Three Year Strategy

2025-2028

POCKETPROJECT

A GLOBAL HEALING MOVEMENT

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Executive Summary

From 2023–2025, the Pocket Project established itself as a trusted global field-builder for trauma-informed and collective trauma integration. We reached over half a million people, trained hundreds of practitioners, and delivered trauma relief in regions of crisis.

Between 2026–2028, we will scale our capacity, deepen resilience in crisis regions, and embed trauma integration into the systems that shape society.

Guided by research, partnerships, and ethical excellence, our call to action is to grow from hundreds to thousands of practitioners and hubs, ensuring that by 2028, trauma-informed care and witnessing are present in every region of the world.

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Context & Momentum

Our world is shaped by unresolved trauma, individual, ancestral, and collective. These buried imprints fuel polarization, overconsumption, and ecological breakdown. As the symptoms intensify, so too does our opportunity for transformation. Trauma integration offers a coherent, science-based approach to restoring connection, enabling communities and systems to shift from reactivity to resilience.

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What is Trauma? What is Resilience?

Trauma is...

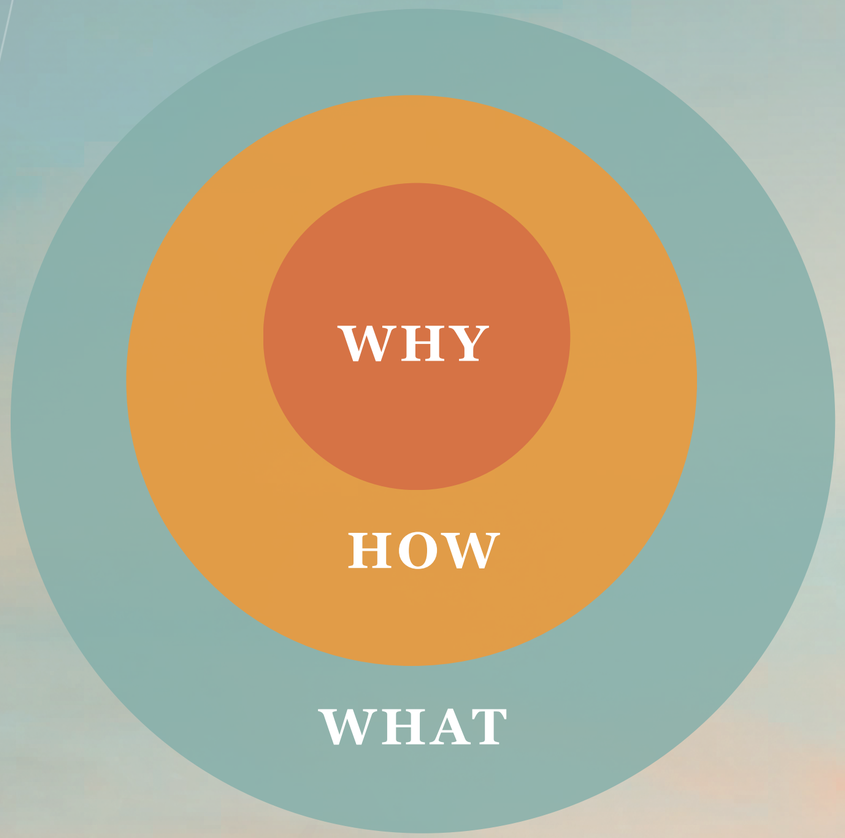
the inner response of an individual or collective to an *overwhelming situation*. When stress levels exceed the capacity to process and stay connected to the experience, the nervous system disassociates from the overwhelmed part. If not integrated, trauma remains stored in the nervous system, leading to long-lasting effects on both individuals and cultures. These effects manifest as symptoms or "signposts" that can be traced back to the original traumatic experiences.

Resilience is...

the inner capacity of an individual or collective to *adapt, recover, and grow* in the face of challenge. It is not the absence of pain or difficulty, but the ability to stay connected to oneself and others through adversity. Resilience draws on internal and external resources, such as safety, meaning, and relationship, to transform disruption into possibility. It allows the nervous system to reorient after stress, and over time, builds the strength to face future challenges with greater presence, coherence, and care.

