

Youropean Quest

International Training for Change Process and Vision Quest Guides

A modular training program at Venues in
Germany/Eschwege Institut, Austria/Innsbruck and Findhorn/Scotland



What for?

In the course of their development processes, individuals, teams, companies and organizations, typically go through, transitions - sometimes these can be dramatic.

Change Process guides help to effectively and successfully guide through and design such transition processes. Their tools and models help to promote positive and proactive personal responsibility for the transition before it might develop into an individually and economically damaging long term crisis.



„I have found the work of the Eschwege Institut, to be of huge importance and value in my life. Being introduced to these tools has helped me to deepen my awareness of myself and my place in the world with profound effects both personally and professionally. For me, this work is absolutely vital for the future of the whole planet“.

Rupert Hutchinson, International Mountain Leader and Outdoor Educator, Scotland

What is it that Change Process Guides do?

Transition processes like burn out, puberty, disengagement, midlife crisis as well as change processes in organizations, are developmental crises that take place at the fruitful threshold between the old no longer functioning state and the new state that is not yet ready to function.

Change Process Guides help by using innovative methods, rooted in eco- and perceptual- psychology, to gain awareness and to deepen the understanding of the issues involved in the transition.

Change Process Guides design and guide through individually tailored supporting programs, by tracing the natural arc of change processes. In a next step, these tools are used to successfully integrate the gained new insights.

Modern forms of rites of passage, such as Vision Quest, can help to confirm, what has been achieved and thereby to clearly mark the step into a new era.

The approach of Change Process Guides is cross-cultural and accessible, independent from social, religious or cultural backgrounds. This work stands in the lineage and tradition of the School of Lost Borders in California.



What are nature-based tools and why use them?

Nature-based tools, like nature itself, are focused on balance, and on the resources and interconnections with the living world, rather than on pathologies of beings disconnected from their surrounding environment.

The natural pattern of change processes is a cyclic movement through major qualities that can be determined like the seasons of a year. From there it is possible, to design processes that are tracing the arc of that movement.

Following the credo that the best answers are always already contained within the person, or the group that asks for them, these tools can help the treasures already in the person or situation to emerge.



A range of methods will be taught including:

The Four Shields of Human Nature

A psychological model of human health and growth, based on the cyclic process patterns in the natural world

Contemplative threshold work

Working with outer nature as a mirror, to find a deeper self-understanding of the unique inner nature of each of us.

Way of Council

The ancient, community building practice of sitting in a circle, speaking and listening from the heart, enriches any relationship – at home, in school, in the workplace, in community. Council is a gateway to deeper communication, intercultural understanding and the non-violent exploration of conflict.

Other methods are: **Solo time in Nature, Shadow work, Creating inviting and safe space, Transition process design** (For more details, see below).



„The training has been a time of deep personal transformation as well as a profound methodological toolbox for my professional work in guiding people through times of change and passages. In the 2 years I have come a big step closer to my original life-style by listening to other peoples stories and due to the supportive frame. Through the teaching of the 4 shields and nature based work I received a clear map of the natural landscape of human development. Using this approach for personal development and also for the creation of projects.“ **Joschi Sedlak – plenum/Pioneers of Change, Austria**

What the teachers of the facilitators say:

„The Eschwege Institute and its founders Holger and Gesa have always impressed me with their integrity, skill, depth of understanding, and heart. It has been an honour and personal pleasure to be associated with their important work, and their vision to support the reintroduce of earth-based wisdom into the mainstream of the future.“



Meredith Little

(co-founder of Rites of Passage Inc. in 1976 and The School of Lost Borders, California)



„The Eschwege Institute is one of the much needed watering holes in these turbulent times. I, and I know many others, will do all we can to encourage and ensure their continued work and success.

The teachings of nature, rites of passage and way of council are fortunately seeded in this small village and carried from there to so many in Europe by Holger and Gesa and the many people they train.

