

TRAUMA TRANSFORMATION in COMMUNITY

INTERNATIONAL TRAINING

23 - 27 JUNE 2018, Findhorn, Scotland



Skills for prevention and integration of trauma

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 and integration of trauma** within the safe space of a supportive community.

We will also gain:

- a capacity for **trauma recognition** through an understanding of neuroscience
- an experience of **emotions** as **fields of connection** and **inspired action**
- trust and compassion through **inner reconciliation** and **restorative practices**
- 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: traumawork@ecovillage.org

TRAINERS:



KOSHA ANJA JOUBERT

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



GISELLE CHARBONNIER

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



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