



# Deep democracy for trainers, coaches & process facilitators

## Level 4 - deep dive

Level 4 is a three-day deep dive into the **theory** and **tools** of the Lewis Method of Deep Democracy.

You will explore your own motivations, talents, and pitfalls, creating space for genuine introspection.

This training serves as a powerful gateway to **personal** and **professional growth**, guiding you on a transformative journey of consciousness change.

### What will you learn in this training?

- Facilitate groups with a clear understanding of your own talents and pitfalls.
- Create an atmosphere of trust and safety through authentic compassion.
- Gain an in-depth understanding of the theory and tools of deep democracy.
- Reflect on the motivations, patterns, and beliefs that influence your role as a facilitator.
- Develop the appropriate mindset and metaskills.
- Explore the theories of Freud, Jung, Mindell and Lewis, as well as the shift from mechanistic to quantum thinking in group dynamics.

## Impact on your work as a process facilitator

By gaining a deeper understanding of yourself as a process facilitator, you develop greater insight into group dynamics and a strong sensitivity to "the undercurrent."

After this training, you will grasp the nuances of deep democracy methods and apply tools and techniques more consciously. This leads to deeper integration in your work and life, with increased confidence, flexibility, and awareness of what emerges.

You will grow into a stable, reliable process facilitator who guides groups with calmness and insight.

## Good to know

- You can participate in the Level 4 Deep Dive after completing either the flexible or fixed learning track for process facilitators.
- This level training differs from the first three levels by its strong focus on introspection and inner growth. Ample space is provided for interactive group moments.
- We consciously work with the themes present in the group, applying knowledge and tools to various situations. There is always room for everyone's questions, cases, and specific backgrounds.
- All Hummus Academy trainings take place at the Hummushouse, where we foster an atmosphere of respect, warmth, and connection—the ideal environment for learning and growth!
- The Level 4 Deep Dive is led by Fanny Matheusen.
- After completing this Level training, you can participate in one or more supervision sessions with Fanny Matheusen.



# Practical information

English Level 4 training: 10th, 11th and 12th June 2025

Price: 1.015€ excluding 21% VAT

Trainer: Fanny Matheusen

Location:

Hummushouse, Hendrik Consciencestraat 8, 2800 Mechelen

This training is eligible for the SME portfolio (KMO portefeuille).

## Our offer

- 3 days of training from 9.30 am until 5.00 pm
- Vegetarian lunch and coffee breaks included
- A doppler drinking bottle
- Access to all documentation and videos on the international Deep Democracy website and the HUMMUS online learning platform
- A Lewis Deep Democracy certificate and a HUMMUS certificate of attendance

*"Fanny fully embodies deep democracy in her approach and presence as a trainer. If you, as a facilitator, want to step into your full power, then you simply MUST do Level 4.*

*It's incredibly powerful, profound, and impactful within just three days...*

*Thank you so much!"*

Naziha El Handoussi - Participant in the Level 4 in June 2023