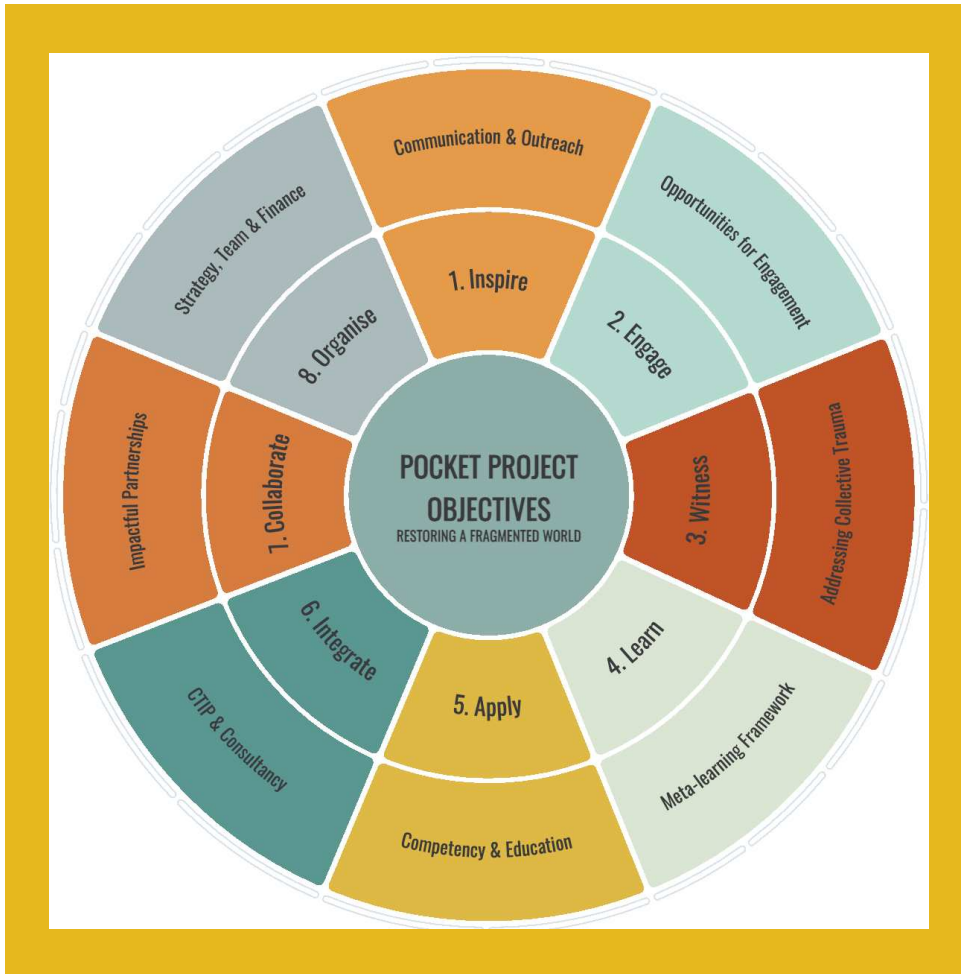


ANNUAL REPORT 2020



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LETTER FROM THE CHAIR & CEO

While 2020 may be remembered as a particularly traumatising year by many of us, trauma is not new. We are beginning to understand that, if not taken care of, new trauma lands on old trauma like snow on ice, constricting evolutionary development, delaying progress and inhibiting innovation.

The Pocket Project raises awareness of the multifaceted nature of individual, ancestral and collective trauma, illuminates its impact and prepares for its integration. Awareness is the first step in a cultural shift from trauma-inducing to trauma-informed and, finally, trauma-integrating societies.

Our work is based on methodologies and processes developed by Thomas Hübl. Since 2002, tens of thousands of people have been guided through Collective Trauma Integration Processes in large-scale group events. After years of intense training, a circle of Pocket Project Facilitators has emerged.

The Pocket Project is carried by a small core-team, but our work is supported by a wide network of generous volunteers and donors. We are funded entirely by these generous contributions.

Together, we can melt the ice and integrate the pain of the past - all that is required is our willingness to attend fully to what arises and to be compassionate with ourselves and each other in the process.

