


TRAUMA TRANSFORMATION IN COMMUNITY

INTERNATIONAL TRAINING

23 - 27 June 2018, Findhorn, Scotland



Our lives and relationships are often unconsciously shaped by trauma - lingering remnants of deeply distressing experiences in our personal and collective histories. In this training, we take a step towards the freedom of awareness and choice, learning **skills for prevention, recognition, co-regulation, and integration of trauma within our communities.**

You will also gain:

- a capacity for self-regulation through an understanding of neuroscience
- an experience of emotions as fields of connection and inspired action
- trust and compassion through inner reconciliation and conflict resolution practices
- relational awareness through the practice of transparent communication
- hope for a future based on renewed sensitivity, joy and mutual care

Starting time: June 23rd, 9:30 / **End:** June 27th, 16:00

Venue: Newbold House - 111 St Leonards Road, Forres

Workshop fee*: £350 / Concessions: £200 / *does not include food and accommodation

More info: www.ecovillage.org/traumatransformation

Bookings: bookings@newboldtrust.org / +44 (0) 1309 672 659



Kosha Anja Joubert

CEO Global Ecovillage Network, Consultant, Facilitator Trainer, Negotiator, Intercultural Communication & Relation Community Building & Transparent Communication Member of Thomas Hübl's Mentoring Team www.ecovillage.org



Giselle Charbonnier

Somatic Experiencing & Family Constellations Practitioner Alexander Technique Teacher Transpersonal Psychology & Social Trauma Consultant Member of Thomas Hübl's Mentoring Team www.interbeing.space



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POCKET PROJECT
RESTORING A FRAGMENTED WORLD