

ECW 2023

13 Years of Life

7th Edition - 2nd Online

ILNODO GROUP

ENERGY, CREATIVE COLLABORATION AND WELLBEING

AN ONLINE GROUP RELATIONS CONFERENCE

13th-14th & 16th January 2023

INFO: ecw@ilnodogroup.it

REGISTRATION: tinyurl.com/ecw23online

Exploring embodiment beyond the screen

The second edition of the Group Relations Conference Energy, Creative Collaboration and Wellbeing, welcomes the challenges of life online, an environment where the weave of languages available, expressive of being and of human sensitivity and interrelatedness, are open for exploration.

The Energy, Creative Collaboration and Wellbeing (ECW) conferences over the last 13 years have evolved a design incorporating events of traditional Group Relations along with a somatic understanding of the body in movement (movement as being), sound and an awareness of the environment within which life unfolds, an ecological approach inviting sensuous participation.

“Rather than thinking of ourselves only as observers, picking our way around objects lying about on the ground of a ready formed world, we must imagine ourselves in the first place as participants, each immersed with the whole of our being in the currents of a world-in-formation: in the sunlight we see in, in the rain we hear in and the wind we feel in...”

Tim Ingold - Being Alive

The unifying principle of the conferences is that both the mind and the body inform the dynamics of the here and now. The body is the mind in fact.

ECW proposes that in the awareness of the body and its needs one becomes available to connect to the earth, its resources, and the underlying interdependence of the whole. Online life is as much a context as any social, geographical or political context, an environment as any other.



Join us in the journey: online and in the body.

THE PRIMARY TASK

The primary task of this conference is to offer participants the opportunity to explore how awareness of resources, energy and creative collaboration can introduce wellbeing in the organizations to which they belong.

The challenge of the work is to extend the field of attention to the unconscious as it manifests itself by observing the languages of bodies in space, of energy fields, of nature, of context and patterns that connect the parts.

Interdependence and relatedness, essential for any kind of systemic thinking, are explored during the events. Learning is facilitated by accessing individual and group energy and through awareness of the relationships that develop. ECW relates to social context/culture and to nature and the human place within nature. What is nature telling us, what are we telling nature, and can the dialogue of human and non-human nature bring blossoming for both?

In present times of climate change, pandemic, wars and deep global crisis these fundamental relationships call for our attention; they will be a focus for the conference.

WHO IS THIS CONFERENCE FOR?

The conference is open to anyone, from all walks of life, who is interested in understanding groups, organizational dimensions and the evolutionary level found in the social contexts in which we live. Specifically, it is directed at those who would like to sustain existing resources in a better and ecological way and to bring new thoughts and wellbeing into the organizations where they operate.

The experience of the conference will allow participants to learn and reflect upon these themes and explore the possibility of creative collaboration towards the realization of a common task, given the limits and the opportunities of the technology. ECW is a work in progress and a fertile field of research in the field of Group Relations Conferences.

METHODOLOGY

The conference series emerge from an evolving organization shaped by the collaboration of the participants and of the staff. Learning is experiential and based on the exploration of the here and now. This method requires self-reflection and encourages a free spirit of research and thinking.

STRUCTURE

The design of the online conference incorporates traditional events of Group Relations Conferences adapted to the task and to the online environment; specific events that explore the language of the arts and of the moving body in space have been developed, such as Vocabulary of Movement, Sound Lines, Dreams Move, Community Event.

DESCRIPTION OF EVENTS – (subject to changes)

Opening Plenary: The Task is to enter the ECW Conference

Social Dreaming Matrix (SDM) and Dreams Move: The Task is to access and transform the unconscious thinking of the system as it unfolds during the events. In the matrix, participants associate as freely as possible to the dreams in order to find links and connections and to liberate new thoughts. **Dreams Move** takes place immediately after the SDM; the Task is to give participants an opportunity to reflect on the themes that emerged during the matrix through movement and gesture.

Soundlines: Soundlines explores language, listening and sound as embodied dialogue and communication. The Task is to explore through listening the energy of sounds and words.

Vocabulary of Movement: Exploring the variety of ways in which the body can move or become still to communicate without words: Yawning, stretching, crawling, kneeling, lying, sitting, standing, walking, stopping.

Community Opening: The Task of the community opening is to explore the dynamics of the conference working in the here and now, through non-verbal and embodied forms with a focus on how a group might become a community. In this opening session we will explore some of our parts in order to begin to see how the parts and the whole interact by joining a series of randomly created dyads. After this introduction we will be creating a series of random pairs in 4 rounds. Each round will last 3 minutes. Once you arrive in your breakout room with one other person we invite you to explore your connection without words using

movements and gestures. You may choose to turn off yourself view during this event. You can choose to either show a close up of yourself or your whole body and surrounding space. You might choose to mirror each other's gestures or to have a non-verbal conversation without a particular structure. After 3 minutes a new pair will be created. After 4 rounds we will all join again in the main room to reflect on the experience. You can describe your experience either with words or, if particular gestures or movements were meaningful in your dyads, you are invited to share those with the group.

Community Design Event: The task is to reveal a picture of the conference community by exploring sub-groups created by members. We begin with 5 minutes of silence to ground and become present. Subgroups will be formed by you based on topics of interest as well as a felt sense of who you might like to work with. Before sharing ideas out loud or via the chat everyone is invited to move on camera for 3 minutes. The purpose is to communicate non-verbally what is on your body/mind given this invitation to find a group to work with. After three minutes you may continue the process using voice, movement and chat. Breakout rooms will be available as well as a shared group Padlet to allow communication and sharing of imagery or other multimedia within and between groups. Groups are encouraged to communicate with each other. Staff will be available to join in the exploration or provide consultation. The design closing in two days will be an opportunity to present a picture of the community based on the experience within and between subgroups using all the visual, verbal and embodied resources to communicate. At the end of today's work in your breakouts we will be gathering again to briefly share in movement from each of the groups.