With gratitude,
Kosha Joubert, CEO
Thomas Hübl, Chair & Co-founder



THOMAS HUEBL
CHAIR & CO-FOUNDER



YEHUDIT SASPORTAS
CO-FOUNDER



KOSHA JOUBERT
CEO



ANNE VOLLBORN
PROJECT MANAGER

POCKET PROJECT: RESTORING A FRAGMENTED WORLD

OUR VISION:

We restore fragmentation by addressing and integrating individual, ancestral and collective trauma. We heal the wounds from the past, thus shifting humanity towards a path of collaboration, innovation and emergence.

OUR MISSION:

We contribute to the healing of collective trauma, reduce its disruptive effects on our global culture and help induce a shift from trauma-inducing to trauma-informed and trauma-integrating institutions and societies.

OUR THEORY OF CHANGE:

One of the most effective approaches to collective trauma integration is the cultivation of coherence and resilience in groups, followed by a process of consciously turning towards and witnessing individual, ancestral and collective trauma material. As we gather people around a shared intention, we have more resources available and can integrate the pain, bit by bit, that could not be processed before. The ensuing release leads to mind-set shifts and behavioural change - an increase in compassionate and collaborative ability, creativity and innovation and a decrease in isolation, polarisation and separation. As we reclaim the contents of our unconscious, we become more empowered to create a better world.

INSPIRE

We reach out to a broad audience to inspire awareness on the global impact of collective trauma and possibilities for collective trauma integration through social media, festivals and online summits.

COLLECTIVE TRAUMA ONLINE SUMMIT

Our second Collective Trauma Summit, hosted from 22 Sept to 1 Oct 2020 included inspiring talks from 40+ experts on the topic of collective trauma, including leading psychotherapists, neuroscientists, indigenous wisdom keepers, biologists, artists, and social activists.

Participants 108.000



SOCIAL MEDIA OUTREACH

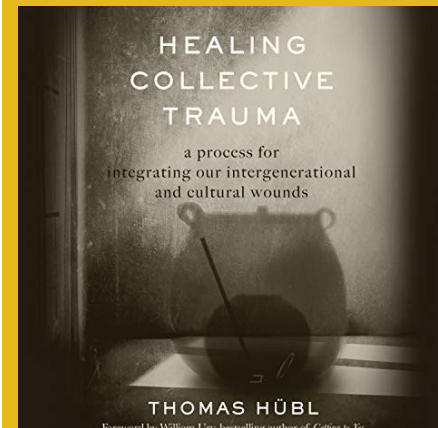


PP 4.500
PP Field 61.174

NEWSLETTER



PP 5.400
PP Field 162.100



HEALING COLLECTIVE TRAUMA

a process for integration
our intergenerational and
cultural wounds



Thomas Hübl's new book provides a comprehensive guide to understanding and healing trauma that is shared among communities and transmitted over generations.

ENGAGE

We create opportunities for engagement and collective competence building to both civil society and professionals.
We offer public calls for both trauma integration and trauma prevention.

VOLUNTEER PROGRAM

We offer opportunities for meaningful engagement in the Pocket Project, thus supporting a shift from 'the will to receive' to 'the will to give'. The capacity of our team is crucial to ensure a fulfilling experience and enable growth of our volunteer program.

Volunteers 132
Hours 3050



GLOBAL AID CALLS



This initiative served as a preventative intervention to minimise the increase of collective trauma.

The Corona Aid Trauma Prevention Project was initiated in response to the COVID-19 crisis to offer free online support calls for healthcare workers and others struggling with severe stress and isolation.

GLOBAL AID CALLS



The trauma-informed expertise of the facilitators and the safety of well-held, coherent group spaces, provided opportunities for both frontline healthcare workers and members of the public to sit together and ground in somatic awareness, deep listening, and inner resilience.

Participants 2515
Calls 147

ENGAGE

We offer scholarships for participants from non-majority backgrounds and the Global South.

SCHOLARSHIP PROJECT



Collective trauma integration prepares the ground for the emergence of healing institutions and evolutionary development in our societies. Our aim is to offer access to information and skills to as many people from non-majority or Global South backgrounds as possible. We allocate scholarships to multipliers who will have impact within their communities.

"My organisation and I have learnt a lot which we are able to share with community and family leaders here in Tanzania as well as the African diaspora generally as we attempt to reconnect in our journey to racial well-being."

Keisha D, Founder of Nyumbani Africa, Tanzania

"We in Afghanistan feel numbness and detached from our selves and our emotions so with these meditations I think that will help us to be in touch with our inner true self."

