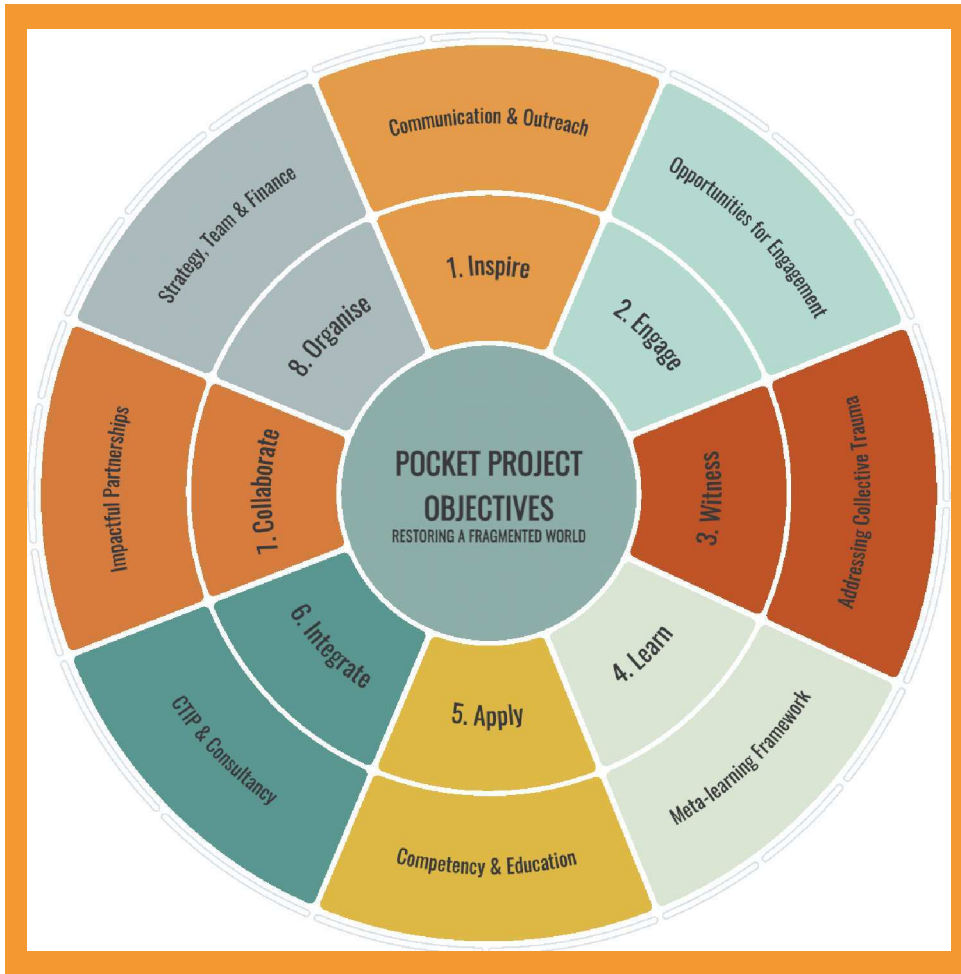


# ANNUAL REPORT 2021



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## THE HIDDEN VARIABLE IN OUR SOCIAL MATRIX

Given what we have seen in the last years in terms of a rapid cumulative display of crises, it is acutely important for humanity to wake up to the hidden variable in our societal matrix: individual, ancestral and collective trauma.

It is an integral part of our citizen responsibility to take care of the aftermath of transgressions of the past and turn these wounds into shared learning and ethical restoration. When strong content comes up between us, we need cohesive social containers in place for our communities and societies to be able to respond creatively and effectively.

The Pocket Project delivers programs that fuel trauma-informed practice and help to integrate traumatic content through relational and systems sensing. The Pocket Project community acquires skills of trauma-informed presence, self- and co-regulation, titration, coherence-building and Global Social Witnessing. Each of us can create relational health and healing architectures in our spheres of influence.

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



**THOMAS HUEBL PhD**  
**CHAIR & CO-FOUNDER**



**PROF. YEHUDIT SASPORTAS**  
**CO-FOUNDER**



**KOSHA JOUBERT MSc**  
**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 raise awareness and train civil society and professionals about the global impact and processes for integration of collective trauma. We develop social impact projects that provide trauma-informed service.

