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 23nd, 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

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