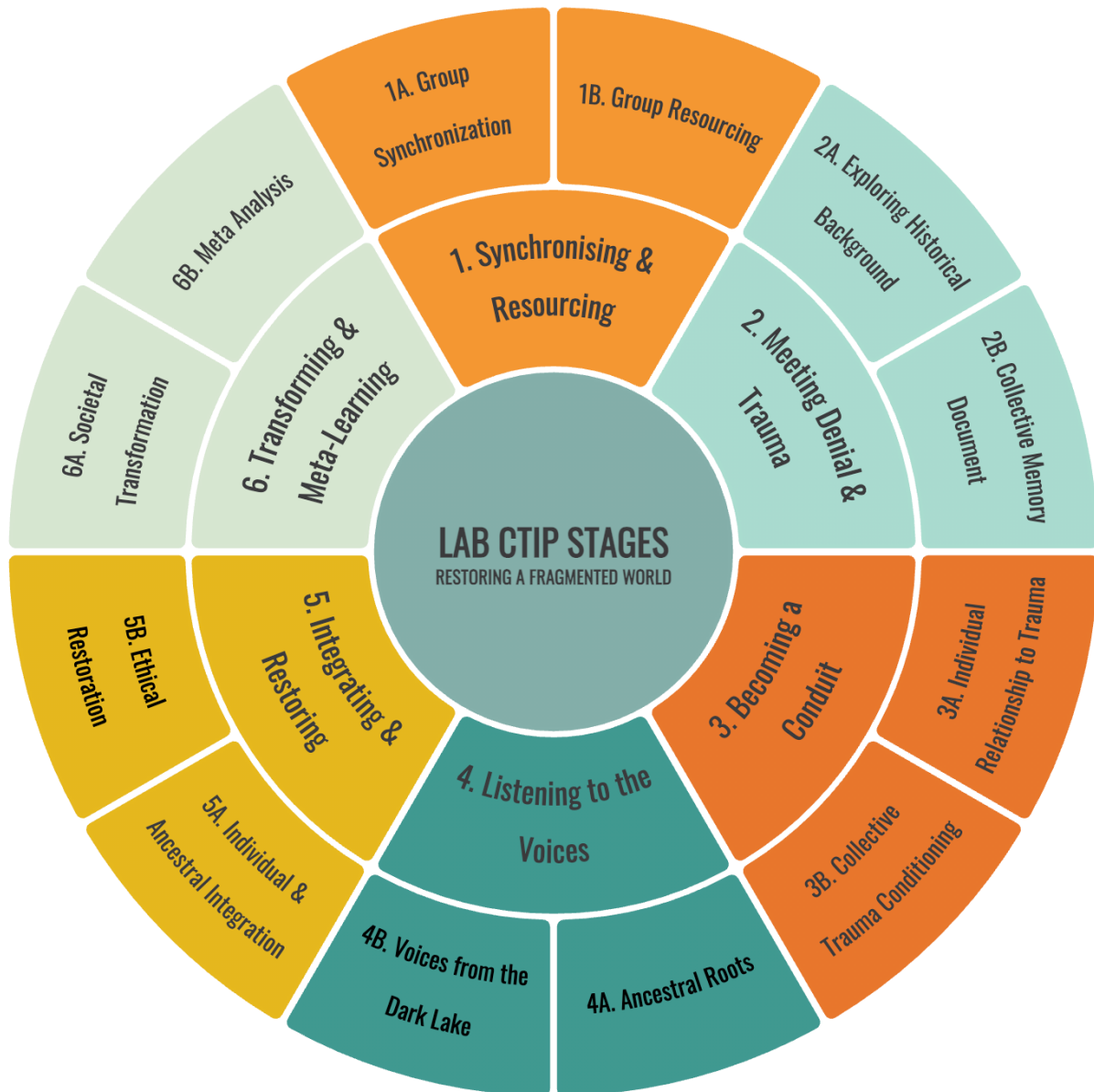


# THE COLLECTIVE TRAUMA INTEGRATION PROCESS - STAGES

## INTERNATIONAL LABS, POCKET PROJECT 2021

MOVING FROM A TRAUMA INDUCING CULTURE -> TRAUMA INFORMED -> TRAUMA SENSITIVE -> TRAUMA INTEGRATING CULTURE



## THE COLLECTIVE TRAUMA INTEGRATION PROCESS (CTIP) MODEL HAS SIX CORE STAGES:

The goal of a collective trauma integration process is to release and thereby integrate the trauma that is stored both within individuals and within groups of people who share a similar trauma pattern in their collective unconscious.