Spozhmay Oriya, Assistant Professor, Kabul University, Afghanistan



SCHOLARSHIPS



In 2020, we were able to allocate 214 packages for the Collective Trauma Online Summit and 73 places on the Principles of Collective Healing Course, a 4-month immersive online course on the theory, methods & applications of working with collective trauma.

Recipients 287

Amount €46.598

WITNESS

Initiate International Labs that convene geographically and thematically specific groups to address collective trauma as part of a restoration process for respective countries or topics.

INTERNATIONAL LABS



The International Labs convene geographically and thematically specific groups that meet with the support of trained Pocket Project facilitators to explore the history, expression and possibilities for restoration of specific thematic or localized fields of collective trauma.



The stronger the cup becomes, the deeper we can drill, and the more frozen energy can be brought up for integration.



The Labs started with a first cycle lasting from November 2020 to June 2021. After a 3-month pause and reflection period over July, August and September, during which we will tease out and publish our meta-learnings, a second cycle of the Labs will start by the end of October 2021, continuing and deepening the journey for those Labs already established and expanding to include more topics and countries.



Labs	23
PP Facilitators	42
PP Trainees	48
Participants	692



International Labs

Trauma will resurface in our lives and our cultures, generation after generation, as the life principle itself works to detox and balance. We can suppress this process in futility, or we can work consciously to restore the collective stream.



"I am grateful to participate in the women's lab. It feels like we are mending a very old ragged cloth that has stretched for eons and I have such a longing to add my love and light to the feminine voice."

Marsha D., USA
(Gender-based Trauma)



Climate Change & Collective Trauma

Women & Gender-based Trauma

War & Its Impact on Families and Communities

Trauma and Resilience in Times of Covid

Colonialism & Collective Trauma in Europe & Africa

Colonialism & Collective Trauma in Latin America

Colonialism & Collective Trauma in The Netherlands & Belgium

The Legacy of the Holocaust – Collective Trauma in Israel, Palestine & Germany

The Legacy of Immigration – Separation and Belonging in Israel



"We are just beginning to see how we participate in the continuation of war."

John M
(War & its Impact)



"I am touched by the moments when listening takes place for the white people after people of colour share their experiences. And when I hear the realities of the white people shared in authenticity."

Victor A., Nigeria
(Colonialism in Africa)

We live in the effects of the shadow of karma coming up through our roots from the past. In the labs, we are loosening up the ice in a resourced way to open up our nervous system so it can become fully responsive again...



"I saw the importance of facing and relating to our shame and humiliation. It is at the root of renewed conflict – when we become accountable for our shame and feelings of humiliation, we can heal a source of perpetuating conflict."

Marc P., NL
(Legacy of the Holocaust)

International Labs

All that's required is our willingness to fully attend to what arises and to be compassionate with ourselves and one another in the process. Our collective body can learn to regulate itself. Together, we can bring the past into peace.



"I realised that each person who spoke truly has a different piece of the story of collective trauma and history to share. The web of all of us together is so much richer than anyone alone."

Shana L.
(Trauma & Covid)



Racialized Trauma & the Pathway to Restoration in the US

Historical Trauma – Roots and belonging on Native American Land

The Legacy of White Privilege & Collective Trauma in the US

The Legacy of Immigration – Separation & Belonging in the US

Collective & Intergenerational Trauma in Argentina, Austria, Bangladesh, the Balkans, Brazil, Colombia, Germany, Japan, Mexico, Uruguay



"The most significant for me is connecting with strangers from across the world and actually feeling their feelings."

Suzanne, health researcher
(Trauma & Covid)



In every part of the world, humanity's collective shadow contains different flavours and varying degrees of intensity. Yet, it exists wherever humanity exists. Only the right key, our precise attunement, can unlock each door.

