian as well.

Criteria for Intermediate and Final Exams will be spelled out (conforming to international POP standards), translated and handed out to students as soon as possible.

Basic English is prerequisite for the diploma program. It is mandatory for the student to make an effort to learn English.

Similarly, knowledge of E-communication is mandatory for students in the diploma program. Process Work forms a network of websites and much information is accessible on the internet. Process Work is an international school where faculty and peers live geographically far apart, and e-learning as well as community building is facilitated over the net. Broadband access is necessary for no cost telefon and skype connection with peers, teachers, and the community at large.

LAST but NOT LEAST, Process Work Russia is inclusive in the sense that 'credits' are transferrable on the diploma level.

Personal sessions, live-supervision, case consultation can be done with any international process work diploma holder if he/she sends in an annual report about the student's progress (key issues; skills and metaskills) to the faculty.

Above and beyond the Certificate participation in 2 seminars and 2 training days per year are required up to completion of Intermediate exams. Cand. Dipl. students are encouraged to participate in trainings with a broad range of international teachers. Seminar and training days can be accrued through seminars or classes taught by any international Process Work teacher.