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## OUR THEORY OF CHANGE:

We cultivate presence, relational sensing and coherence in individuals and groups. Once a certain level of synchronisation and resourcing is reached, we can turn our attention towards trauma contents which may naturally arise from the group. When trauma is touched, so are our protective layers of self-protection and denial. Our we-spaces need to be resourced and coherent enough to provide a hosting space of witnessing presence for this wave. Then, we can begin to acknowledge and digest what could not be processed before. The ensuing integration and restoration leads to a decrease in isolation and polarisation and increase in compassionate and collaborative ability. Our creative and innovative potential grows.



# INSPIRE

We are invited by a broad audience to inspire awareness of the global impact of collective trauma and open pathways towards integration and healing through media, festivals and online summits.

## WEBSITE



At the heart of our mission sits our aim to help humanity wake up to the hidden variable in our societal matrix: individual, ancestral and collective trauma. We are preparing to reach out to larger numbers and more varied audiences. In 2021, we completely revised our IT systems and website to offer a stable backend for this.



## NEWSLETTER



Pocket Project 70,011  
PP Field 193,050

## SOCIAL MEDIA OUTREACH



Pocket Project 6.517  
PP Field 81.615



Sonita Mbah, Social Media Coordinator

## INSPIRATION



*When experience meets us in our open, vulnerable and responsive aspects, it becomes water, fluid life. I can respond to my life circumstances as a leader. But if snowflakes fall onto ice and my life experiences meet me in my trauma, I can't respond to the life circumstance, and then we call it a problem, a difficulty, a challenge.*

Thomas Huebl

# INSPIRE

We reach out to a broad audience to inspire awareness of the global impact of collective trauma and open pathways towards integration and healing through media, festivals and online summits.

## COLLECTIVE TRAUMA ONLINE SUMMIT



Hosted in partnership with the Inner Science LLC in the US, our third Collective Trauma Summit included inspiring talks from 45+ experts around the theme of Collective Healing in Action and explored how to work with Individual, Ancestral, and Collective Trauma.

**Participants 250.000**  
**over three years**



## COLLECTIVE TRAUMA ONLINE SUMMIT



The Collective Trauma Summit explores the impact and possibilities of healing for collective trauma issues of our time like racism, gender violence, colonialism, ecocide and climate change, global health care, genocide and war legacy. Together, we are building a powerful healing container of growing awareness spanning the planet.

# ENGAGE

We create opportunities for resourcing and competence building for civil society, NGOs, SMEs and Aid Organisations.  
We offer Community Calls for trauma prevention and integration.

## COMMUNITY CALLS



These calls offer opportunities for us to relate and practice our tools and 'superpowers' to meet life more fully together. Our presence, relatedness and compassion are needed to activate the healthy response mechanisms of our global immune system.

**Comm. Calls** **10**  
**Participants** **1411**



*I got to the core of how to deal with negative emotions / triggers...Everything made so much sense to me. It connected the dots of what I knew before - a beautiful session offering priceless wisdom. I wish everyone knew.*

Lila S.

*The space was so inviting that I could overcome my fear of talking publicly on zoom. ...Most of the time it felt like being together live instead of online. So much connection.*

Marion A.

## TOPICS



- Feeling our Natural Rhythms of Renewal and Rebirth
- Body-mind Awareness & Grounding
- Living and Dying - with awareness and compassion
- Self-regulation
- Basic Skills for Trauma Informed Living
- Co-Regulation - Fine-tuning our Relatedness
- Resourcing & Intimacy with Nature



# ENGAGE

We offer Scholarships for People of Colour from the Global South, and/or people who have experienced systemic exclusion.

## DIVERSITY FUND



Collective trauma integration prepares the ground for the emergence of healing institutions in our societies. Our aim is to offer access to information and skills to as many People of Colour from the Global South and/or people who have experienced systemic exclusion as possible. We allocate scholarships to multipliers with impact in their communities.