Our Why, How, and What

From purpose to practice: how trauma integration fosters restoration and resilience.



WHY

We believe that healing trauma, individual, ancestral and collective, is key to creating a more just, connected and livable world.

HOW

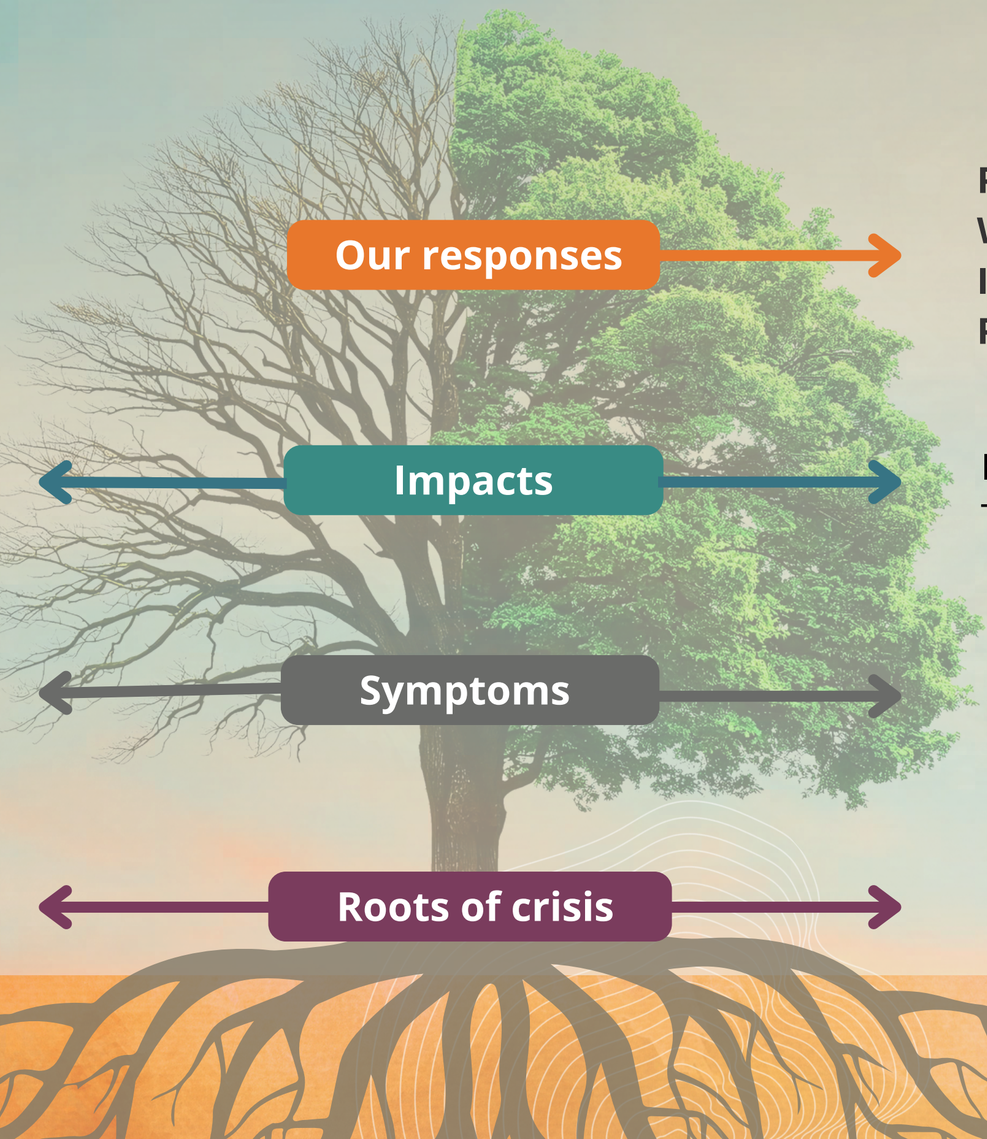
By raising awareness, offering training, and creating practitioner & hub networks at scale, we foster integration, restoration and resilience.