Open Intersession Day: The open day, January 15 is an opportunity to continue the Community Design Event in a timing up to the members, as well as time for resting and digesting, letting the inputs from the conference circulate within your life energy, body and connections to the world we live in. During that day there will be an open zoom as well as a Padlet for collaboration, associations, shared media and other representations of the parts as well as the whole system represented by the conference.

Review Groups: The task of the review groups is for each person to reflect on the various events of the day in a smaller group with one consultant. During the second session participants reflect on how the experience connects to outside life.

Open Staff Meeting: Conference members can optionally observe the staff as it processes the day and responds to emergent themes and creative design adaptations. During the last 15 minutes, member observers are free to engage in dialogue with the staff.

Closing Plenary: The task of the closing plenary is to reflect on the experience of the conference and to transition back to life outside of the conference.

LANGUAGE English

TIME

5:00 pm to 10:00 pm (CET)

4:00 pm to 9:00 pm (London)

11:00 am to 4:00 pm (New York)

11:00 pm to 4:00 am (Singapore)

2:00 am to 7:00 am (Sydney)

DATES 13th, 14th and & 16th January 2023 (note: free day on January 15th)

Click the links below, to see a short video about prior ECW events, in presence and online:

[ECW GRC by Il Nodo Group \(Youtube\)](#)

[ECW 2023 Online Taster \(Vimeo\)](#)

PARTICIPANTS' FEEDBACK

"I found the parts of the conference specifically related to the embodied experience as great exploratory opportunities. I was clearly out of my comfort zone, but I believe it has been an effective way to integrate the body into an online event." MV 2022

"The role of the body is vastly underutilized in conferences here in the U.S. and I was so happy to be able to bring all parts of me to the conference and very much appreciated the evolution from the first ECW. The movement event at this conference was revelatory... While brief non-traditional explorations (art, movement, music etc.) can be very helpful to introduce some element of play into conferences and provide a creative entry into the unconscious, I don't think that the whole person and system is accessed as completely as was the case in ECW." JL 2019

"It has contributed to reflect on human nature and the different behaviours people display around work and leadership... I understood better the mind body connections, which are often neglected." AN 2019

"Being able to see oneself reflected in the other, feeling the critical issues and conflicts within the group they belong to and in the other groups has been a reason for growth for me." SC 2019



STAFF

Leslie Brissett

Group Relations Programme Director at the Tavistock Institute of Human Relations. He believes that the human being is opening up to the mystery of the body and the mind as an interconnected sentient system that includes all matter.

Maria Pia Conte

Psychiatrist, Psychoanalyst, member of Italian Psychoanalytic Society and of International Psychoanalytical Association, guest member of the British Psychoanalytic Society. Member of Il NODO Group, Torino.

Franca Fubini

Psychotherapist, group analyst and organizational consultant; chair of Social Dreaming International Network and member of Il Nodo Group.

Tim Jones

Storyteller, voice artist and musician.

Jack Lampl

Organizational Consultant, Credentialed Mediator, Visual Artist, Past President and Fellow A K. Rice Institute, Board member San Diego Psychoanalytic Center, Past President Threshold Foundation, Aspiring mover and shaker.

Luca Mingarelli

Social entrepreneur, psychologist, President Rosa dei Venti Onlus, Director of Therapeutic Community for adolescents, organizational consultant. Past President of Il NODO Group. Creator and Co-director of the innovative GR events ECW and LFA. Expert of Grotowski's Poor Theatre Techniques.

Sara Scrimieri

Psychologist, Psychotherapist, AIPPI Associate Member; PSIFIA Vice President and Treasurer; forensic consultant.

Marco Valerio

Consultant, scientific research on the body-mind connection.



REGISTRATION AND FEES

ECW is a field of exploration for new thinking which can foster a sustainable approach to the available resources. The same mindset is reflected in the approach to the finances of the conference.

ECW Online works from a basis of 'Trust, Generosity and Awareness'.

There will be a three-tier fee for covering the cost of the conference which may allow for a wide range of participation:

1. €100 fee + 22% VAT (total €122) - young (below 25), unemployed, disadvantaged geographical areas
2. €220 fee + 22% VAT (total €268) - regular fee
3. €300 fee + 22% VAT (total €366) - to support the event and those participants who contribute the lower amount

For registration and payment, please follow [this link](#).

Registration deadline: **3 January 2023**

SPONSORED BY

ILNODO GROUP

The NODO Group is a non-profit scientific-cultural social enterprise born from a professional team established in Turin in the 90s who carried out study, training and consultancy in collaboration with the Tavistock and Portman NHS Foundation Trust, London and with other scientific national and international institutions. The NODO Group has the mission of being a multidisciplinary scientific center, with a membership base of professionals with interdisciplinary and transversal skills in the health sector, health and social care and social welfare, in businesses, schools, social cooperation and public administration. It is the sponsor of the residential Group Relations Conference Authority, Leadership and Innovation” (ALI), repeated annually since 1998. ilnodogroup.it

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INFORMATION: The Secretariat and the Management will be happy to answer your requests for information at: ecw@ilnodogroup.it