

POPI-Slovakia (The Institute of Processoriented Psychology -  
www.processwork.sk/en/) invites you to a:

# Training in Navigating in search of a profession

Training in ressource-oriented career counseling

1 year training accredited by the Slovak Ministry of Education  
lead by *Thomas Diener*

The complexity and diversity in the world of work has increased. Questions around the meaning of work and our needs and longings are gaining more and more importance. Life paths are in a constant process of evaluation and re-creation and they don't follow a linear path anymore. For people, who don't have „simple“ conditions it is especially important to discover their opportunities and strenghts. They can often be found in unexpected places.

A person may become a valuable co-worker simply by the joy and enthusiasm they develop if a work is right for them. Resources often hide behind deficits. A proper perspective and way of working with the challenges is needed.

In this training you will learn and practice views and methods of navigating the career path. You will learn to use the decision making process for career and life planning traditional career tests and also „soft“ factors like dreams, wishes, hopes, values, excitement, calling, vision and imagination. The inner structure of this process and how to support others in it will also be taught.

## **Target group:**

For career counselors and work psychologists, social workers working with unemployed people, people from Human resource field, NGO's working in employment and economic development etc, and people from helping professions searching for new and creative ways to help people about the topic of work and life navigation.

**Venue of the meetings:** mostly near *BRATISLAVA, SLOVAKIA*

**Language:** English, with Slovak translation

## **Trainers:**

Leading trainer: *Thomas Diener*

Assisting trainers: *Sylvia Ondrisova, PhD; Boris Sopko*

## **REGISTRATION (PER MAIL):**

*Required infos:*

*-name, family name, address, mail, telephone, account number*

*- curriculum vitae*

*- short motivational list about why you are interested in this training, your expectations and maybe your working experiences*

*- In the field "subject" in mail write "Training in Navigation"*

**Contact (registration and further infos):**  
**Andrej Jeleník, [andrej.jelenik@gmail.com](mailto:andrej.jelenik@gmail.com), +421 907 460 058**

**DATES:**

Registration till 3.october 2007

**After this registration you will receive at 10.october an mail if you were accepted as an participant of the training.**

**Date of the first meeting: 29.11-2.12.2007 in Modra-Hamonia (near Bratislava).**

**Price:**

**630 €** for 155 hours of training

at least **230 €** for 10 supervision hours (1h-supervision: 20 € by assisting trainers, 30 € Thomas Diener- min 3 hours with Thomas are required).

**Total price for the training: 860 €**

In individual cases we can think about some reduction of the fee if the financial situation of the participant is limited. Please write to the organizer (Andrej Jelenik).

The payments for the training can be paid also in parts directly on the spot at each learning block- so 120 € (for each learning block) or 150 € (for a learning block with attending the optional part). The participant will sign a contract about paying the whole fee for the training (or minimally 80% by aborting the training), so it is better to register to the training only if you are sufficiently motivated to graduate it.

**Total amount of training hours:**

- minimally 155 hours of education, thence 5 hours optional (5x 4 day meetings)
- supervision: 10 hours
- work in peer groups 18 hours

**Form of final exam:** will have the form of presenting a project (study, community project, case study, theoretic work etc.), which will the participant create using methods and practices learned in the training. The ability to create a own creative project should be a evidence, that the participant understands the basic principles of alternative methods in work counseling and creating projects.

**Skills learned in training:**

- The ability to identify the resources of the client (abilities, values, dreams, qualities etc.), ability to cocreate with the client profession possibilities taking into account his resources, planning and management skills for getting or creating a job, the ability to use this methods in own career development.
- The facilitation of choosing a profession and career development in various phases of working cycle (career , work counseling after finishing school, by unemployment, by losing motivation, by changing the profession or working field etc.)

**Training methods:**

Lectures, presentations, exercises, discussions, videoanalysis, case supervision, e-learning, interactive and participative methods (role play, imagination etc.)

Accommodation and board is not included in price, at the venue of the meetings will be always a possibility for accommodation.