WHAT

Labs, summits, trauma relief projects, trauma-informed programs, accessible across cultures, rooted in presence and relational care.

Why Now: Healing the Roots of Crisis

Individual, ancestral, and collective trauma lie beneath today's global challenges. Humanity's capacity to respond depends on coherence. Trauma integration offers a timely, systemic pathway to repair.



Practice Groups, Resilience Circles, Witnessing Hubs, Trauma Integration Labs, Trauma Relief Projects, Crisis Response Platform

Mental health crisis, refugee crisis, polarization & war, climate breakdown

Healing Architectures, Systems Transformation

Separation, polarization, over-consumption, loss of meaning

Connection, belonging, generosity, agency

Individual, ancestral, collective trauma

Individual, ancestral, collective resilience

Pocket Project Strategic Timeline

When communities mature in coherence, they evolve into movements capable of shaping cultural transformation.

Before 2017
Potential Stage:
Impulse from Thomas Huebl & Yehudit Sasportas Initial group prepared the first Pocket Project training, connections among 5-15 practitioners

2017 - 2019
Coalescing Stage: Growing understanding of shared purpose with 15-50 engaged practitioners in semi-formal structures

2020 - 2022
Maturing Stage:
Established practices and deeper knowledge sharing among 50-200 practitioners

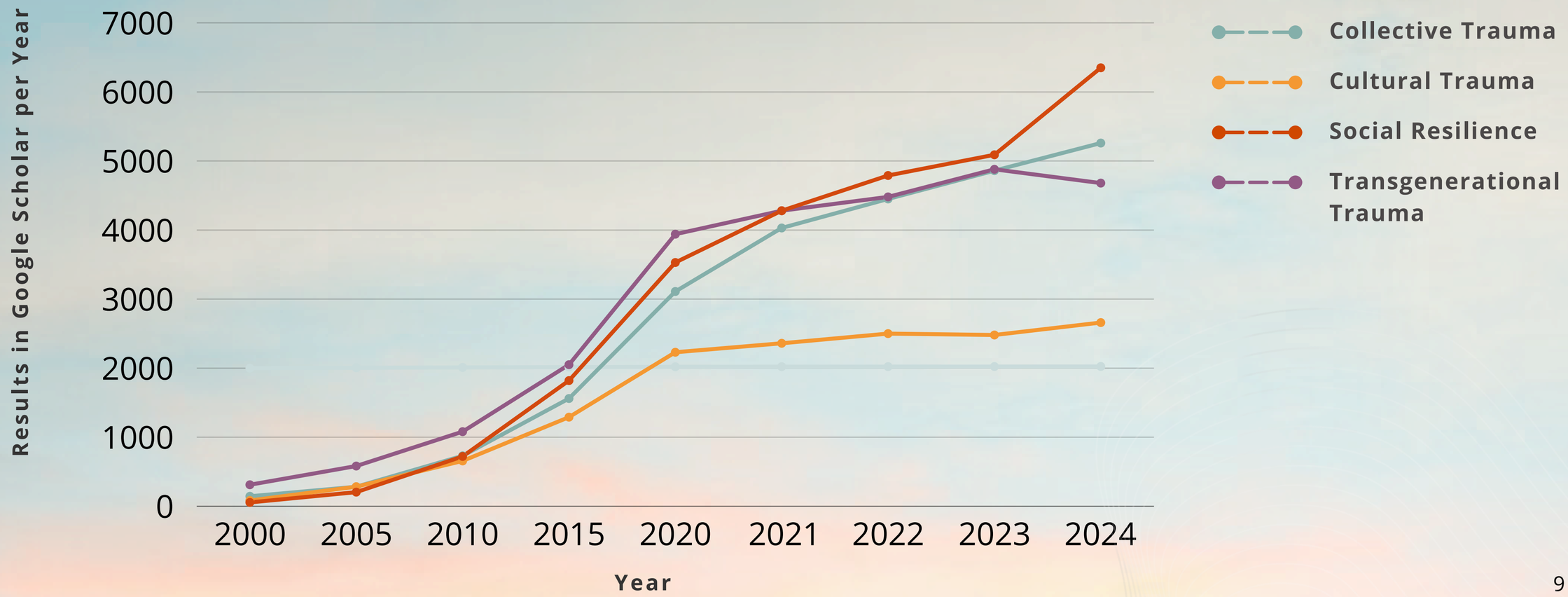
2023 - 2025
Stewardship Stage: Active knowledge management, increased coherence and recognized expertise with 100-500 practitioners