*It helped me to know my own weaknesses and to understand my environment.*

Aimé M.K., Judge of the Supreme Court, Rwanda

*I can now feel, sense and respond to trauma in my community and working spaces.*

Andrea F., Argentina

## SCHOLARSHIPS



In 2021, we were able to provide scholarships for 107 places on the Trauma-Informed Leadership Course, a 4-month immersive online course on the theory, methods & applications of working with collective trauma.

RECIPIENTS	107
AMOUNT	32.350 €

# WITNESS

We offer Global Social Witnessing calls to mindfully attend to global events with an embodied awareness.

## GLOBAL SOCIAL WITNESSING CALLS



These are offered monthly, as a journey of mindfully attending to global events from a place of embodied awareness, not alone, but as a community. Each call is dedicated to a particular topic, theme or event in the world.

**GSW CALLS** 9  
**PARTICIPANTS** 1412

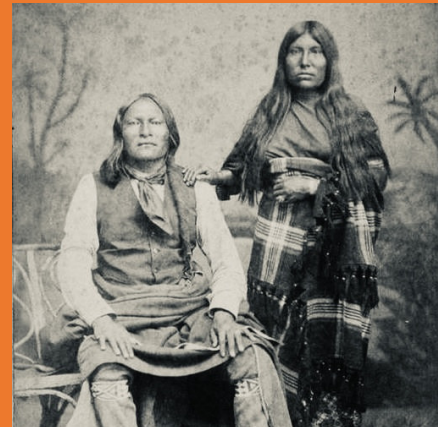


*The power of the shared presence was extraordinary! This was my first social witnessing experience and I was blown away by the power and potential of it.*

Anonymous

*Such a privilege...the sacred space of witnessing was probably one of the most special, heart-tearing, heartfelt times of my life and touched me to the core of my being.*

Margie F.



## TOPICS



- COVID Pandemic - Grieving for What We Have Lost
- The Beauty and Fragility of Biodiversity
- First Nations Peoples in the U.S. - A Journey of Reconnection
- Afghanistan - Relating and Responding from our Bodies and Hearts
- Climate Change & Collective Trauma
- Grief and Grace in Equal Measure - Trauma, Oppression and Resilience

# WITNESS

We offer Global Social Witnessing calls to mindfully attend to events in Afghanistan with an embodied awareness.

## AFGHANISTAN

### Relating & Responding



Accompanying Spozhmay on  
her journey to safety  
August / September 2021

Over the past years, Spozhmay, working as a professor for Psychology at Kabul University, received scholarships through the Pocket Project. She translated materials to her language, Dali, and shared them with her students. With the change of power in Kabul, her work came to an abrupt halt.



*Now with all these traumas from the past and present visible,  
the questions that come in my mind are:  
Why do Afghans not have the space to live in peace?  
Is it our fault that we were born in Afghanistan?  
Is it our fault that Afghanistan is the center of global  
competition?  
Why do we not have time to mourn and integrate our trauma?*

Spozhmay

Spozhmay had to flee the country, for her own safety, but also in order to continue to follow her dreams. A global network of experts and friends formed out of the Pocket Project GSW Calls to accompany her closely, raise necessary funds and, finally, arrange her journey via Pakistan to Canada.

Spozhmay is now able to complete her PhD on healing collective trauma.

Witnessing finds its fulfilment in social agency.

**AMOUNT 15.000 €**



# WITNESS

We offer Global Social Witnessing calls to mindfully attend the UN Climate Conference with an embodied awareness.  
PP @ COP26 – Collective Healing in Action – Nov 1-12, 2021

## COLLECTIVE TRAUMA & CLIMATE CHANGE



Trauma is at the root of our inaction in the face of Climate Change. Trauma symptoms of numbness, apathy, hyper-activation and polarisation dramatically slow down our ability to respond adequately. Our lack of relationship to the crisis is part of the crisis. The Pocket Project offered a rich framework program to help an audience from around the world to expand their sensitive relatedness.