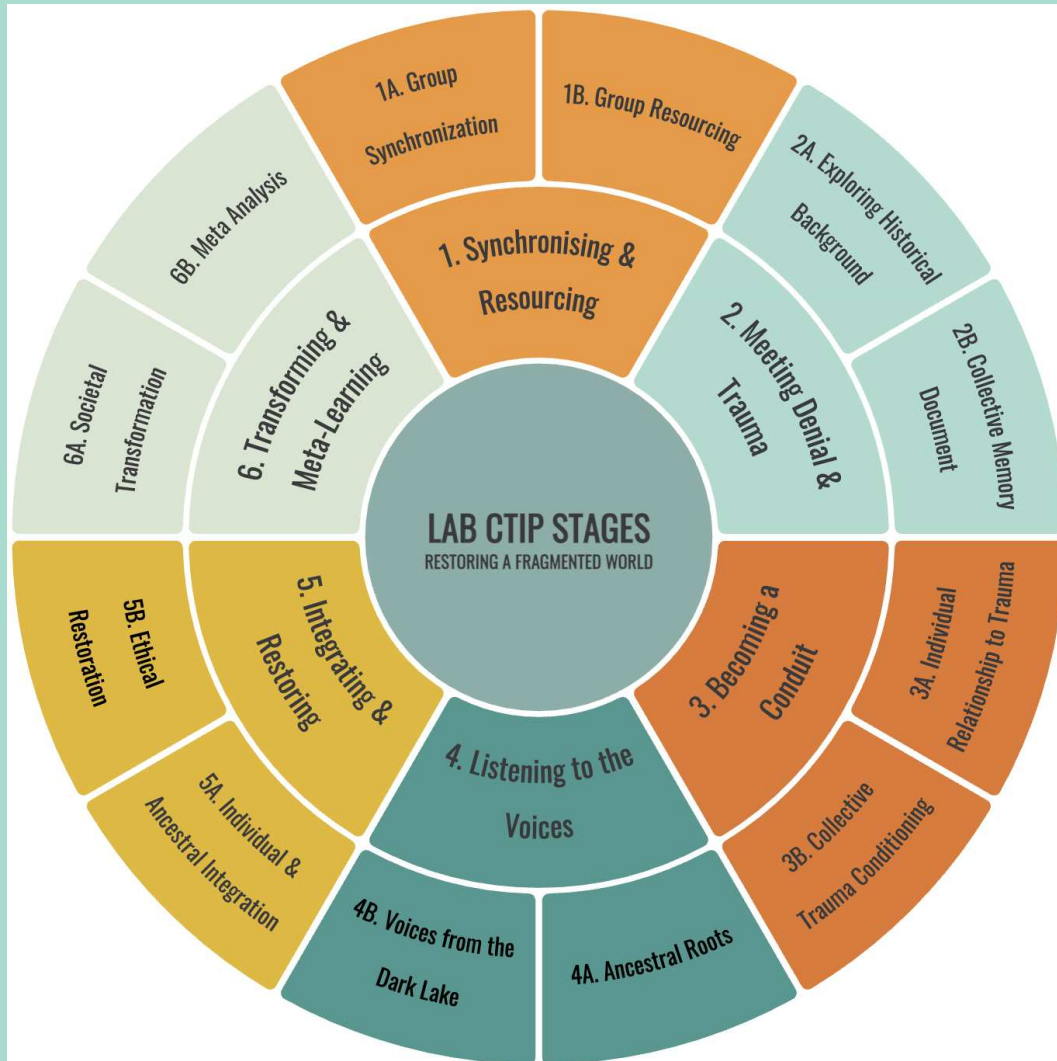


"At each lab something I did not realise before surfaces. Today it was about the numbing and turning away. I saw that it is an ancestral pattern I inherited, not some character defect. This was huge for me."

Siobhán M, Ireland
(War & its Impact)



International Labs



Prevention is our first goal. Once we understand the nature and effects of collective trauma, we can work together as a global society to prevent the atrocities and systemic disruptions that lead to this phenomenon in the first place.



LAB CTIP STAGES



Each of the International Labs sets out on a journey of Collective Trauma Integration (CTIP). This map of the CTIP stages serves as a suggested inspirational arc or orientation for the labs. The journey consists of a mixture of deep personal work, regular group sessions and meetings in smaller groups, usually triads. This is framed within a supervision and meta-learning process. The orientation is not the territory - each Lab's process will be shaped by the specificity of the group and the content being explored. Each journey has its own quality and rhythm, to which we attune and adapt, thus shaping a unique learning experience.

LEARN

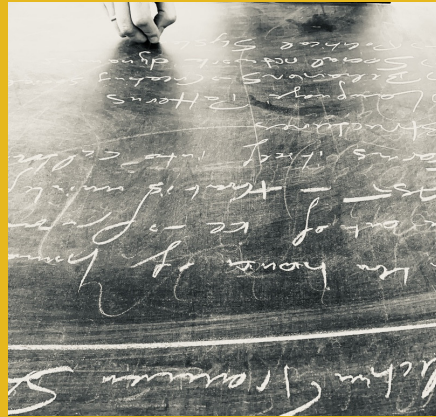
We situate all our projects within a meta-learning framework. We provide access to outcomes via the Study Room and Knowledge Library. We are building circles of contributing experts, researchers and PP facilitators.

