



Jan Dworkin: Relationship Work = World Work: Navigating the Intersections of Power



Jan Dworking is an author, facilitator, creator of 361ArtWorks, and key practitioner in the field of Processwork. Learn how to become a “relationship activist” and how we can navigate power in relationships.

TOP EMBODIMENT TIP: To own your power, own all the parts of yourself.

Relationship Mission:

- **Reduce shame** by bringing struggling relationships out of the closet.
- **Introduce the idea of “Relationship as Practice”** and rid the world of the idea of “failed relationships.”
- **Position relationship practice** as a part of social justice work.

Relationship as a Practice:

- Develop a Deliberate Practice.
- Personally develop the capacity for loving, honest, self-reflection.
- “Learners can never be losers” (Arnold Mindell).
- “Love is a verb; a practice that gets repeated over time” (Erich Fromm).

How Power Impacts Relationships:

- Both social power & personal power greatly impact relationships.
- We often do not recognize our power in different situations.
- Develop a multi-dimensional framework for power.

Develop a Framework for Power:

- **Social Power** is externally sourced and comes from systemic advantages.
- **Personal Power** is internally sourced and comes from psychological & spiritual development.
- **Contextual Power** is fluid and shifting. It comes from cultural, professional, and internal situations.

How Personal Power Impacts Other People:

- Think of a relationship where you have less social power, and one where you have more.
- Think of how the other person’s power affects you when not used well, and feel it in your body.
- Think of how your power affects others. Imagine the other person’s experience through their eyes.
- Own the truth of your unconscious use of your power and how you can use it in a more useful way.

Resources

- ❖ **Books:** [Make Love Better: How to Own Your Story, Connect With Your Partner, and Deepen Your Relationship Practice](#)
- ❖ **Website:** jandworkin.com/
- ❖ **Instagram:** [jandworkinphd](https://www.instagram.com/jandworkinphd)



❖ **References:** Arnold Mindell, creator of ProcessWorks

Jan Dworkin





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ILAN STEPHANI

Ilan Stephani is a cutting-edge somatic teacher, speaker, and coach. Her visionary research focuses on cultural taboos, embodiment tools, sexuality and collective trauma. She gained nation-wide attention with her bestselling book “*Skin and Games – What Sexwork Taught Me About Love*”.

Ilan offers **online trainings and in-person retreats** and her work has been described as an “Avantgarde Embodiment Training for Warriors”. She teaches in both German and English.

Currently she is dedicating an online training to **#LoveAndRage** - a somatic series of events teaching how to un-learn cultural confusion around anger, relationship, love and self-love.

#LoveAndRage explores how to activate innate instincts and boundaries, and how this empowers human love beyond concepts and words. You are welcome to find out for yourself!

Love and Rage Embodiment Training ilanstephani.com/loveandrage

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