2026 - 2028
Transformation Stage:
Evolving focus toward system change with 1000+ practitioners and 500+circles in movement-oriented structure.

This foundational framework comes from Wenger, McDermott, and Snyder's five-stage Community of Practice development model.

Articles Published by Topic (2000-2024)

Globally, awareness of trauma as an interconnected individual, ancestral, and collective process is growing rapidly. The work of the Pocket Project has contributed to this.



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Vision, Mission & Core Principles

Our vision is a world where humanity relates to itself and the planet with coherence, compassion, and responsibility. Our mission is to restore fragmentation by integrating individual, ancestral, and collective trauma. Guided by core principles of presence, ethics, and systemic care, we foster the conditions for restoration, resilience, and post-traumatic growth.

Our Vision & Mission

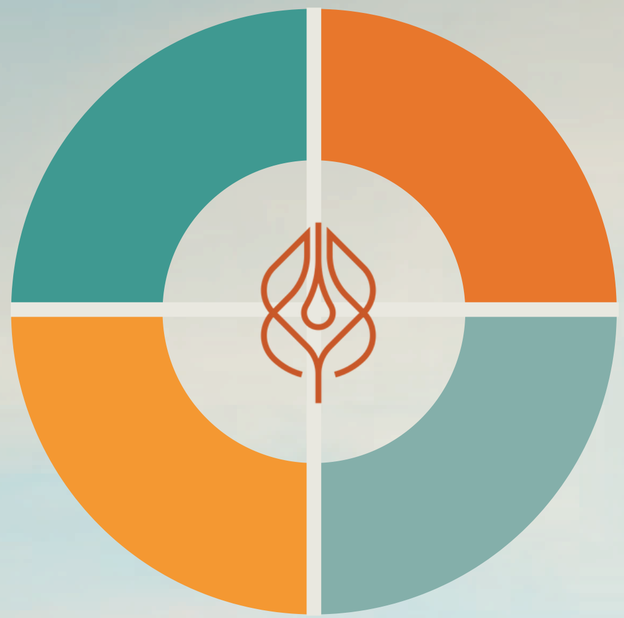
Creating a Culture of Trauma-Informed Care

Vision

We restore fragmentation by addressing and integrating individual, ancestral and collective trauma. We heal wounds from the past, supporting humanity on its path of collaboration, innovation and emergence.

Urgency

Fragmentation underlies today's crises, climate chaos, displacement, polarization. Integration is the doorway to transformation and sustainable solutions.



Mission

We raise awareness and train civil society and professionals about the global impact of collective trauma. We develop trauma-informed social impact projects and pathways for integration.

Theory of Change

Healing begins in relationships. Through increased community and systemic coherence, we move towards post-traumatic growth and collective wisdom.

The Pocket Project Guiding Compass:

Core principles for Collective and Planetry Healing

1

The past lives in us, healing begins with what we choose to remember and integrate.

2

Trauma freezes time, healing restores movement and renews possibility.

3

Healing is natural, our bodies and systems know how to return to wholeness.

4

Presence and relationality heal, what we reconnect to can evolve.

5

Pockets of trust, create the fertile ground for integration and transformation.

6

Healing flows, through personal, ancestral, and collective streams as one movement.

7

We are embedded in something greater, resourced by spirit, nature, and the sacred.

8

Response-ability is liberating, meeting our pain cultivates wisdom and reconciliation.

9

Humanity is one nervous system, coherence grows as trauma integrates.

10

Inner and outer restoration are one path, healing ourselves is healing the world.

