



**POCKET PROJECT**  
RESTORING A FRAGMENTED WORLD

# ANNUAL REPORT 2022



photo by [Camille Seaman](#)



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# INTRODUCTION

## A GLOBAL HEALING MOVEMENT

Symptoms of individual, ancestral and collective trauma are playing out in the multiple crises that humanity is facing today and in our inability to respond adequately. Our separation from the living ecosystem of the planet, from each other and from ourselves inhibits our capacity to receive the insights and develop the compassion necessary for a healing movement.

Collective trauma impedes our potential for the expression of collective intelligence. Collective trauma integration, ethical learning and restoration allow us to shift humanity towards a path of collaboration, innovation and emergence.

The Pocket Project is developing the awareness and skills that allow us to move from traumatised and traumatising to trauma-informed and trauma-integrating communities, organisations and societies.

Together, we can transform hopelessness into hope, overwhelm into curiosity and isolation, polarisation and 'othering' into connectedness and societal evolution. By going to the roots of our discomfort we can come home. By sharing our resources we can create abundance.

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:

## VISION & MISSION

### 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, professionals and policy makers about the global impact and processes for the integration of collective trauma. We develop social impact projects that provide trauma-informed service.





# VISION, MISSION, THEORY OF CHANGE

## OUR THEORY OF CHANGE:

It is our understanding that unresolved systemic, intergenerational trauma delays the development of the human family, harms the natural world, and inhibits our evolutionary movement. We support change agents and leaders to become trauma-informed. Through precise relational and systemic sensing, 'pockets of healing' can emerge in communities, organisations and countries. When the level of trust and coherence in such a community of practice rises, underlying fields of trauma can be addressed. Over time, the group develops an increased ability to host waves of intensity and create a space for ethical transgression to grow into ethical learning and restoration. A deeper acknowledgement and digestion of content and experiences that could not be processed before can unfold. 'Pockets of Healing' become able to integrate 'Pockets of Trauma'. The creative and innovative potential of communities, organisations and countries grows.





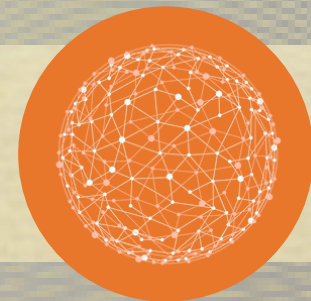
# OUR APPROACH & ACTIVITIES

## AWARENESS RAISING



We reach out to a global audience to raise awareness of the impact of individual, ancestral and collective trauma

## COMMUNITY OF PRACTICE



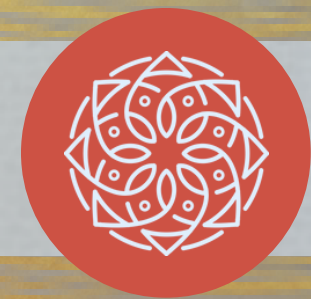
We grow communities of practice that cultivate the embodied presence, attunement and relational competence needed for the emergence of pockets of healing

## EDUCATION & CONSULTANCY



We offer education and consultancy to spread trauma-informed practice and policy to communities, organisations and countries

## COLLECTIVE TRAUMA INTEGRATION



We engage with specific geographic and/or thematic areas of individual, ancestral and collective trauma and deliver processes for trauma integration to communities, organisations, and countries

## EVALUATION & RESEARCH



We create rapid feedback loops and research programs to generate the data that drives an evidence-based approach



# OUR CURRENT AREAS OF PRIORITY

## RAPID RESPONSE TO CRISES



Our professional teams provide psychosocial support for individual and societal stabilisation in the face of hot trauma

## MIGRATION & DISPLACEMENT



We offer access to trauma-informed practice & policy, with a focus on historic and collective aspects, for growing streams of displaced people

## POLARISATION & CONFLICT



We support trauma awareness and trauma integration in order to meet the roots of polarisation and create mutual understanding across societal divides

## THE CLIMATE CRISIS



We provide frameworks to better understand and meet the roots of the climate crisis, counteract apathy and hyperactivation, and generate appropriate responsiveness



# INTERSECTION OF APPROACH & AREAS OF PRIORITY

AWARENESS RAISING



COMMUNITY OF PRACTICE



EDUCATION & CONSULTANCY



COLLECTIVE TRAUMA INTEGRATION



EVALUATION & RESEARCH



RAPID RESPONSE TO CRISES



MIGRATION & DISPLACEMENT



POLARISATION & CONFLICT



THE CLIMATE CRISIS





# 1. AWARENESS RAISING

WE REACH OUT TO A GLOBAL AUDIENCE TO RAISE AWARENESS OF THE IMPACT OF INDIVIDUAL, ANCESTRAL, COLLECTIVE TRAUMA.