RESEARCH

We are working with surveys to elicit information from both the Lab teams and the participants. Our central research questions is:

'Can coherent we-spaces and a process of witnessing collective and intergenerational trauma lead to an integration and eventual healing of collective trauma?'

We install a meta-learning framework for quick learning loops in all our activities.



"I loved how the arc of our experience in our course community of 1,500 participants made it possible for me to understand how overwhelm and numbness shows up in the collective."

Naser Al S. – Artist,
United Arab Emirates

STUDY ROOM

Our learnings are published on the Pocket Project website in the Study Room and related to existing scientific research through the Knowledge Library, a collection of informative articles and videos. There is already a good selection of articles and videos available on the current PP website.

We aim to uplift and expand this compendium by adding to it and making it more accessible



Surveys 52
Responses 926



APPLY

We are setting up Competence Centres for the further refinement and application of knowledge on Collective Trauma Integration to specific sectors. We offer training on trauma-informed leadership to NGOs and Global Aid Organisations.

COMPETENCE CENTERS



The meta-learning that takes place throughout the Pocket Project is crystallised and applied to specific sectors:

- Global Social Witnessing
- Restorative Justice
- The Healing Professions
- Climate Change & Trauma
- Racialized Trauma
- Women & Gender-based Trauma
- Trauma-informed Leadership
- Relational Competence



Collective trauma integration initiatives are like global acupuncture - the newly released energy transforms us, liberating our creative potential by feeding radical new solutions and rapid innovation.

We live in the effects of the shadow of karma coming up through our roots from the past. In our work we loosen it up in a resourced way to open up the nervous system to become more fully responsive again.



PP EDUCATION



Crystallised knowledge is being transformed into trainings which can be offered to NGO's, global aid organisations, health workers, etc. A first Trauma-informed Leadership Training will be offered over two 3-day sessions from June to September 2021. All proceeds go to support the work of the Pocket Project.

INTEGRATE

We are setting up a consultancy for Collective Trauma Integration Processes for organisations, companies or countries in partnership with leadership circles and governing bodies.

COLLECTIVE TRAUMA INTEGRATION



We are currently working on concept notes for country-specific collective trauma integration processes for Israel, Germany and the US, with small teams from each of those countries, to be brought to potential funding sources. These will integrate learning from the country specific international Labs.



Collective trauma integration initiatives are like global acupuncture - the newly released energy transforms us, liberating our creative potential by feeding radical new solutions and rapid innovation.

Trauma exists as an interruption of our true condition, but connectedness, true intimacy and love belong to us by birthright.



THE COLLECTIVE TRAUMA INTEGRATION HAS 3 LEVELS:



The individual awareness level of each participant - developing a refined sensitivity and capacity for relatedness.



The collective awareness level of the group - developing a refined sense for collective synchronisation and coherence.



A meta-process involving higher levels of witnessing and collective learning.

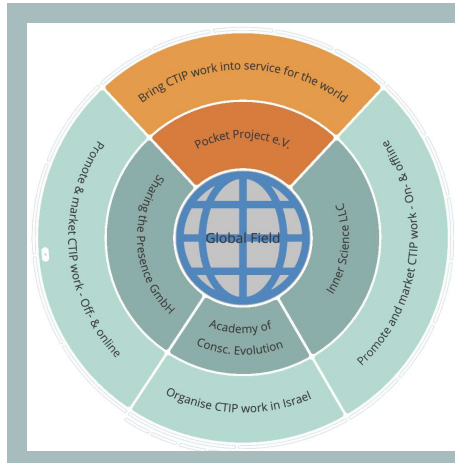
COLLABORATE

Cultivate generative international partnerships with like-minded organizations and prepare for consultative status at the UN.

PARTNERSHIPS



At the heart of our partnerships are our close collaboration with Sharing the Presence - GMBH in Germany, Inner Science - LLC in the US and the Academy of Inner Consciousness in Israel. These three companies offer direct support to the Pocket Project - NGO, which serves as an umbrella for the non-profit activities of bringing this work into service where it is most needed.



