



Institut für Prozessarbeit

Psychotherapie Coaching & Beratung Konfliktarbeit

Life Myth and Creativity - Your response to the troubled World

Datum 19.09.2026 - 10:00 Uhr bis 20.09.2026 - 17:00 Uhr

Ort

Winterthur
Gärtnerstrasse 15
8400 Winterthur

Leitung

Bogna Szymkiewicz

Life Myth and Creativity - Your response to the troubled World

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Each of us is born with a Life myth—a deep story that accompanies us throughout our lives. It contains patterns and energies that enable to express our uniqueness. Living in connection with our Life myth gives us more than inspiration—it provides a compass. It offers a sense of purpose and a way to understand both our struggles and our gifts. Most importantly, it opens access to our unique creative forces.

Today we live in times of world's mess, wars, uncertainty, and intense polarizations. The “dark side of the force” is rising in the outer world, bringing out fears, doubts, and feelings of helplessness inside of us. The question is: how can we respond?

This workshop invites you to discover how your own Life myth can guide you and support self-leadership in these challenging times. It will be an opportunity to explore:

- what creative powers are hidden in your childhood dreams and memories
- how to transform troublesome energies into your allies

- how can your myth help you navigate through crises, fears and stuck places
- what are the unique responses that you can bring to the world
- how to connect your personal story with the larger collective story we are living in.

Your Life Myth is not only about you—it is a doorway into the creative forces the world needs now.

Bio

Bogna Szymkiewicz-Kowalska, Ph.D., holds a diploma in Process Work from Zürich and a degree in clinical psychology from the University of Warsaw. She taught for over 35 years at the Institute of Applied Social Sciences, University of Warsaw. In her professional practice, she works with individual clients, offers supervision, facilitates groups, and teaches Process Work internationally. She is a co-founder of the Process Work Study Center in Poland and a faculty member of the Italian school Arte del Processo.

She is the author of the book *Hurt Feelings. A Journey into Wounded States of Consciousness and Beyond*, and co-author of *Deeper into the Soul. Beyond Dementia and Alzheimer's towards Forgetfulness Care*. Her Polish-language publications include *Why Is It So Difficult to Leave? Narratives of Women Who Experience Domestic Violence* and the anthology *Process Work: Theory and Practice*.

She has two grown-up twin daughters.

Ort: Gärtnerstrasse 15, 8400 Winterthur. Anreise Bahnhof Winterthur, dann Bus 3/5/7 bis Gewerbeschule 8 min. oder zu Fuss durch die Altstadt 12 min.

Kosten: externe Teilnehmer:innen 600.- / IPA Mitglieder und IPA Studierende 500.-