## ► WEBSITE

[POCKETPROJECT.ORG](https://pocketproject.org)

At the heart of our mission sits our aim to help humanity wake up and respond to the hidden variables in our societal matrix: individual, ancestral and collective trauma. Our reach is global and diverse.

WEBSITE VIEWS: 2020 **132,765** —————> 2022 **310,000**

SOCIAL MEDIA: 2020 **4,195** —————> 2022 **6,680**

FIELD SOCIAL MEDIA: 2020 **61,174** —————> 2022 **156,034**

NEWSLETTER RECIPIENTS: 2020 **5,400** —————> 2022 **82,571**

“

*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 Huebl







## AWARENESS RAISING

### ► ONLINE COLLECTIVE TRAUMA SUMMIT

[POCKETPROJECT.ORG/TRAUMA-ONLINE-SUMMIT](https://POCKETPROJECT.ORG/TRAUMA-ONLINE-SUMMIT)

The annual online Collective Trauma Summit shared ideas and inspired action for healing individual, ancestral, and collective trauma. Hosted in partnership with Inner Science LLC, this event offered free access to over 50 expert talks, presentations, and teachings to a global audience.

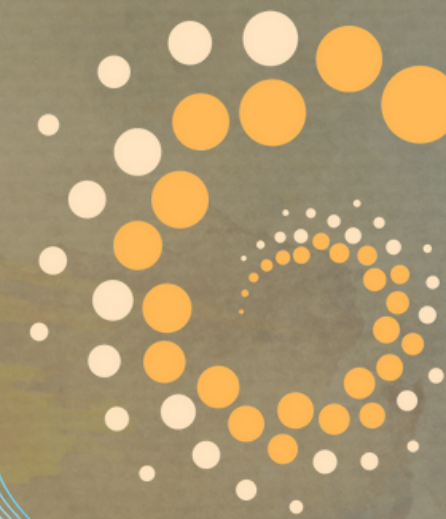
The Collective Trauma Summit contributes to a global healing movement for collective issues of our time including gender violence, racism, colonialism, enslavement, genocide, ecocide and climate change.

**PARTICIPANTS: 350.000 OVER THE PAST FOUR YEARS**

“

*The healing power of compassionate social witnessing became so clear in this event, not only for the victims... but for the whole interconnected field.*

*Participant Global Social Witnessing Calls*

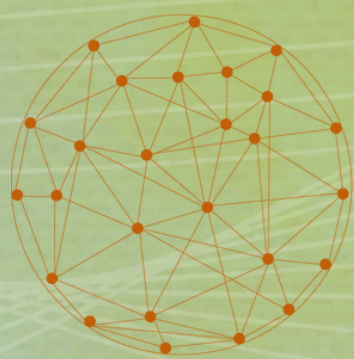


# Collective Trauma Summit 2022

CREATING A GLOBAL  
HEALING MOVEMENT







## 2. COMMUNITY OF PRACTICE

WE GROW COMMUNITIES OF PRACTICE THAT CULTIVATE THE EMBODIED PRESENCE, ATTUNEMENT AND RELATIONAL COMPETENCE NEEDED FOR THE EMERGENCE OF POCKETS OF HEALING.

### ► COMMUNITY CALLS

[POCKETPROJECT.ORG/COMMUNITY-CALLS](https://pocketproject.org/community-calls)

These free monthly calls offer opportunities for a global community to deepen skills for trauma-informed practice: attunement, presence, self- and co-regulation, relatedness and compassion. Together, we increase our capacity to become an acupuncture point of stability, grow pockets of healing and activate healthy response mechanisms in our environments.

