

# **Interpersonal Dynamics: Power Sharing & Compassion (Social Dimension EDE)**

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## **Module The Big Picture and Building a Community of Good Friends**

In our program all participants support each other to co-create a body of knowledge together with facilitators. This is a new paradigm of education in practice where cooperation is replacing competition and the holistic ethos of “the whole as more than the sum of the parts” is there from the very beginning. It is also an engaged spiritual learning journey where study, fun, work and spiritual practice are integrated into a single path daily. Good friends such an important concept in Asian culture which defines a real community. Where there are no good friends there is no community. We explore together how to build a real eco-community.

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## **Module Compassionate Communication**

Compassionate Communication is based on Nonviolent Communication (NVC) developed by Dr. Marshall Rosenberg. It has been described as a language of compassion and a tool for positive social change. NVC gives us the tools to understand what triggers us, to take responsibility for our reactions, and to deepen connection with ourselves and others. Thus, it is a toolkit for transforming our habitual responses to life. Ultimately, it involves a radical change in how we think about life and meaning. Nonviolent Communication is based on a fundamental principle: Underlying all human actions are needs that people are seeking to meet. Understanding and acknowledging these needs can create a shared basis for connection, cooperation, and more harmonious relationships on both a personal and global level. This workshop is designed to help cultivate your capacity of compassion and understanding for yourselves and others. You will develop communication skills that enable you to notice other people’s feelings, needs, underlying words and actions as well as your ability to honestly express your feelings and needs peacefully. This can bring about transformation of troubled relationships into healthy and functional connections.

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## **Module Conflict Transformation**

Conflict Transformation is based on Process Work, a psychotherapeutic paradigm and practical methodology for uncovering deeper meaning in a broad range of human experience by following experiences in the moment through tracking signals, synchronicity, and somatic experience.

Founded by Dr. Arnold Mindell, Process Work has roots in Jungian and Gestalt psychologies, Shamanism, Taoism, sociology, and physics; and application in all aspects of human experience including large group work on issues of conflict and oppression. This workshop offers the opportunity to raise your awareness and facilitation skills for working with conflicts

in interpersonal and large group dynamics with the assumption that the solution to a problem is contained within the disturbance itself.

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### Module **Deep Democracy**

Deep Democracy is a natural process that occurs in all community -building processes, but often goes unnoticed or un-used. Just as conventional democracy strives to include all individuals involved in the political process, Deep Democracy goes a step further in the effort towards fostering a deeper level of dialogue and inclusiveness that makes space for all people (with the individual right to vote) as well as all various and competing views, tensions, feelings, and styles of communication – in a way that supports awareness of relative rank, power, and privilege, and the potential of these forces to marginalize other views, individuals, and groups.

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### Module **Buddhism & Process Work** (Seminar)

Ellen Schupbach completed her PhD thesis on Buddhism and Process work. Many participants in Southeast Asia and beyond are interested in practicing Buddhism, as well as the psychological work of Dr. Arnold Mindell which explores a process-oriented view to work with flow and change in ourselves and our communities. This two-day seminar will explore similarities and differences of both approaches for the flourishing of individual and community growth and well-being.