

ASSISTING PROCESS WORKSHOPS

Criteria for Assistants

- Have completed the three modules of the Foundation Training including financial responsibilities and assigned homework.
- Have taken 3 process workshops with Dr. Castellino or an approved process workshop leader.

The following skills are necessary in order to assist process workshops.

- Hold presence for three days with support.
- Differentiate roles. Be in a supportive role to the group leader, other assistants and group participants.
- Work within the boundaries and structure that the workshop facilitator defines.
- Hold confidentiality for the group leader, other assistants and group participants.
- Ask for support for yourself.
- Keep professional relationships with all group participants for as long as it is appropriate.
- Have a consistent track record of keeping time boundaries in the Foundation Training and process workshops attended.
- Have the physical stamina to meet the time and physical requirements of the workshop.

In order to assist you must be willing to do the following:

- Pay for your own transportation, board and lodging to, from and at the workshop site (see below for Santa Barbara lodging).
- Assist in the evening of the 1st day, arriving at 4:30 P.M., and the following full three days arriving early (8:15 the 2nd day, 8:30 the 3rd and 4th days) and staying after the participants leave at the end of the day. There may or may not be time to leave the site at lunchtime. If there is time, it is short. There is no dinnertime off-site break. The workshops can end between 7 and 11 P.M.
- Pay a nominal fee for the place in the workshop as an assistant. In Europe the cost is \$80 per workshop. In the US the cost is \$25 per workshop for the 1st two workshops and \$10 for each workshop thereafter.
- Check in with the group leader and other assistants before each day of the workshop.
- Help set up, clean up and break down the physical space for the workshop and break areas.
- Debrief sessions during breaks and /or after each workshop day.
- Take your meals with the group leader and other assistants. To assist workshops in Santa Barbara at the Castellinos' it is important to know that their home is a strict vegetarian site. We have only grains, fruit, vegetable, legumes, nuts, seeds, dairy and rennetless cheese in our home. We do not have meat, fish, eggs, fowl or anything with eggs in it like mayonnaise in or around our home. If for some reason you are not able to meet this requirement you are welcome to apply to assist process workshops in other locations. Given the location of our home, it is not appropriate for workshop assistants to eat in other locations in our neighborhood including eating in your car.
- Support the workshop process by videotaping or audiotaping sessions and being appropriately helpful.
- Support the group leader, other assistants and participants as is appropriate during the workshop and sometimes during breaks or after the workshop day.
- Ask for support for yourself as is appropriate.
- Plan your schedule so that you can arrive at the workshop site rested enough to meet the assistant role requirements.

Assistants will receive:

- Time with the group leader and other assistants during check-ins and debriefing.
- Instruction related to the process workshop needs and mechanics.
- The opportunity to develop the facilitator's perspective about the workings of the process workshop.
- When the workshop is in SB and if we have space, assistants are welcome to stay at the Castellinos' home beginning the night before the workshop through the last night of the workshop as our guest.

Other Comments:

- Doing process workshops is a very efficient way to develop group and family facilitation skills. Learning how to do process workshops increases the facilitator's ability to support new babies and families with the work.

Assisting two process workshops with Dr. Castellino or a certified PW Leader is one of the prerequisites to taking the post graduate practitioner training in the practitioner role.