
THE COLLECTIVE TRAUMA INTEGRATION PROCESS

INTERNATIONAL LABS, POCKET PROJECT 2021

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

THE COLLECTIVE TRAUMA INTEGRATION PROCESS HAS 3 LEVELS:

- **THE INDIVIDUAL AWARENESS LEVEL OF EACH PARTICIPANT** - developing a refined sensitivity to internal and external synchronisation and relatedness.
- **THE COLLECTIVE AWARENESS LEVEL OF THE GROUP** - developing a refined sensitivity to how collective synchronization and coherence is formed, expressed, and sustained.
- **A META-PROCESS** involving higher levels of witnessing, integrating, reflecting and collective learning

BASIC COMPETENCIES/ LIFE SKILLS - PARTICIPANTS:

We will be refining the following competencies to prepare us for and stabilize us during collective processes:

- **PRESENCING** – attuning to one’s most immediate experience in “the here and now” beginning with a conscious awareness and witnessing of my experience of my breath, body, emotions and mind.
- **3-SYNCH** – as I presence my body, emotions, and mind (and, possibly, my soul), I allow and track the synchronization and coherence between these levels of being to increase within me.
- **SELF-REGULATION / SELF-CARE** – becoming more able to embrace my inner experience with compassion, taking time and slowing down to digest. Noticing when I am ‘triggered’, when I become numb or reactive, and through which filters I might be seeing the world during those moments.
- **RESOURCING** - accessing inner and outer sources of relaxation, joy, strength, connectedness and grounding so that I can stay present in the face of challenges and as we touch personal and collective trauma.
- **SENSING / DEEP LISTENING** – learning to use all our senses to meet ourselves and others, ‘growing eyes all over our body’. We listen beyond the surface of the words into the depth or space that words arise from and beyond the person into the history and ancestry that they carry within them.
- **ATTUNEMENT** – sensing precisely, bringing my full presence with a specific focus to myself, someone else, an event in the world, etc.
- **RESONANCE** – noticing and presencing the response in my nervous system as I sense, listen and attune to someone else, and events in the world, etc.
- **CO-REGULATION** - increasing my capacity to embrace another person’s inner experience with compassion. When I am in a resourced state, I might be able to offer a spacious and relaxed nervous system that supports the other to feel safe and slow down. Together, we become more able to ground the energy of an intense process.
- **TRANSPARENT COMMUNICATION** – a process, beginning with presencing ourselves, then reaching out to sense, listen and attune to other(s). We can also sense into the space between us and ‘them’, the quality of our relatedness and practice ‘rolling out a warm carpet’ or relating from our heart space. Authentic communication speaks from what is alive and present in the moment, not about.

RESTORING A FRAGMENTED WORLD

- **BUILDING GROUP COHERENCE** – applying our sensing, attunement, resonance, and co-regulation to consciously induce more coherence between us - “I feel you feeling me.”
- **GLOBAL SOCIAL WITNESSING** - mindfully attending to global events with an embodied awareness, thereby creating an inner world space that mirrors and brings compassion to these events. We shift from being a mere bystander, mentally processing the latest news, to an active witness, responding from our bodies and hearts, as well as our minds.
- **MEDITATION, CONTEMPLATION AND PRAYER** - increasing our capacity for transpersonal awareness

THE COLLECTIVE TRAUMA INTEGRATION MODEL IS INFORMED BY THE CURRENT STATE OF SCIENCE AND BASED ON SEVERAL PREMISES:

- **PREVENTION** is always the first goal. Once we understand the nature and effects of collective trauma, we can more effectively work together as a global society to prevent the atrocities and systemic disruptions that lead to this phenomenon in the first place.
- In order to address collective trauma, we need to examine how **ANCESTRAL, HISTORIC AND TRANSGENERATIONAL TRAUMA** intertwine and operate in our unconscious, underlining and forming many of our cultural conceptions.
- **TIME DOES NOT HEAL TRAUMA...** The effects of collective trauma do not just unfold in the immediate aftermath of an event, but potentially continue over the long term, persisting possibly for generations. In some cases, the original event is evident e.g., a natural disaster or war. At other times, the original event may be shrouded within a muted or cloudy narrative of the past or rooted in a complex web of systemic decisions and actions e.g., a failing healthcare system.
- There is a **NATURAL TENDENCY TOWARDS HEALING** in both individual and collective systems. When provided with a trauma-informed expertise of heightened attunement and the safety of a well-held, coherent space, trauma will become evident and potentially ripe for healing.
- When trauma shows up in individuals or groups, the first symptoms we can access relate to our **UNCONSCIOUS SUPPRESSION** of this material, our defense wall against trauma. Since these symptoms are unconscious and therefore hidden, our attunement and sensing practices help us to access and touch these places gently.
- As we become more aware of how trauma is central to our collective unconscious, and of how it shapes our institutions and cultural architecture, we can begin to mitigate collective stress in times of crisis and to **INITIATE APPROPRIATE CHANGES**.