



PSYCHOENERGETICS

A BODY-MIND APPROACH TO DEPTH WORK AND PROCESS FACILITATION

Peer Group Guidelines

The purpose of the **peer groups** is to feel supported and to feel that you are immersed in the training content with others, and also it is a way of connecting and deepening together.

Here are some guidelines for your peer groups:

- Hold the same unbiased open embodied presence while in your peer group, as you would do in a session. Take a few minutes in silence together before sharing.
- Remember that you are not there to give advice or solve another person's issues, you are there to be curious and to notice and bring into contact how you are affected by being together. Notice when your way of speaking brings more connectedness and flow into the group and when it might be blocking the group.
- Practice our four principles of *Embodiment, Encountering, Exchange and Emergence*, when being in your peer group, which requires the willingness to be in the unknown together and to have no preferences.
- It is up to your peer group to explore certain aspects of the work we are currently doing, such as each person's destructive patterns as well as the biases that you may be encountering in your life and work due to these tendencies. You may also keep exploring further any unacknowledged and unexpressed grief, as well as your understanding and being with transference and counter transference.
- Consider the peer group as a vehicle to practice a form of *Co-Leadership*, where everyone is a leader, everyone has a place and responsibility. Consider that the wisdom comes from the group as a whole not from you as an individual, when you are in a shared embodied presence together. Keep each other accountable to meet regularly, **preferably every 2-4 weeks**.
- You may need to confront your resistance to meeting and your judgments about the people in your group. Remember that your resistances and judgments are yours to work and understand.

We trust that your groups will become a greater, deeper and more inspiring resource for your ongoing work, if you give yourself fully to them.