The integrity they embody is essential for building bridges, truth-speaking, heartfelt listening and the waking up that is so needed in our homes, schools, communities, businesses and governments. With their devotion and commitment to the work, I have both excitement and sense of hope in this kind of new leadership for our times.“

Gigi Coyle

(Council trainer, social bridge builder and co-author of “The Way of Council”, California)

Certification and Course Structure

The course is certified by the Eschwege Institut in Germany. In Germany, the Eschwege Institut and its training academy Campus Peregrini, are officially acknowledged and accredited Institutes for continuing education, having earned the official seal assuring professional quality standards.

This 7 – module program equals the standards of the IP and IPV Training at the Eschwege Institut making it one of the most comprehensive training formats in Europe.

It offers a two-tier-structure that allows qualifying and completing on two different levels that build on each other:

Change Process Guide (CPG):

Completion of modules 1-7, including the qualification to guide groups and individuals through max. 12 hour nature solos.

You can finish the training here, to be certified as Change Process Guide (CPG), or you to build upon this foundation and further qualify to become a:

Vision Quest Guide (CPGV):

Completion of Vision Quest Guide training



Content & Curriculum



Level I

Change Process Guide (CPG)

Important: Start with module 1 for orienting, or as a taster without obligation and decide within two weeks after, whether to sign the indenture or not.

Module 1:

Experiencing and practicing Nature-based Tools

In this module you will be introduced to the three major tools of Change Process Guides:

The “Four Shields of human nature”, a nature-based psychological model of human growth and health, “contemplative threshold work”, a nature-based tool for a deeper self-understanding and “creating inviting and safe space”.

Learn about the importance of attitude, ethics and authenticity, in order to effectively use these tools.

Consolidate the content you learned in the first part of this Module by practicing the tools in a diversity of assignments. Gain an in-depth theoretical and practical training in the art of mirroring, a respectful way to respond to the stories that participants bring back from assignments carried out in nature.

Sep. 20. – 24. 2016 in the Eschwege Institut, with Holger Heiten & Gesa Heiten

Module 2: Monomyth and practicing the Art of mirroring

The monomyth based on the work of Joseph Campbell, is a tool describing the path followed by individuals and groups as they travel through the arc of the change process. Here we learn to see transition from the larger perspective of the monomyth and to recognize its patterns as they emerge. There will be opportunity for an assignment to deepen the experience as well as for practicing the art of mirroring.

Nov. 29. – Dec. 03. 2016 in the Eschwege Institut, with Holger & Gesa Heiten

Module 3: The Way of Council

The ancient practice of sitting in a circle, speaking and listening from the heart, can enrich your relationships – at home, in school, in the workplace, in community. Council, a form of dialogue, is a gateway to deeper communication, intercultural understanding and the non-violent resolution of conflict – a place where destiny and the present moment meet. Listening is a core component of our understanding of the role of a mentor. Council, by developing our capacity for deep listening improves and expands our competence as mentors.

Feb. 07. – 11. 2017 in Innsbruck / Austria, with Katrin Lüth and Holger Heiten

Module 4: The building blocks of Transition Process Coaching

A deeper understanding of archetypal patterns of coping with crisis in life transition phases and how they can be translated into a modern understanding of mentoring is critical for Change Process Guides. Here we learn to understand modern transition rituals more deeply and how to individually design small course formats with the help of the Monomyth and the Four Shields. We will

experience advanced solo assignments in nature and continue further training with the contemplative threshold work and mirroring.

April 04. – 08. 2017 in the Eschwege Institut, with Holger & Gesa Heiten

Practical Project

A practical project allows the design, planing, advertisement and implementation of a program of at least three days to demonstrate previous learnings and experiment more deeply with the process. This project may be completed with up to three fellow participants. Here we take the opportunity to face the praxis of Change Process Guides, under supervised circumstances and be prepared for the precious exchange of experiences with fellow participants during Module 7.

Projects will be developed and implemented in the time between Module 4 and Module 6.

