

### Group Process from Process Oriented Psychology or Process Work

Group Process is a group transformational process which facilitates the participants to deepen their understanding and gain awareness of the underlying issues and tensions that may undermine their stated goals, objectives and quality of relationships. It is based on a Process Work framework.



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*“Man is a competitive creature, and the seeds of conflict are built deep into our genes. We fought each other on the savannah and only survived against great odds by organising ourselves into groups which would have had a common purpose, giving morale and fortitude.”*  
Robert Winston

Tags: Social. Facilitation; Process Work

#### Challenge

Groups often enter into conflict and polarization without taking this as an opportunity to deepen and strengthening their relationships, understanding what underlies each side of voice of a conflict.

#### Solution

A methodology that organises a group dialogue by choosing a group conflict or a topic that is hot, diverse or controversial for that group. It is based in the idea that this diversity of opinions is a doorway for connecting to our deeper purposes as a group and gaining awareness.

It has usually these main steps (open to adapt them when needed):

- 1) Sorting a topic
- 2) Listening to different sides or opinions of this topic
- 3) Framing hot-spots or points that are crucial for understanding the polarity or diversity
- 4) Framing temporary resolutions, that are moments where different sides understand or “come closer” to each other

#### **REFERENCES**

[http://en.wikipedia.org/wiki/Process-oriented\\_psychology](http://en.wikipedia.org/wiki/Process-oriented_psychology)

<http://www.iapop.com/wp-content/uploads/2011/02/dissertations/dworkin-groupprocesswork.pdf>

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