PARTNERSHIPS

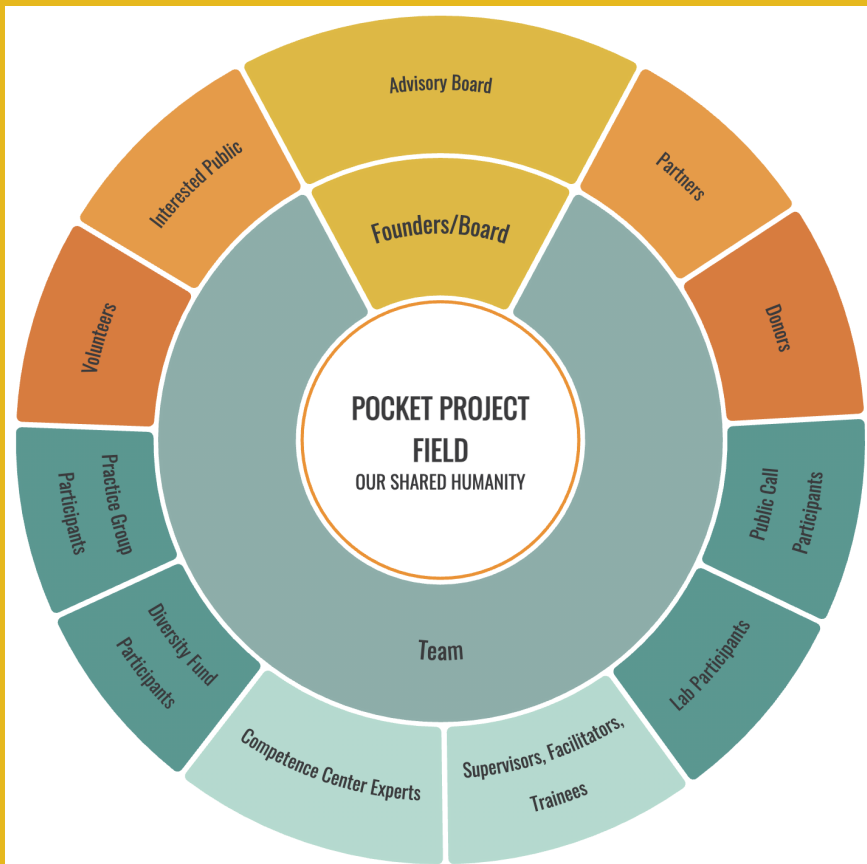


The Pocket Project cultivates partnerships with like-minded organisations, and those that extend our work into areas beyond our immediate skills and capacities.

We are applying for consultancy status at the United Nations and have applied for a booth at the UN COP26 (Climate Conference) in Glasgow later this year.

ORGANIZATIONAL DEVELOPMENT

Develop an organisational structure that allows for the involvement of a growing number of donors, staff, freelancers, and volunteers in the manifestation of our strategy.



Compassion is not a relationship between the healer and the wounded. It's a relationship between equals. Only when we know our darkness well can we be present with the darkness of others. Compassion becomes real when we recognise our shared humanity.

Pema Chödrön



NEXT STEPS



The Pocket Project is guided by our values, vision, objectives and key targets and shaped by the emergent needs of our times.

We fundraise resources that allow us to contribute to the healing of collective trauma and to reduce its disruptive effects on our global culture. Every donor is an active participants in the realisation of these aims.

FINANCIAL HIGHLIGHTS 2020

Gather resources that allow the Pocket Project to fulfil its mission in the world.



**46,598 €
SPENT ON
SCHOLARSHIPS**

for participants from non-
majority backgrounds and
the Global South



**TOTAL INCOME:
134,768 €**

**134,768 €
RECEIVED IN
DONATIONS**

from generous key donors
and supporters



**TOTAL EXPENDITURE:
134,706 €**





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CONTACT US

If you would like to contribute...

Thank you so much for your interest in reading this far!

Please let us know if you have any questions.
If you would like to get involved, please visit our website to sign up for our newsletter or one of our upcoming Community or Global Social Witnessing Calls. You can also sign up as a Volunteer to help transcribe or translate our materials into your language.

If you would like to contribute as one of our Key Donors, you can either go to our donation website or contact us directly to explore options. Your generous support provides the Pocket Project with a much-needed financial cushion to accelerate our work in the world.

Thank you so much for your generosity and trust,
In the name of Thomas Hübl and our team here at the Pocket Project,
Kosha Joubert