An essential component of this process is to strengthen the relational coherence of the group. When this happens, a group can release a portion of trauma, and thus, a portion of frozen intelligence of humanity. This, in turn, strengthens the group's capacity for coherence, thus allowing for a healing cycle to emerge. As we continue this work together, we create a more open, creative global culture that has the potential for a future that's sustainable.

The six core stages serve as a loose outline or map for group processes that unfold over several days:

1. **SYNCHRONISING & RESOURCING** - Synchronizing body, emotions, mind and spirit and forming relational coherence as a group
2. **MEETING DENIAL & TRAUMA** - Becoming aware of denial and/or touching repression of the trauma
3. **BECOMING A CONDUIT** for the collective past to be voiced, expressed and witnessed
4. **LISTENING TO THE VOICES** - Tracking the specificity and listening to the precise quality of individual and collective voices that arise during the process
5. **INTEGRATING & RESTORING** - Returning to synchronizing body, emotions, mind and spirit to begin integration
6. **TRANSFORMATION & META-LEARNING** - transpersonal witnessing, reflection and integration of the process, impulses for transformative action might arise.

## THE EXTENDED COLLECTIVE TRAUMA INTEGRATION PROCESS (CTIP X) HAS TWELVE STAGES:

This map serves as the suggested inspirational arc or orientation for International Lab journeys over several months (consisting of a mixture of regular group sessions, personal work and triad work, held within a supervision and meta-learning process).

The orientation is not the territory - each process will be shaped by the specificity of the group and the content being explored. Each journey has its own quality and rhythm, which we need to attune and adapt to, thus shaping a unique learning experience. We continue to learn from the reality of the experience in our Labs and will continue to refine this description as we mature in our practice.

### 1. GROUP SYNCHRONIZATION – FORMING RELATIONAL COHERENCE AS A GROUP

- Setting shared intention
- Clarifying Group Agreements
- Introducing basic competencies - Presencing, 3-Sync, Self- and Co-regulation, Attunement
- Introducing the map of the journey
- Gathering personal intentions - What drew me to this Lab?

#### PREPARATION FOR NEXT STAGE:

- *Exploring personal, ancestral and cultural sources of resilience*

## 2. GROUP RESOURCING - ACKNOWLEDGING AND GATHERING OUR SOURCES OF STRENGTH

- Deepening basic competences & group coherence
- Exploring topics of self-care and self-regulation
- Exploring topics of individual, ancestral and collective sources of resilience and resourcing
- Acknowledging areas of individual, ancestral and collective trauma
- Resourcing ourselves for our journey ahead

### PREPARATION FOR NEXT STAGE:

- Collecting 'facts' that help to make visible the archaeological layers of the specific field of trauma that is being explored
- What happened, which groups were participating and what were their motivations?
- Acknowledging that such facts might not be 100% correct, comprehensive or complete, and might not yet include all that is important to us

## 3. GATHERING THE THREADS - EXPLORING THE HISTORICAL BACKGROUND

- Sharing how we were touched by collecting 'facts' - somatically, emotionally, mentally, relationally and spiritually
- Acknowledging where there might be discrepancies in information and worldviews within the group. Where has a part of the history been shrouded in silence?
- Incongruence in the narrative is part of the trauma
- Sharing of some of the facts

### PREPARATION FOR NEXT STAGE:

- Distilling the collection of facts into a 'Collective Memory Document', arranged into a historic timeline

## 4. OUR COLLECTIVE MEMORY DOCUMENT - MEETING OUR FIELD OF COLLECTIVE TRAUMA

- Reading the document through diverse voices in the group
- Meeting the energy landscape that we will be walking into as a group
- Creating a graphic recording/visual representation of our 'Collective Memory Document'
- As we touch this landscape, we are likely to access denial, repression and fight/flight/freeze responses. We might experience expressions of polarization in the group, or individuals might wish to leave.

