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 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:** traumawork@ecovillage.org

**TRAINERS:**

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