PARTICIPANTS: 2021 **1,411** —————> 2022 **2,759**

“

*Having a practice space to learn the art of attuning... I don't know anywhere else to learn this! You are creating a remarkable community."*

*- Linda H., Author and participant  
Community Calls*







### ▶ GLOBAL SOCIAL WITNESSING CALLS

[POCKETPROJECT.ORG/GLOBAL-SOCIAL-WITNESSING](https://pocketproject.org/global-social-witnessing)

In these free calls, we mindfully attend to global events from a place of embodied awareness, not alone, but as a community. Each call is dedicated to a current topic or acute area of crisis in the world. Together, we offer an alive process of related witnessing and compassionate response. The social body develops through all of us.

### EXAMPLES OF THEMES

PHILIPPINES – Climate Vulnerability & Typhoons

US COLORADO – Climate Vulnerability & Wildfires

UKRAINE – Solidarity in Times of War

DR CONGO – Women's Witnessing Circles

AFRICA – European Colonialism & Stolen Artefacts

NATIVE AMERICAN – The Challenge of Mixed Ancestries

IRAN – Support for the Women's Uprising

PARTICIPANTS: 2021 **1,412** —————> 2022 **5,735**



“

*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."*

*Participant GSW Calls*







## PRACTICE GROUPS

[POCKETPROJECT.ORG/PRACTICE-GROUPS](https://pocketproject.org/practice-groups)

These are local or online groups that meet regularly to practice skills for relating, transparent communication, mindfulness and meditation. This work is foundational for Global Social Witnessing and Collective Trauma Integration.

Practice groups can serve as guideposts on our journey of inner and outer growth. In order to address personal, ancestral and collective trauma, we need to grow our vessel first. Practicing basic skills with like-minded individuals in a caring and nurturing environment provides a pillar of support.

In 2022 we created a new platform for the Practice Groups on the Pocket Project website. Currently, we are encouraging more representatives from our Community of Practice to train up and start Practice Groups on all continents and for particular peer groups.

**PRACTICE GROUPS: 2022 23**



“

*The depth of sharing, connection and open-heartedness was amazing”*

*- Myrna L, Relationship & Parenting Coach & Educator*







### 3. EDUCATION & CONSULTANCY

WE OFFER EDUCATION AND CONSULTANCY TO SPREAD TRAUMA-INFORMED PRACTICE AND POLICY TO COMMUNITIES, ORGANISATIONS AND COUNTRIES.

#### ► EDUCATION

[POCKETPROJECT.ORG/SELF-STUDY TIL](https://pocketproject.org/self-study-til)

[POCKETPROJECT.ORG/TRAUMA-INFORMED WOMEN](https://pocketproject.org/trauma-informed-women)

In 2022, we conducted a second Trauma-Informed Leadership Training. The content was transformed into a self-study version which is open for enrolment. We now have a growing alumni community who are bringing these transformative tools to their own communities and organisations. In 2023, we will broaden this circle with a focus on women in leadership.