*To bring trauma healing to the climate crisis conversation makes so much sense. So much clicked together in my mind about my own work, my concern about the global crisis, and collective trauma all around us.*

Cathy S

*There is a lot of spiritual bypassing going on, of one type or another, and what you do feels real.*

Rahima R,  
Mystic and Climate Activist



# WITNESS

We offer Global Social Witnessing calls to mindfully attend the UN Climate Conference with an embodied awareness.  
PP @ COP26 – Collective Healing in Action – Nov 1-12, 2021

## COLLECTIVE TRAUMA & CLIMATE CHANGE

We offered daily interviews with key players on the ground at COP26 and climate solution holders from around the world, Global Social Witnessing events and meditations.



Sessions	50
Speakers	31
Participants	3,572





# 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 convened geographically and thematically specific groups that met 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.



*As we continue this work together, we create a more open, creative global culture that has the potential for a future that's sustainable.*

## LAB REPORTS



The Labs started with a first cycle lasting from November 2020 to June 2021. We then entered a reflection period to tease out our meta-learning in supervision sessions and reports, which are now published on our website. In 2022, a Collective Trauma Facilitator Training will deepen skills and prepare the ground for a next cycle of Labs.



Labs	23
PP Facilitators	42
PP Trainees	48
Participants	692





# REFLECT

We cultivate a coherent system of evaluation and self-reflection throughout our programmes. We partner with experts and research institutes to develop a scientific understanding of Collective Trauma Integration Processes and their effect.

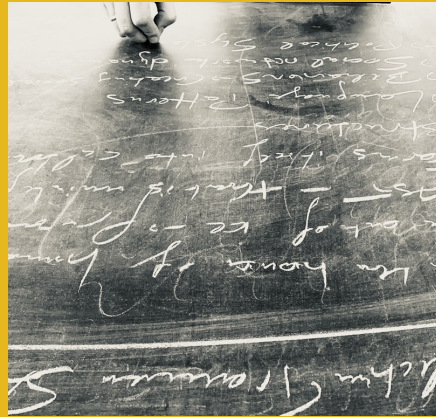
## EVALUATION



We are working with surveys to elicit information and feedback from both the teams and the participants of all our programmes.

This meta-learning framework helps to create quick learning loops for all our activities.

**Surveys** 59  
**Responses** 5,398



*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.*

*When experience meets us in our open, vulnerable and responsive aspects, it becomes water, fluid life. I can respond to my life circumstances as a leader.*

Thomas Hübl



## RESEARCH



We are collaborating with Research Institutes like the Centre for Violence Prevention of the University of Colorado, Naropa University, the Institute of Advanced Sustainability Studies, the Institute for Integral Studies and the University of Witten Herdecke in Germany to develop our scientific understanding of Collective Trauma Integration.

# APPLY

We offer training and consultancy on trauma-informed leadership and collective trauma integration to civil society, NGOs, SMEs and Aid Organisations. We collaborate with the Academy of Inner Science to train Collective Trauma Facilitators.

## PP EDUCATION



Crystallised knowledge can be transformed into trainings which the Pocket Project offers to NGO's, Global Aid Organisations, health workers, etc. We conducted a Trauma-Informed Leadership Training with 370 participants from 64 countries. The content was transformed into a Self-study Online Course and a follow-up course is about to begin.

*How important it is in these difficult times that we raise awareness of the complex nature of trauma and to fully understand its impact on ourselves, our teams, and our work in the world.*

Florencia R. - Social Researcher

*Doing the Trauma-Informed Leadership Course was one of the highlights of my professional learning of the past years. All the teachers were phenomenal. Thank you!*