### PREPARATION FOR NEXT STAGE:

- Reflecting on the effects that the reading of the timeline has on me
- Reflecting on the ways in which this field of collective trauma has shaped my identity and experience

## 5. MY INDIVIDUAL RELATIONSHIP TO THIS FIELD OF COLLECTIVE TRAUMA

- How was and am I affected by this field of trauma?
- How was and is my physical, emotional, mental, relational and spiritual awareness and experience shaped?
- How was and is my voice shaped?
- Presencing voices from the group and slowing down enough as a group to meet the experience

## PREPARATION FOR NEXT STAGE:

- Reflecting on our cultural and societal conditioning

## 6. MY COLLECTIVE TRAUMA CONDITIONING IN REGARD TO THIS FIELD OF COLLECTIVE TRAUMA

- How did trauma shape the culture and societal institutions that I grew up in?
- How has this influenced my construction of identity and the process of 'othering'?
- How does the conditioning become part of the lens through which I see reality?
- What filter systems and cultural agreements have we created to hide the trauma and the effects of the trauma?
- Presencing voices from the group and slowing down enough as a group to meet the experience

## PREPARATION FOR NEXT STAGE:

- Reflecting on our ancestral roots and their integrated wisdom and resilience as well as their connection to this field of trauma

## 7. MY ANCESTRAL ROOTS IN REGARD TO THIS FIELD OF COLLECTIVE TRAUMA

- How do my roots reach into these historic wounds?
- Through my ancestors, how is my personal relationship to the collective trauma field formed? Take time to look at physical, emotional, mental, relational and spiritual aspects
- Presencing voices from the group and slowing down enough as a group to meet the experience

## PREPARATION FOR NEXT STAGE:

- Reflecting on the broader systems of ancestral generations going through this trauma

## 8. LISTENING TO THE VOICES FROM THE DARK LAKE

- Exploring the larger system of different voices from the collective lake
- Through and beyond my personal ancestors can I sense the broader system of generations going through this trauma?
- During this journey, we close in on the actual ethical violation - the place where that happened cannot be healed just by trauma integration work. It needs to be healed by an awareness of how the sacred law was crossed.
- Presencing voices from the group and slowing down enough as a group to meet the experience

## PREPARATION FOR NEXT STAGE:

- Reflecting on what integration might look like for me: How have I changed throughout this journey? How has my relationship to my ancestral field changed and deepened?

## 9. INDIVIDUAL & ANCESTRAL INTEGRATION

- How have I changed? How have we changed?
- How have our relationships to our ancestral field changed?
- What new information and insights have arisen?
- We live in the effects of the shadow of karma coming up through our roots from the past and throughout this process, have been loosening up this field in a resourced way to open up the nervous system to become more responsive again.

## RESTORING A FRAGMENTED WORLD

- The real grace is that the upstream of light through our ancestors, through evolution can rise again. The entire history is reunited with our lives and can reconnect to the potential light coming down. We are restoring the flow of light in the fabric of life.
- Focus on triads and small group work

## PREPARATION FOR NEXT STAGE:

- Reflecting on what ethical restoration might look like.

## 10. ETHICAL RESTORATION

- What is the ethical restoration that is needed for trauma healing in culture?
- What are the ethical upgrades?
- When there is still too much trauma captured in the permafrost, restoration remains a concept.
- As the ice melts, 'an offender' can move towards reparation from a felt place.
- Restorative insight and restorative engagement (acknowledging the trauma and feeling the pain together), may lead to healing (restoration of the flow of light) and this may lead to restorative reparation.
- The book/ information on what is needed for reparation is hidden within the perma-ice of trauma and is specific for each event.

## PREPARATION FOR NEXT STAGE:

- Reflecting on whether and how I might feel called to engage in restorative justice

## 11. SOCIETAL REPARATION AND TRANSFORMATION

- How do societal institutions need to be transformed to allow for restoration?
- How does our use of language need to be transformed to allow for restoration?
- Might there be a concrete project or personal steps arising from our journey together?
- When we loosen ice, the energy that arises becomes free creative potential. Which flowers are starting to grow?

## PREPARATION FOR NEXT STAGE:

- What have I learned from this journey?

## 12. META-ANALYSIS: WHAT HAVE WE LEARNED?

- What have I learned? What have I learned in my relations to others? In my relationship to the theme?
- What have we learned?
- Reflecting on how a coherent we-space and a process of witnessing collective and intergenerational trauma may lead to an integration and eventual healing of collective trauma
- Collecting insights and learnings

*Compiled by Kosha Joubert, inspired by Thomas Hübl*