Brad Cassidy

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Awakening Inner Wisdom

A committed **Group Process Facilitator** dedicated to awakening the inherent potentials of the individual through the creative interactions of the group. With special emphasis placed on self-awareness, self-responsibility, mirroring, communications and relationships.

"Cross the river in a company, and the crocodile will not eat you."
African Proverb

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Training

Pd Seminars. Private Post Secondary Institution. Over 1500 hours in Experiential Group Process Training.1993 to present.

Hakomi Experiential Psychotherapy. Approximately 600 hours in the method with it's founder Ron Kurtz, plus a practicum, resulting in a Certificate of Completion for the Professional Skills Training. 1997 to 2000.

Continuum Body Movement School. Approximately 200 hours of instruction in Body Centred Self-awareness. 1997 – 2001.

Non-violent Communications. 40 hours of formal instruction from founder Marshal Rosenburg and others. 1999 to 2001. On-going bi-weekly peer practice at present.

Various Related Courses. Over 400 hours of facilitated instruction on a range of topics including: anthropology, bio-energetics, energy medicine, Reiki, conflict resolution, community processes, expressive therapies and body movement. 1993 to present.

Conferences. The following conferences contributed significantly to my understanding and knowledge.
- NW Cohousing (TCN) (Seattle, '96)
- Body, Self and Soul (Seattle, '97)
- Bellingham Cohousing ('00)

Skills, Attributes and Attitudes

- **_Communications._** Ability to write, speak and listen well and to be able to cultivate this in others.
- **_Relationships._** Knowledge and ability with the elements, cycles and dynamics of inter-personal relationships.
- **_Personal process_**. In depth knowledge of his personal process, and the capacity to assist others to see their personal process and how it impacts their lives.
- **_Group Dynamics_**. Knowledge and experience of the elements, cycles and dynamics of group relationships.
- **_Boundaries_**. Firm and flexible interpersonal boundaries and the ability to assist others in developing these.
- **_Self-responsibility_**. Owning needs, feelings, actions and outcomes, and helping other to do so.
- **_Skills building_**. The ability to cultivate the skills of a group and to evoke their creativity.
- **_Conflict resolution._** The knowledge and ability to facilitate process based conflict resolution.
- **_Feelings and Needs_**. Understanding human emotions and needs; the ability to identify and work with these.
- **_Empathy._** A warm and compassionate appreciation of the human experience and its' challenges.
- **_Integrity._** A track record of reliability, honesty, responsibility and confidentiality.

General Experience

Workshops. Developed and presented the following personal development workshops to the public:
- The Practice of Loving Presence.
- Pillars of Relationship: Love, Sex, Romance and Intimacy.
- Conflict and Community.

Counselling. Six months developing a one-on-one couselling practice from an office in Kitsilano. Discontinued couselling to return focus to group process work.

Peer Support Process Group. Participant and frequent facilitator of an ongoing group focused on depth process of personal issues. Generally the person asked to facilitate delicate pieces of process work.

Volunteering. 140 recorded hours of service at the Burnaby Youth Secure Custody Centre, a maximum security facility for young offenders. One and half years service on the board of the Eco-Café youth project.

Travel. 34 months of travel in 20 countries outside North America has developed a deep appreciation of diversity.

Cohousing Experience

Workshops. Developed and presented the following workshops to participants involved in Cohousing:
- Communications Basics
- Deepening Connection
- Facilitation Basics
- Outreach Strategies
- Conflict and Community
- Communications and Community
- Social Process Series
- Decision Making Series
- Decision Making Process (with Ronaye Matthew)

Outreach. Have assisted in a wide range of outreach events in a variety of venues, from 1996 to present.

Development. Have assisted CDC (Ronaye Matthew) with numerous presentations and workshops for forming and potential groups.

Participation. Founding member, with Ronaye Matthew, of Knox Street Cohousing which later merged with the West Point Grey Group to form Cranberry Commons Cohousing Corp. Served as a Director through the development process, and remain an active member of that community.

Volunteering. One of the founding members of the Canadian Cohousing Network, and a director from it's beginning to the present. Involved in the internal structure, administration and outreach.

Specific skill relating to Cohousing
- Consensus decision making procedures, tools and protocols.
- Conflict resolution methods and protocols.
- Facilitation of meetings and outreach events.
- Organization, strategies and presentation of outreach events.
- Problem solving strategies; methods of eliciting and directing the group's creativity.
- Information protocols to effectively communicate and make decisions.

Business and Technical Skills

Self-employed. Self-employed since 1982, and familiar with all facets of operating a small business.

Planning. Proven ability to assess problems and resources, and to provide successful strategies to achieve the desired goals.

Management. Extensive experience managing human, financial and material resources on many projects.

Personnel. Over twenty years experience training groups and individuals.

Negotiation. Extensive experience negotiating with client groups and individuals.

Environmental. A deep understanding and appreciation of the complex issues of the relationship between human endeavours and the natural environment.

Computer. Proficiency in computer operations including: information and communications management, desk-top publishing, HTML programming and web-mastering, graphic skills/multi-media, and internet research.

References (References available on request.)