Module 5:

"Walk a Way"

A model for Solos and short forms of rites of passage

The Walk a Way is the most popular format in the work of Change Process Guides with youth in the German speaking countries. Here in a 5 day outdoor experience you can track not only pathways in the outer landscape, but also those into the "terra incognita" of your soul. You will experience a full "Walk a Way" process yourself, having the opportunity to explore and discuss how to transfer your experience to other practical and customized formats of rites of passage.

June 13. – 17. 2017 in the Eschwege Institut, with Hendrik Hadlich & Gesa Heiten

Module 6:

Psychological backgrounds and working with the shadow.

+ Feedback on the Practical Projects

Sometimes we repress or ignore parts of ourselves that we do not like or which cause us to feel uncomfortable. These "shadow" parts can be valuable resources for our personal development and our work or "tricky enemies" who make problems and undermine our success. Here we learn theoretically and through self experience about the unique benefits of facing, embracing and healing the (inner) shadow. By creating and facilitating safe ritualized frames, in

which we ourselves and also our clients are encouraged to face these shadows and to turn them into our allies metaphorically we will “drink a cup of tea with the devil”. Issues covered are psychological background, possible dangers, the do’s and don’ts in this work.

+ Feedback

In the second part of this module you will learn about does and don’ts in advertising, design and planning, through supervision in the praxis projects. We will discuss ethics and sustainability. Here we reap the benefits of an amount of praxis experience that could sometimes take years to accumulate on our own.

Aug. 15. – 19. 2017 (5 days) in the Eschwege Institut, with Holger & Gesa Heiten

Module 7: The Four Shields of Man and Woman

+ Certification and completion

Archetypes as described by C.G. Jung are powerful imbedded patterns of consciousness available to help us develop into the fullness of our feminine and masculine selves. In this module we learn how to ritually reframe strategies that have served their purpose but now are no longer useful or actually blocking our human potential. Challenge yourself with a rite of passage experience in nature, to mark the actual status quo of being a man or a woman.

Dealing with these themes is a necessary prerequisite for everybody who plans to work with other men or women in transition processes.

Certification and completion

This powerful rite of passage experience shall also mark the completion of the training. Therefore, we add an extra half day to the five days of the module, to enjoy a solemn completion and certification ceremony of the training to become a Change Process Guide.

Also Hendrik Hadlich and Katrin Lüth will attend the celebration, so that all trainers will be present for it.

Sept. 26. – 30. 2017 in the Eschwege Institut, with Holger & Gesa Heiten, Dr. R. „Kunga“ Lacoste and Karina Falke



Accompanying face to face coaching

It doesn't take much time to learn the tools of the Change Process and Vision Quest work, but it takes a long way to become a reliable tool for it yourself.

We emphasize in this training to practice and exercise and to face up to the own shadow aspects. If we want to serve the process of others, we have to learn, to get our own unsolved stuff out of its way. We have to learn recognizing projections (own and others) and to prevent, being overwhelmed by personal issues that might be triggered while guiding a group. At least we have to learn finding a professional way to cope with this. For people with a therapeutic training background this training asks for example to unlearn certain attitudes and perceptions.

A good tool needs to be sharpened and this we want to make sure in a twofold way:

1. The period specified for this training is necessary not only to learn practising the tools, but to give the appropriate time for the personal growth and to be infused with the mindset it takes, to be able to cope with the responsibility to guide others through change processes.
2. We ask every participant to take at least three sessions of an **accompanying face to face coaching**. For this you choose one of the trainers involved and stay with this personal mentor for the entire training. Appointments can be made ideally in the periods just before, during or just after one of the modules. A session will last one hour and will be charged with 80,- € each.

Recommended attendance

Meredith Seminar

Meredith, co-founder of the School of Lost Borders, an outstanding teacher, comes to teach in different fields of this work, at the Eschwege Institut, each fall. (5 days). See the website of the Eschwege Institut for more details:

<http://www.eschwege-institut.de/veranstaltungskalender.html#Meredith>

Level II

Vision Quest Guide

Here we extend the use of tools and understanding learned so far, into the complex and powerful format of the Vision Quest in the tradition of the School of Lost Borders and the Eschwege Institut.