PARTICIPANTS: 2021 **437** —————> 2022 **610**

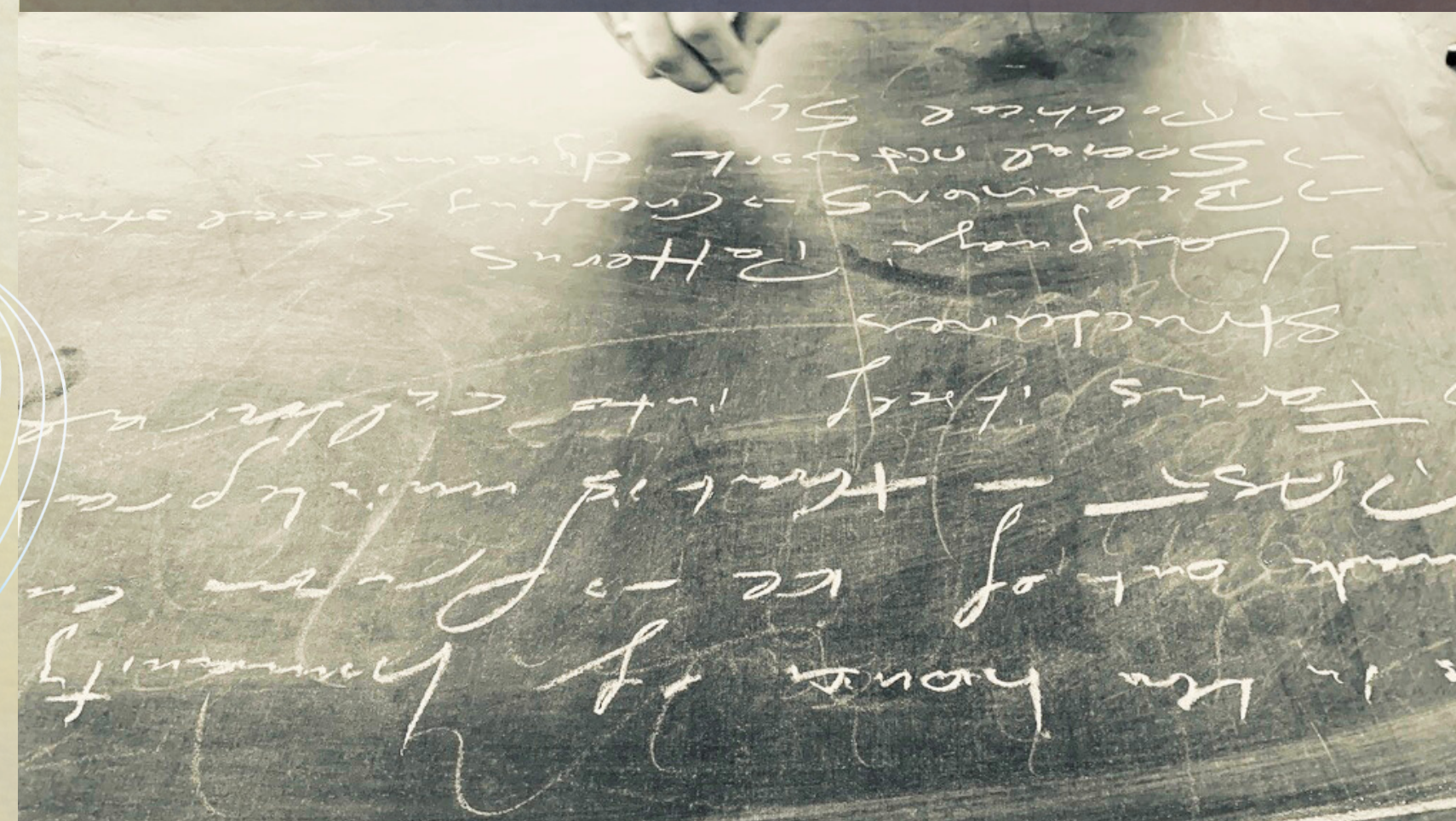
COUNTRIES: 2021 **63** —————> 2022 **67**

TOTAL ALUMNI TIL: 2021 & 2022 **1,047**

“

*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, TIL Alumni*







### SCHOLARSHIPS

[POCKETPROJECT.ORG/SCHOLARSHIPS](https://pocketproject.org/scholarships)

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 prioritise scholarships for people who can serve as multipliers with impact in their communities.

In 2022, we were able to provide scholarships for 201 people on the Trauma-Informed Leadership Course, a 4-month immersive online course on the theory, methods & applications of working with collective trauma.

RECIPIENTS: 2020 **118** —————> 2022 **260**

AMOUNT: 2021 **30,350 €** —————> 2022 **73,050 €**



“

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

*Andrea F., Argentina,  
Scholarship Recipient*







## 4. COLLECTIVE TRAUMA INTEGRATION

WE ENGAGE WITH SPECIFIC GEOGRAPHIC AND/OR THEMATIC AREAS OF TRAUMA AND DELIVER PROCESSES FOR INTEGRATION TO COMMUNITIES, ORGANISATIONS, AND COUNTRIES.

### ▶ TRAUMA RELIEF PROJECT UKRAINE

[POCKETPROJECT.ORG/UKRAINE-SUPPORT-PROJECT](https://pocketproject.org/ukraine-support-project)

We provided spaces for 110 Ukrainians, leaders from the fields of psychology, education, human rights, and refugees, in our Trauma-Informed Leadership Course 2022. Around 90% of them were living in the Ukraine, facing the daily challenges of war.