Dana Lanza, CEO Confluence Philanthropy



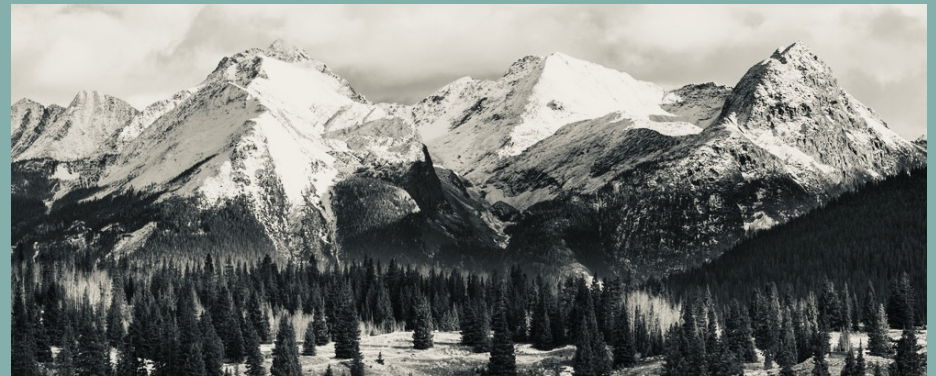
## PP CONSULTANCY



We offer coaching & consulting to leaders and organisations who wish to embed trauma-informed practices in their work. The conscious design of healing architectures avoids traumatisation, cultivates sensitivity to and ultimate integration of trauma, and identifies and embraces cultural diversity as a strength to foster and build.

# INTEGRATE (CTIP)

We design and implement Collective Trauma Integration Processes (CTIPs) for communities, organisations, regions or countries in partnership with leadership circles and governing bodies.



## COMPASSION & WITNESSING

### After Fires in the Community at Findhorn

Addressing polarisation and fragmentation after shock



Scotland, June 3, 2021

IN COOPERATION WITH:



## WITNESSING TRAUMA

### Honouring Grief and Creating Rituals for Renewal

After shootings took place in Boulder in March 2021



Colorado, December 1-2, 2021

IN COOPERATION WITH:



Center for the Study and  
Prevention of Violence  
UNIVERSITY OF COLORADO **BOULDER**



# INTEGRATE – 6 CORE STAGES

We design and implement Collective Trauma Integration Processes (CTIPs) for communities, organizations, regions or countries in partnership with leadership circles and governing bodies.

## 1. SYNCHRONISING & RESOURCING



Develop the group's relational and communication skills, deepening compassion and access to personal and cultural resources.

## 2. MEETING THE LANDSCAPE



Align our attention to previously split off content, and allow deeper experiences and information to rise. Perceive the symptoms of our unconscious resistance.

## 3. EXPLORING TRAUMA CONDITIONING



Deepen understanding of how we as individuals and as a collective have been shaped by trauma. Begin to trace the voices of individuals back to their roots.

## 4. LISTENING TO THE FIELD



Through the words of individuals we touch on historical and collective qualities and experience the interconnectedness of collective trauma.

## 5. INTEGRATING & RESTORING



The integration of experiences often begins in small groups. Create time to address the personal ancestral path. Post-traumatic learning begins.

## 6. TRANSFORMING & META-LEARNING



It is the task of all of us to ensure that the damage done in the past can heal and transform. First steps of recovery and social change become visible as potential.

# INTEGRATE – INTERNATIONAL LAB JOURNEY

## LAB CTIP STAGES



This map of the CTIP stages served as an orientation for the journey of the labs. The journey consisted of a mixture of deep personal work and regular group sessions, framed within a supervision and evaluation process. The actual process was shaped by the specificity of the group and the content being explored. Each journey had its own quality and rhythm, to which we attune and adapt, thus shaping a unique experience of acknowledgement, reflection, digestion and, possibly, integration and restoration.



*If everybody looks through broken glass, then together, we are looking at a world that looks broken. When I notice my crack in my window, and you notice yours, and we start healing our cracks, then we begin to look at the world through clear glass. And that's what trauma healing does. It starts unifying the world.*

Thomas Hübl



# INTEGRATE

We design and implement Collective Trauma Integration Processes (CTIPs) for communities, organizations, regions or countries in partnership with leadership circles and governing bodies.



## Overcoming Polarisation in Crisis Germany

Workshop with Thomas Hübl & Team  
28 April - 1 May 2022

IN COOPERATION WITH



## COLLECTIVE TRAUMA & DEMOCRACY



The Corona Crisis, coupled with the Climate Crisis, now compounded by the War in Ukraine, meets our democracies challenged to find orientation and take appropriate action. Unseen wounds of the past are activated and lead to societal fragmentation and polarisation.

The Pocket Project, in partnership with Mehr Demokratie (More Democracy), a German NGO, is offering an online CTIP, led by Thomas Hübl, with the aim of deepening and restoring mutual perception and understanding across societal divides.