At any time during your training you should participate in a Vision Quest offered by the Eschwege Institut followed by the completion of two apprenticeships.

In this module we learn new and specific Vision Quest tools, such as working with the confirmation sentence, screening, safety systems and incorporation. Past participation in a Vision Quest with the Eschwege Institut, will be accepted for this requirement.

Experience your own Vision Quest

Vision Quest

An ancient rite of passage for modern people

Vision Quest is to leave every possible distraction behind and become empty, to confirm a transition and to abandon for a while the distractions of your normal life.

We will prepare you to go out alone, with a bare minimum of equipment and without food, into the heart of the wilderness, for four days and nights.

There you will live with yourself in wild solitude and surrender to the influences of the soul of nature, discovering it to be a true mirror of yourself.

The unimportant things will fall away and your emptiness invites the Vision of the work that must be done.

In your solitude, you wander through the precincts of death, where vision lies waiting. You drink from the springs of the deepest feeling and are filled with self-recognition. What is unimportant fades as the vision of the work that must be done becomes clearer.



Structure of the Vision Quest

Four days of preparation in Findhorn, staying in the Findhorn Hostel with bay view and close to the dune lands. We gather daily in the Earth lodge at the heart of the Findhorn Community.

Five days out in the wilderness of the Moray Firth. We will live in the woodlands at the beaches close to Findhorn Bay. The ocean as the most ancient landscape and the home of all living things will help to reconnect with the ancient home within you.

Four of these days will be your solo fast.

The guides in the base camp will keep watch over your safety day and night.

Two days back in Findhorn, for integration of the vision into the life to which you return.

Next opportunity:

Vision Quest in Findhorn/Scotland Aug. 11. - 22.. 2016, or July 30. - Aug. 10. 2017 (choice to attend in any other year, will be every summer approx. same time), with Holger & Gesa Heiten

Price: 840,- € + 225,- € for accommodation and transport into the wilderness.

More information here:

http://www.eschwege-institut.de/eng_calendar_events.html

Apprenticeships

(pre-requisite - completion of modules 1-7 and own Vision Quest experience)

As only 4 to 6 participants are taken in for an apprenticeship per Vision Quest group, a very close dialogue with the guides will be possible. Especially during the base camp time, when the Vision Quest participants are out for their solo, important questions can be discussed. There will also be opportunity for another short solo, for which the apprentices will prepare each other under supervision.

Two such apprenticeships are necessary, to fully learn, guiding others through this intensive process.

Outdoor first aid training

Please complete a special outdoor first aid training of your own choice, during the period of your training with us. If you don't know, where to apply for it, we can give references.

Completion

In your second and last apprenticeship you will be able to take on more responsibility, by working partly alongside with the guides. In the end of this Vision Quest, your completion of the training will be celebrated and you will symbolically step across the threshold between being a student and being a fellow colleague.

General notes

Our approach is to first present each method as theory followed by the opportunity to practice what you have learned. Many of these practice experiences will take place outdoors so we ask you to come with all-weather clothing (warm and waterproof) and appropriate outdoor shoes. For indoor sessions comfortable warm clothing is also recommended. Each module will be moderated by two of our trainers with Holger Heiten acting as the continuity trainer being present in almost all of the modules.



The venues

The Eschwege Institute is a training centre, situated in the heart of Germany, not far from the town of Eschwege, about 50 km east of Kassel and 50 Km south of Göttingen, in the village of Meinhard / Neuerode (See further below easy descriptions, how to get there). The Eschwege Institute has three beautiful group rooms, including two round yurts and two smaller rooms, distributed in huge self contained gardens. From the property you have breathtaking views over rolling woodland hills' towards the "Hoher Meissner", a mountain that with its 780 meters dominates the landscape. The vast woodland, which begins near the institute, belongs to the "green strip", the former border between East and West Germany and is now one of the largest protected nature reserves in Germany.