Number of participants limited to: 30

***DETAILED CURRICULUM AND FURTHER DATES (the curriculum will be adapted to the needs of the participants)***

*29. November - 02. Dezember 07*

**1. Module: Basics of career counseling (30 h)**

*a) Basic philosophy and belief systems creating and influencing the world of work -basic myths, beliefs and alternative views on creating work - work, vocation and life goals - the concept of social entrepreneurship - identification of possible barriers and ways of work with them*

*b) Basic principles of counseling - definition, forms, basic principles and goals of counseling - basic methods of work- possibilities of use, risks - training of basic skills*

*c) The process-oriented approach to counseling -basics of pop (signal, information channels, primary and secondary process, edge, process vs.state) - pop in system of applied psychology disciplines (work with individual and couples, with group, organizations, open forums, worldwork) - methods in pop-methods for identifying primary and secondary information channel of the client, amplification in different channels, work with edges, methods of integration of new skills to everyday and work life*

*d) Optional (additional 5h): Specifics of work with handicapped people - concept of strong and weak aspects vs. concept of qualities*

*07. - 10. Februar 2008*

**2. Module: Creation and management of projects in the work of a career counselor (30h)**

*a) Politics and belief systems in the world of work*

*b) Creating and managing projects - 3 phases of creating projects (incubation, creative and realization phase) -management of projects - problematic parts and alternative solutions in the process of creating projects*

*c) Optional (additional 5h):Specifics of counseling with pupils of basic and secondary schools- specifics of counseling with pupils of basic schools - specifics of counseling with pupils of secondary schools - creative techniques in working with pupils of basic and secondary schools - problematic parts in working with pupils of basic and secondary schools*

*03. - 06. April 2008*

**3. Module: Psychodiagnostic and creative methods in career counseling (30h)**

*a) Using of creative techniques in career counseling - arttherapeutic techniques (work with drawing, painting, clay, symbols) - work with the body and space (movement, psychodrama) - imaginative work (guided imagination) - relationship work (psychodrama- role playing)*

*b) Using of questionnaires and tests in career counseling -basic differentiation of psychodiagnostic methods - psychodiagnostic methods used in personalistics and career counseling - risks and benefits of using psychodiagnostic methods - alternative use of available psychodiagnostic methods*

*c) Optional (additional 5h): Specifics of counseling in areas of large unemployment - project of the individual and of the community - factors influencing the successfulness of projects in roma communities - effective methods of counseling with roma communities*

12. - 15. June 2008

**4. Module: Case studies and supervision (30h)**

- a) *Work with clients resistance and increasing his/her self-confidence in job searching* (-motivation -identification of resources (of the individual and community) -creating support systems - self-image in the area of work-edges and further development - methods for strengthening self-image in the world of work
- b) *Case studies and supervision* - principles and steps of preparing and analyzing a case study - principles and goals of supervision, group supervision
- c) *Optional (additional 5h):* Specifics of counseling with senior unemployed people (5 h theory) - barriers for employment and possibilities of their identification - specific methods of work with senior unemployed people

13. - 16. November 08

**5. Module: New trends and future of work / Presentation of own projects (30h)**

- a) *New trends and future of work* -new concepts of work development ("New work" by Fritjof Bergman)
- b) *Presentation of own projects*-form, schema of presentation -basic principles of the presentation of projects

**ABOUT THE TRAINERS:**

**Thomas Diener:**

I have actively interfaced between the areas of project management and personality development for the last 10 years. I began professionally in advertising and afterwards studied at the Research Association for Process-Oriented Psychology founded by Arnold Mindell in Zurich and Portland and also at the Moreno-Institute in Sweden (Psychodrama and Sociometrics). I have a degree in Psychodrama and Adult Education (SVEB II). Since 2004 I have been attending a DGSv certified education program to become a supervisor under Professor Ferdinand Buer in Münster. I have worked as a personnel consultant in several firms and as a lecturer for psychology and management at a management school. I founded and managed the "Eco-Exchange for Associations" and functioned as project manager for the "Swiss Alternative Business Directory". In 1995 I was awarded the "Promotion Prize for Social Innovation" by the city of Zurich. Today I am active in career counseling, supervision, team development, conflict training and project management.

See my website: [www.fairwork.com](http://www.fairwork.com)

**Sylvia Ondrisova, PhD**

Psychologist, certified psychotherapist; Trainings in: processoriented psychology, katathyme-imaginative therapy (Leuner). She works in her private practice in Bratislava, Slovakia and as a trainer in NGO's in the field of human rights (OaD), conflict resolution (PDCS), teambuilding and team development (Štúdio zážitku).

**Boris Sopko**

Psychologist, certified psychotherapist working in his private practice in Bratislava, Slovakia. Trained in: processoriented psychology, Leuners imaginative therapy, Levine's somatic experiencing (trauma work).