

It was such a humbling and a life time experience for me to be part of the Process Work family. However I did not have much experience in Process Work prior to the Worldwork seminar; but it was much easier to grasp the theory because of my psychological background. I found the structure of the Worldwork seminar to be most friendly to first time participants because it also offered options for us to grasp the theoretical background of Process Work. Having been mentored by some Jungian therapists in my early years of training, I identified a lot with most of the processes that happened during the seminar. I was humbled to see how much people were willing to share their true selves in most of the group processes, which is one of the challenges for Black Africans. Reflecting back in my African culture I am now starting to realize the role of silent voices that were never allowed to talk because it was said to be against "the cultural norms".

Coming back to South Africa after this powerful forum I realized how much work we still have to do as South Africans, especially in dealing with our past. The truth is that in South Africa you can talk about anything, but don't touch on the issue of "racism" or "apartheid". It is often said that we are a diverse country, a "rainbow nation" but we hardly celebrate the diversity between black and white cultures. We often create our "unrealistic rainbow nation" that consists of one colour. A week after coming back from the seminar I was asked to do a presentation in the Free State Psychiatric Complex (Department of Health) about Process Work and diversity. It was very interesting to see people's response around the issue of racism which is one of the "hot spots" in South Africa. I value the experience that I gained from the Worldwork seminar and throughout the seminar I could not stop thinking about my country of how much work is still needing to be done to heal the covered wounds.

Lastly I want to express my sincere gratitude to the Worldwork staff who worked day and night to assure the success of the seminar and to bring us such an enormous experience of global Process Work. I found the seminar to be very accommodating to all the people, regardless of cultural background, experience in Process Work and profession. Back in my country I am now involved with two NGOs that address the imbalances of the past and marginalization in deep rural communities, and it is so fulfilling to apply Process Work principles in the everyday work that I do. In addition, as a developing therapist, the seminar has also opened my eyes to concepts that are often ignored, especially when working in a multicultural country like South Africa.

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