We will be exploring individual, intergenerational and collective movements below the surface and practice a Collective Trauma Integration Process.

Democracy requires deep listening and a willingness to engage in self-exploration. We will be exploring our thoughts and viewpoints – not only mentally, but in an embodied way. We will practice seeing into the roots of what divides us, and explore the collective dynamics at work in the process.



# COLLABORATE

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

## 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 share our sense of urgency for humanity to wake up to the hidden variable of trauma.

We engage with governments and other institutions to facilitate the shift from trauma-informed to trauma-integrating.



In 2021, the Pocket Project applied and received funding for a Partnership Project from the EU. With partners from Turkey, Greece, Croatia, Italy, and the Institute for Global Integral Competence, we will be developing a curriculum for Global Social Witnessing in 2022-23. The aim is to foster the development of mature global citizenship in the face of the refugee streams which Europe is currently receiving.

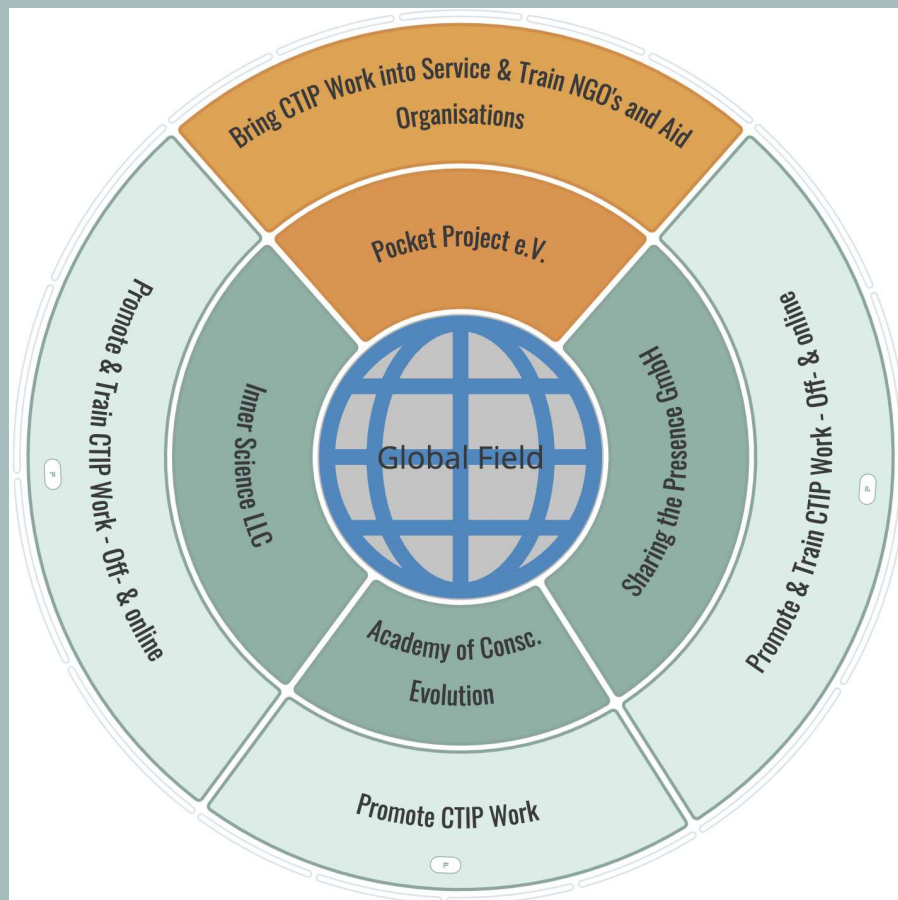
# COLLABORATE

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 the Academy of Inner Science & 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.