The Eschwege Institut has its own guest accommodations, for up to 24 people in twelve beautiful rooms, with shared bathrooms. 25 more beds are available in nearby public accommodations as well as an organic food restaurant in 10 minutes walking distance, where groups will get Lunch. Breakfast, tea-breaks and dinner, will be served in the dining room of the institute. Full board food and Accommodation will be charged with 49,- € per night in a 3-bed room, single rooms with 53,- €.

The Venue for Module 3 in Innsbruck isn't clear yet and will be communicated in time. See the text further above for the Venue of the Vision Quest

Value and pricing of the training

The price of this training is 4940 €, excluding food and accommodation
Payable in two parts:

First part = 2470,- € before Sept. 20.2016 (In case you don't sign the indenture, only the 360,- € for the orienting taster module 1, will be charged. The rest of the fee, about 2110,- € (2470 € - 360,- € = 2110,- €) will be refunded to you.

Second part =(2470 €) after Module 4 in April 2017

Warranty

We understand that this is both time and monetary investment that needs to be considered. Therefore the first module in September 2016 is an „orienting“ module. You can decide to leave the training after the first module if it simply does not suit you. Respective part of the fee will be refunded to you.

Notification and Participant Agreement

(send to Campus Peregrini, Hinter den Höfen 10, 37276 Neuerode, Germany,
or fax to: +49 (0)5651 952144, or scan and send via e-mail to: info@campus-peregrini.de)

I notify to participate in module 1 of the International Training for Change Process and Vision Quest Guides, called: **YOUROPEAN QUEST** in the time from September 20. to 24. 2016.

Name: _____ Adress: _____
_____ Tel./e-mail: _____

I agree to pay **100,- €** as deposit. I agree to pay the rest of the 2470,- €, (the first part of the training fee – 100,- € deposit = 2370,- €), one week before the beginning of module 1 on September 20.2016, or latest at the beginning of the event in € and in cash. Please transfer all fees through the bank account of Campus Peregrini, banks name: Sparkasse Werra Meissner, accounts number: 74138, Bank Code: 522 500 30, for an easy transfer between European banks use also the following codes: IBAN: DE61 5225 0030 0000 0741 38, SWIFT-BIC. Code: HELADEF1ESW

I acknowledge, that I will be charged for this 100,- € deposit, if I withdraw from participation more than 3 weeks before the event and to pay the full amount for module 1 (360,- €), if I withdrawal in less than that before the event. I agree to pay for food & accommodation, at the beginning of each event in cash.

In consideration of the services of the training facilitators, the Campus Peregrini, the Eschwege Institut and all other persons or entities acting in any capacity on their behalf (herein collectively referred to as „the Eschwege Institut“), I hereby agree to release, indemnify and discharge them, on behalf of myself, my children, my parents, my heirs, assigns, personal representative and estate as follows:

1. I acknowledge that my participation in this partly nature based activities entails known and unanticipated risks, which could result in physical or emotional injury, paralysis, death, or damage to myself, to property, or to third parties. I understand that such risk simply cannot be eliminated without jeopardizing the essential qualities of these activities.

The risks include, among other things: Slipping and falling; exposure to potentially dangerous wild animals and insect bites; Equipment failure. Furthermore, „the Eschwege Institut“ structures its programs responsibly but it is not possible to remove all risks or foresee all possible complications in a nature based environment.

2. I expressly agree and promise to accept and assume all of the risks existing in these activities. My participation in these activities are purely voluntary, and I elect to participate in spite of the risks.

3. I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless „the Eschwege Institut“ from any and all claims, demands, or causes of action, which are in any way connected with my participation in these activities or my use of their equipment or facilities, including any such Claims which allege negligent acts or omissions of them.

4. I understand that participating in this activity cannot compensate any medical or psychotherapy treatment. If I am in current medical and / or psychotherapy treatment, I agree, to tell „the Eschwege Institut“ and to talk with my doctor and / or psychotherapist about my participation.

5. I agree in not taking drugs during the activities and to tell the „Eschwege Institut“ about any current addiction to drugs or alcohol.

6. I agree hold confidential all private details I get to know about other participants.

Date: _____ Signature: _____