



PAX ET BELLUM

critical mass

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WORKSHOP

Critical Mass will organize a workshop that aims at generating insight in conflict dynamics through an experience with conflict. In the workshop the focus will first be on interpersonal conflict. This first simulation is simplified to a conflict to develop, within the group of participants, from scratch (“to make a mountain out a molehill”). The experience of interpersonal conflict then leads to practicing with conflict where groups are involved and where different (internal and external) factors play a role, such as power relations, culture, the socio-economic situation and politics.

Critical Mass allows participants to play with the concept of conflict and focuses on the one hand on the academic analysis of such an experience and on the other hand on the effects on the group of participants, both socially and emotionally. Thereby we touch upon your own involvement in conflict as a person and as an academic student with background in theory and skills.

The workshop set up is as follows:

Morning program

- Introduction into the INBOX methodology designed by Critical Mass
- Introduction of the trainers and participant
- Sharing experience about the understanding of conflict dynamics
- Critical Mass shares its main conflict model (used with all age groups)
- Experiencing conflict escalation (Interactivity & The Model)
- Dealing with conflict escalation by using de-escalation techniques within the same training experience
- Cooling down and disclosure

Afternoon program

- Conflict / chaos game (to feel the complexity of conflict)
- Analyze the conflict model where the conflict is between groups of people
- Interactive dealing with the conflict model when groups are involved
- Discussion on mediation practice in different contexts
- Discussion on conflict escalation and the understanding to better deal with the process of conflict resolution

Practical info

When	Friday March 6
Where	Dep. of Peace and Conflict Research, Gamla Torget 3, Hall 24
Part I	9.30 – 12.00
Break	12.00 – 13.00
Part II	13.00 – 15.30
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