From 1 October to 31 December 2022, we offered Ukraine Support Calls for Ukrainians anywhere in the world. The trauma-informed expertise of the facilitators and the safety of well-held, coherent spaces, provided opportunities for those in need to ground in somatic awareness and inner resilience.

1:1 SESSIONS CLIENTS: 2022 **176** —————> 4/2023 **600**

GROUP SESSIONS : 2022 **4838** —————> 4/2023 **6182**

“

*When experience meets us in our open, vulnerable and responsive aspects, it becomes water.*

*Thomas Huebl*







## ► COLLECTIVE TRAUMA & DEMOCRACY

The Covid crisis, coupled with the climate crisis and compounded by the war in Ukraine, challenges our democracies. Unseen wounds of the past are activated and lead to societal fragmentation and polarisation.

The Pocket Project, in partnership with 'Mehr Demokratie' a German NGO, offered an online Collective Trauma Integration Process (CTIP), led by Thomas Huebl, with the aim of deepening and restoring mutual perception and understanding across societal divides. We explored individual, intergenerational and collective movements below the surface. Through the individual processes in the context of the group, a collective process was set in motion, leading to an increase in mutual compassion and understanding.

**PARTICIPANTS: 430**

**PSCYCHO-SOCIAL SUPPORT TEAM: 35**

“

*In every part of the world, humanity's collective shadow contains different flavours and degrees of intensity. Yet, it exists wherever humanity exists. Only the right key, our precise attunement, can unlock each door. All that is required is our willingness to fully attend to what arises and to be compassionate in the process.*

*- Thomas Huebl*







# ► COLLECTIVE TRAUMA & THE CLIMATE CRISIS UN COP27 FRAMEWORK PROGRAMME

[POCKETPROJECT.ORG/CLIMATE-CHANGE](https://pocketproject.org/climate-change)

Trauma is the root of our inactivity 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 online framework programme to help audiences from around the world to expand and ground their sensitive relatedness.

We offered daily interviews with key players on the ground at COP27 and with climate solution holders from around the world, with a focus on voices from communities on the frontline of the Climate Crisis. We addressed climate grief and the possibility of collapse

**SPEAKERS: 20**

**PARTICIPANTS: 2021 3,572 → 2022 4,547**



“

*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 the collective trauma all around us.*

*- Cathy S, Participant*







## 5. EVALUATION & RESEARCH

WE CREATE RAPID FEEDBACK LOOPS AND RESEARCH PROGRAMS TO GENERATE THE DATA THAT DRIVES AN EVIDENCE-BASED APPROACH.

### EVALUATION

Our evaluation framework helps to create rapid feedback loops for all our activities. We survey all of our activities to learn what went well and what could be improved.

SURVEY RESPONSES: **1945**

### RESEARCH

In collaboration with research institutes including the Institute of Advanced Sustainability Studies, the Institute for Integral Studies, the Cynefin Institute and the University of Witten Herdecke in Germany, we deepen our scientific understanding of Collective Trauma Integration.

In 2022, we launched an Epigenetic Study of DNA changes caused through participation in the Timeless Wisdom Training.

“

*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*







### ► RESEARCH

[POCKETPROJECT.ORG/RESEARCH-REPORT](https://pocketproject.org/research-report)

The Collective Trauma Integration Process (CTIP) for Overcoming Polarization in Crisis in Germany was framed by a research project. SenseMaker software enabled us to recognise patterns of cultural change.

Based on a systematic analysis of narratives elicited before and after the integration process, the report illuminates trends providing insights into personal and collective shifts from numbness to curious engagement and from alienation to a sense of co-creating society. The research report can be downloaded from our website.

### RESEARCH QUESTION FOR THE CTIP:

Can understanding, and more consciously dealing with, collective trauma dynamics help strengthen our democracy and overcome polarisation?