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Strategic Priorities 2026–2028

The next three years invite a leap, from growth to coherence, from healing pockets to healing systems. Through our five strategic priorities, we will strengthen a global field of practitioners and partners who embody trauma-informed care, turning individual transformation into collective restoration.

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1. Build Practitioner & Hub Networks at Scale

By 2028, a vibrant global network of 1,600+ trauma-informed practitioners and 500 hubs strengthens communities worldwide to meet crises with resilience, coherence, and care.

Strategy:

Combine world-class training and supervision with strong practitioner networks that embody quality, accountability, and mutual learning, laying the foundations for a global culture of care.

Indicators:

- **200** Practice Group Leaders, **300** Resilience Circle Facilitators, **300** GSW Facilitators, **250** Collective Trauma Facilitators.
- **300** Trauma-Informed Practitioners, **200** Pocket Project Ambassadors.
- Healing architecture: **100** Practice Groups, **150** Resilience Circles, **150** Witnessing Hubs, **100** Integration Labs.



2. Trauma Relief in Crisis Regions

By 2028, scalable trauma relief models bring healing and resilience to Ukraine, Palestine, Jewish/Israel communities, and to refugees, frontline workers, and disaster-affected regions worldwide.

Strategy:

Empower networks of local therapists and practitioners, turning seekers of support into facilitators of resilience, woven into a global web of supervision, learning, and care.

Indicators:

- **5+** large relief projects active.
- **15+** needs assessments & impact reports published.
- **50,000+** individuals supported through trauma-informed care.



3. Education & Consultancy Expansion

By 2028, practitioner networks and consultancy services are thriving across key sectors, seeding trauma-informed cultures of care and transforming the systems that shape our world.

Strategy:

Train 3,000 leaders and practitioners, address systemic leverage points (Education & Youth, Healthcare & Social Services, Humanitarian Aid & Crisis Response, Organisations & Governance, Climate, and Gender Equity), and share case studies that inspire replication.

Indicators:

- **3,000** practitioners and leaders trained.
- Academic accreditation for core training programs.
- **15+** case studies published.
- **20+** consultancy partnerships established.



4. Research & Evidence-Building

By 2028, the Pocket Project stands as a leading source of evidence on trauma relief and collective trauma integration, shaping the global conversation on healing.

Strategy:

Conduct pioneering longitudinal studies, deepen university collaborations, and publish timely policy briefs to inform global decision-making at COP, UN, and beyond.

Indicators:

- **3** longitudinal studies completed.
- **5+** research partnerships secured.
- **2–3** policy briefs published annually.



5. Organisational Development & Partnerships

By 2028, the Pocket Project is financially sustainable, regionally anchored, and globally recognized as a trusted leader in collective trauma integration.

Strategy:

Establish regional hubs in Africa, Asia, and Latin America; convene a Planetary Assembly; embed robust governance and safeguarding; and grow a diverse income base to €1.2M annually.

Indicators:

- **3** regional hubs fully operational with local teams.
- Governance and safeguarding protocols in place.
- **€1.3M** annual income from diversified sources.
- **10+** strategic partnerships advancing collective healing.



5

Program Streams & Emergence

Between 2026 and 2028, our work will deepen and expand through five interconnected program streams, each a doorway into a wider culture of collective healing. From raising global awareness and cultivating communities of practice, to embedding trauma-informed leadership in key sectors, delivering trauma relief in crisis regions, and generating pioneering research, these streams weave together into a single movement of transformation.

Program Streams

AWARENESS RAISING

We raise awareness about the impact We amplify global understanding of the impact of individual, ancestral, and collective trauma, and open pathways for post-traumatic growth.

COMMUNITY OF PRACTICE

We nurture trauma-informed communities of practice that embody presence, relational depth, and systemic sensing, creating pockets of healing worldwide.

EDUCATION & CONSULTANCY

We spread trauma-informed practice and policy through training, leadership development, and consultancy across sectors and geographies.

COLLECTIVE TRAUMA INTEGRATION

We design and deliver trauma relief and integration processes for specific geographic and thematic areas, co-creating conditions for long-term resilience and repair.