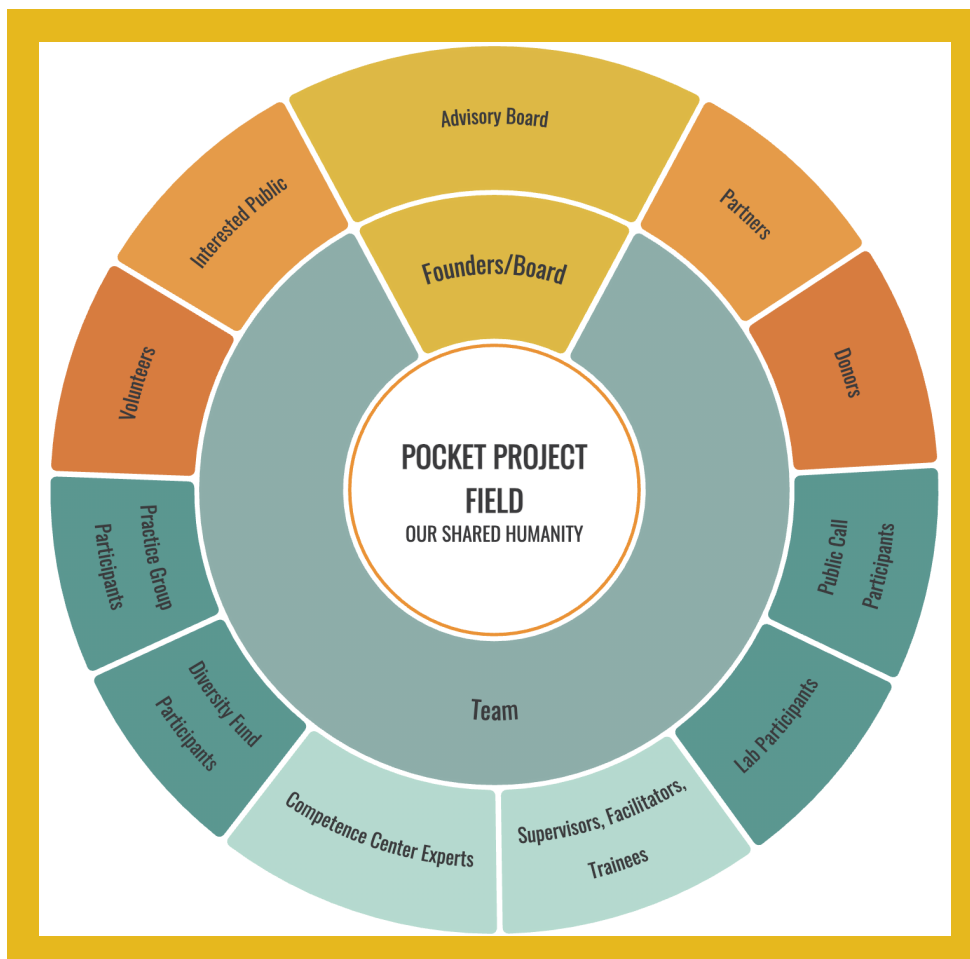
## PATH OF LEARNING



Pocket Project Facilitators have gone through many years of intense training with our partners and are offering their service under continuous supervision. As we work on addressing and integrating individual, ancestral and collective trauma, these wounds from the past show up in us, providing a path of ongoing learning and healing. We work with a combination of professional therapists, coaches and consultants.

# 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.*

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 are currently growing our team, deepening the skillset of our facilitators and continuing to streamline our systems in order to balance inner coherence with outer expansiveness. We create more stability in our container to hold more water.



# DONATIONS

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

## KEY DONORS



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 participant in the realisation of these aims. 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.

*There is always a pearl of learning frozen in the ice.*

*Healing the trauma unleashes that treasure, and adds possibility and wisdom to our potential.*

*Wisdom is the amount of world that is consciously included in the way I live. So, growing maturation and wisdom has depth, because more of the world's process is included in my movement.*



## FRIENDS OF THE PP



With the Friends of the Pocket Project we initiated a new circle of support and engagement. This circle accompanies our work over a longer period of time through a monthly donation, big or small. Already, donations of more than 1000€/month are uplifting our work to a next level of impact in the world. We cultivate communication with this circle, and are offering privileged access to certain materials and meetings.

# THANK YOU!

If you would like to know more...

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Visit us at [www.pocketproject.org](http://www.pocketproject.org)  
Contact us at [info@pocketproject.org](mailto:info@pocketproject.org)