NARRATIVES ELICITED: **640**

“

*As a citizen, I feel held back from important decisions. My direct bearing on current decisions is so hampered that I run myself ragged and then don't even start. I need small, close circles to share, which can influence larger circles with political representatives, thus reaching into the current government.*

*Participant of the CTIP for Overcoming Polarization in Crisis, Germany  
April 30, 2022*



**Overcoming polarization in crises**  
**A research project on trauma and democracy with over 350 citizens**

Adrian Wagner, Judith Strasser, Dr. Niko Schöpke





## EVALUATION & RESEARCH - CONCLUSIONS FROM SCIENTIFIC REPORT

“

The shared experience of processing trauma opens up innovative avenues for a solution-oriented, democratic response to crises.

“

Deeper personal and collective experiences influence our ways of living together, sometimes across generations. Trauma sensitivity facilitates society-wide communication and mutual understanding.

“

The motivation to engage in democratic society increases when we process our collective traumas together.



# ORGANISATIONAL 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

## ▶ IN THE COMING 3 YEARS, WE WILL:

- Expand our teams of professionally trained therapists, coaches, practice group leaders, trauma-informed leaders, global social witnessing facilitators and collective trauma facilitators to activate the global healing movement
- Ensure the continuing high quality of relational and systemic sensing underlying all our work
- Enhance our capacity for rapid psychosocial response to crisis situations in the world
- Deepen our work on historic and collective trauma integration through a next cycle of International Labs
- Expand structures for societal trauma relief together with governments, NGOs and local community leaders
- Bring a presence of trauma-informed knowledge and practice to all continents

“

*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*





# ORGANISATIONAL CHART





# FINANCIAL HIGHLIGHTS 2022

GATHER RESOURCES THAT ALLOW THE POCKET PROJECT TO FULFILL ITS MISSION IN THE WORLD

## ▶ RECEIVED IN DONATIONS

We raised 248,539 Euro in donations from our 82 Friends of the Pocket Project, one key donor and many one-off donations. We are proud that the value of our work attracts this level of support.

## ▶ INCOME FROM PROGRAMS & FUNDED PROJECTS

We gained support in the EU and Germany for our first funded projects - an expression of recognition for our work. In addition, we were able to raise funds through education & consultancy which are reinvested in the fulfillment of our mission in the world.

## ▶ RESOURCES ALLOCATED TO SCHOLARSHIPS

We celebrate our ability to provide 201 full and 78 partial scholarships for the Trauma-informed Leadership course, which allowed 110 Ukrainians and many from the Global Majority to gain access to this information.

“

*Embodiment is the foundation for healing. Without embodiment, we have no instrument to receive the world and to ground the energy of anxiety, fear and trauma. Our body is the instrument that allows the energy to return and become fertile soil for the future.*

- Kosha Joubert





# FINANCIAL HIGHLIGHTS

GATHER RESOURCES THAT ALLOW THE POCKET PROJECT TO FULFILL ITS MISSION IN THE WORLD

	2020	2021	2022
Total Income	€45,520	€336,974	€526,852
Income Donations	€45,520	€195,546	€267,990
Income Funded Projects	€0	€0	€57,807
Income PP Programs	€0	€141,428	€201,056
Total Expenditure	-€115,479	-€261,083	-€305,608
Total Amount Spent on Scholarships	€40,161	€30,350	€73,050





# DONATIONS

GATHER RESOURCES THAT ALLOW THE POCKET PROJECT TO FULFILL ITS MISSION IN THE WORLD.

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 realization of this aims.

## ► FRIENDS OF THE POCKET PROJECT

[POCKETPROJECT.ORG/DONATE](https://pocketproject.org/donate)

Friends of the Pocket Project is growing a circle of support and engagement. This circle accompanies our work over a longer period of time via monthly donations, big or small. Already, these regular donations are uplifting our work to a next level of impact in the world. We learn from the feedback from this circle, and offer privileged access to certain materials and gatherings. Join us!

MONTHLY DONORS: **82**

“

*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*

*Thomas Huebl*





# THANK YOU !

IF YOU WOULD LIKE TO KNOW MORE...

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



*Our capacity to build a community of practice, through relatedness, coherence and resourcing, enables us to create spaces of safety and compassion. Previously exiled energy can begin to show up. This is the first step towards a healing movement.*

*Kosha Joubert*



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