EVALUATION & RESEARCH

We generate evidence and learning loops that deepen understanding of trauma integration and guide the evolution of trauma-informed systems.

1. Awareness Raising – Emergence:

Inspiring a global culture of care through storytelling, education, and collective insight

- Launch the **Library of Transformation,** an immersive multimedia archive of healing stories, art, and dialogue illuminating the shift from trauma to restoration.

- Refresh our **communications strategy** to bring trauma-informed language into mainstream awareness through **microlearning campaigns** and a **trauma literacy certification** that cultivates accessible understanding across cultures.

- Expand **Summits in partnership** (on Healing, Climate, Gender & Peace) to mobilize new cultural norms of care and collective responsibility.



2. Community of Practice – Emergence:

Weaving a living field of practitioners who embody presence, connection, and collective learning

- Build a **digital resonance platform** where practitioner networks access resources, share practices, and co-create living knowledge.

- Offer **curricula and training pathways** in multiple languages, ensuring equity, inclusion, and cultural accessibility.

- Foster **multi-level connectivity** between local practice groups, regional hubs, and global leadership through a **Planetary Assembly,** listening to and amplifying narratives of trauma and healing from diverse cultures worldwide.



3. Education & Consultancy - Emergence:

Building accredited learning journeys that empower leaders and practitioners to model trauma-informed systems change

- Expand **training pathways** in Global Social Witnessing, Resilience, and Trauma-Informed Leadership to embed cultures of care across sectors.

- Pursue **academic accreditation** for trauma-informed curricula within universities, professional bodies, and public administration.

- Establish a **Trauma-Informed Systems Lab**, combining our consultancy and field partnerships with pioneering institutions, schools, hospitals, and NGOs, to model cultural transformation in real-world systems.



4. Collective Trauma Integration - Emergence:

Designing spaces where acute and ancestral wounds can be met, witnessed, and transformed into coherence and collective resilience

- Evolve from **relief projects** toward field experiments in new social architectures that model globally emergent norms of care.
- Transition from **specific Integration Labs** into a cohesive, global response to humanity's most pressing crises, war, migration, climate, and polarization.
- Develop **Global Witnessing & Response Protocols** and a **Crisis Response Platform,** an AI-supported safe referral system connecting those in need to resilience coaching, grounding, and trauma-informed support.



5. Evaluation & Research - Emergence:

Turning lived experience into evidence, building a learning ecosystem that measures coherence, resilience, and repair

- Create **continuous learning pathways** across programs and alumni networks to consolidate field wisdom and deepen collective insight.

- Build a **systemic learning architecture** that makes invisible trauma patterns visible at scale through participatory feedback and integrative metrics.

- Pioneer **new measures of coherence and resilience,** combining qualitative sensing, embodied indicators, and scientific research to track cultural and systemic transformation.



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Organisational Development

Organisational Development: A Living Ecosystem

The Pocket Project grows as a living ecosystem, self-organising, globally representative, and oriented around high-quality standards and ethical alignment. Like a well-tended garden, our organisation thrives through continuous learning, responsive feedback loops, and shared responsibility for nurturing coherence and care. We are strengthening internal coherence in language, procedures, and core practices to enable the next level of expansion to emerge.

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Core Team Development

Our Core Team forms the living root system of the Pocket Project, bringing global representation and a trauma-informed approach to the heart of all we do



Growing Our Practitioner Field

Our global practitioner field embodies collective wisdom, cultivating trauma-informed care across communities worldwide



Global Hubs & Lines of Development

We are growing a network of **Global Hubs,** self-organising, well-oriented teams that embody high-quality standards, ethical alignment, and cultural sensitivity. Each hub reflects its regional context while remaining rooted in a shared field of coherence across **Europe, North America, Latin America, Africa, Asia, Oceania, and the Middle East.**

In parallel, **thematic lines of development** unfold around **Climate, Women, Peace, Youth, Democracy, and Decolonisation**, nurturing learning and collaboration across the global ecosystem.



Resourcing Model for Trauma Relief

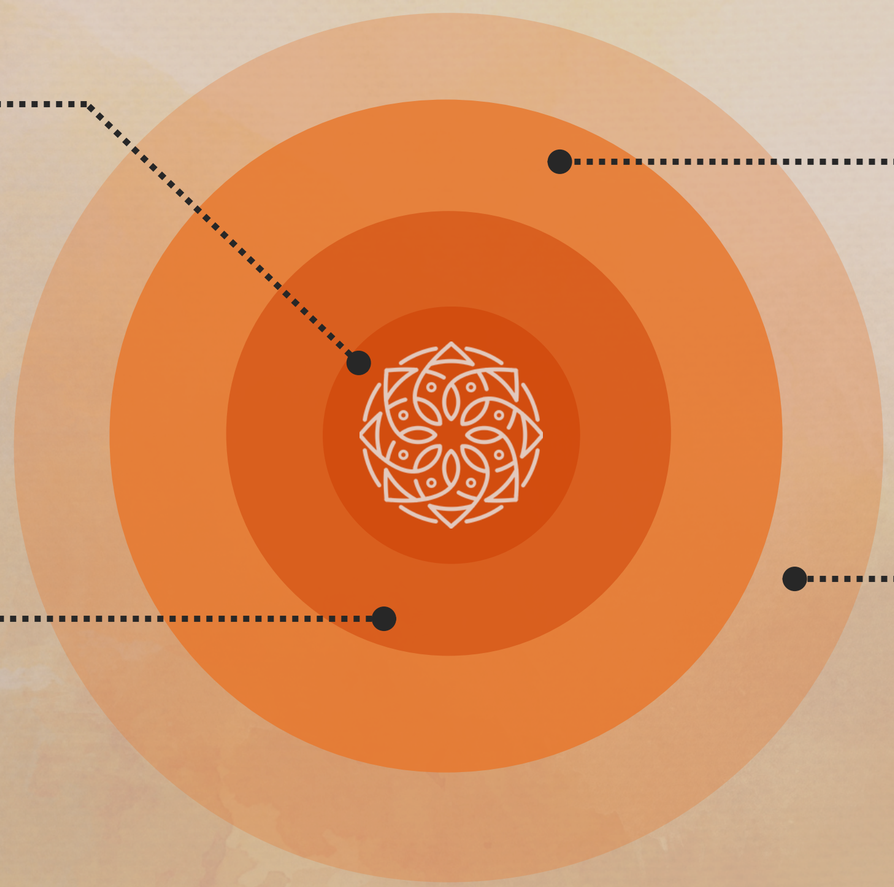
We channel resources and response-ability from the global community into areas of crisis—and bring the arising felt experience from those areas back into the global body, bridging with compassion so that we can heal and learn together.

Populations in Crisis

More than 1 billion, nearly 1 in 7 people globally live with a mental health disorder, according to the World Health Organization 2021 (WHO)

Culturally Specific Team

· Local Therapists
Local Supervisors
Resilience Facilitators



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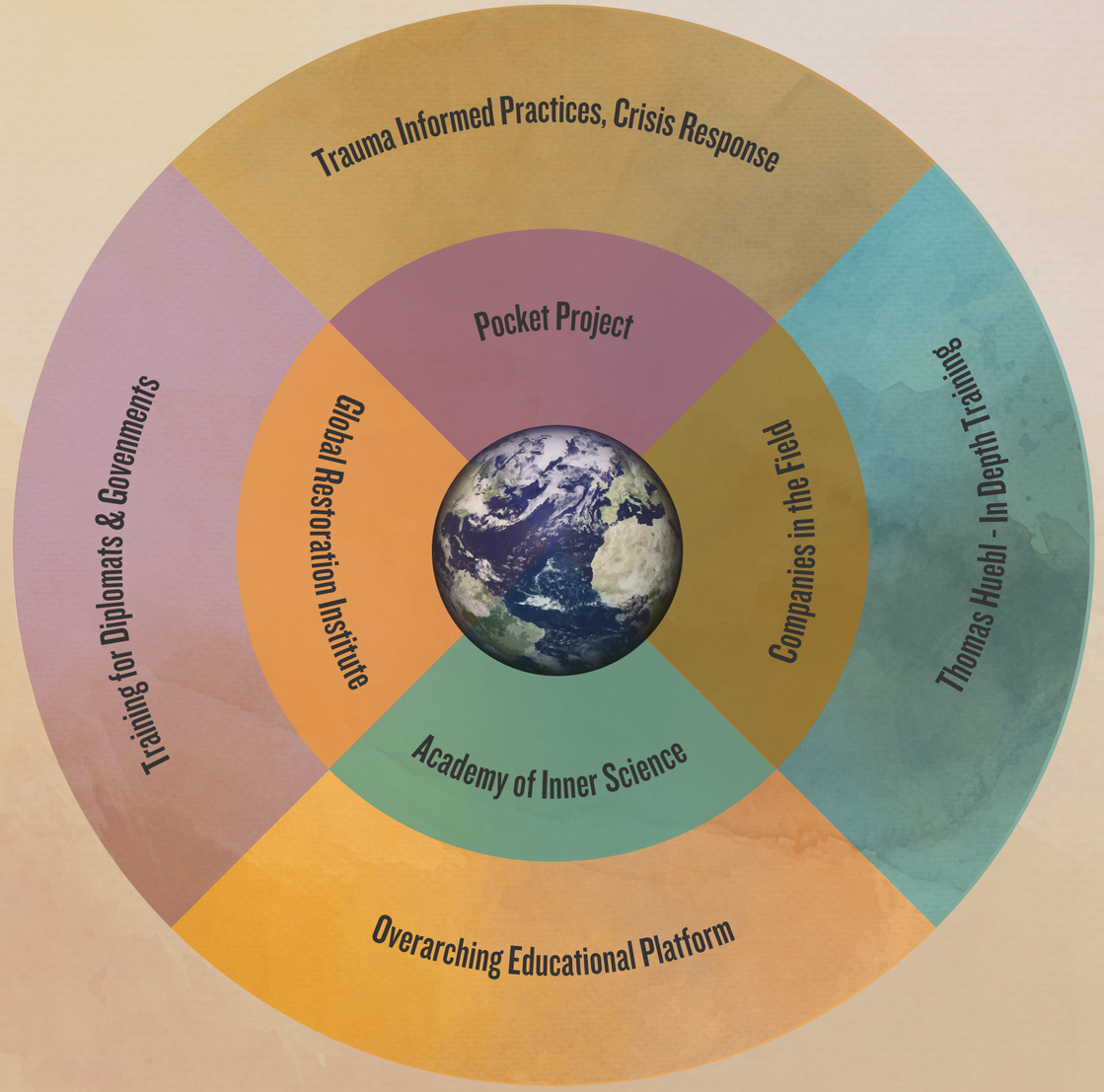
Pocket Project Team · Global Therapists · Supervisors · Trainers · Facilitators

Global Resourcing · Institutional Funding · Donations · Friends of the Pocket Project - Global Witnessing Field

Partnerships & Alliances

We are deepening collaboration within Thomas Huebl's field, especially with the Academy of Inner Science, exploring a shared platform for our training. Together, we strengthen the bridge between collective healing and systemic transformation. In partnership with the Global Restoration Institute, we align two NGOs, one focused on civil society and crisis response, the other on training diplomats, for greater global impact



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Funding & Resource Strategy

Our finances rest on three strong pillars, donations, funded projects & grants, and earned income through programs and consultancy. Together, these enable us to grow a regenerative financial ecosystem that aligns with our values of integrity, equity, and service, resourcing trauma relief, education, and systemic healing worldwide.

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Building a Regenerative Financial Ecosystem

Sustaining impact through diversity, transparency, and care

- We **diversify income streams** across donations, funded projects, and earned income to balance accessibility and resilience.
- A growing circle of **Friends of the Pocket** Project sustains our long-term mission.
- Investments now focus on the **Crisis Response Platform**, building capacity for rapid, trauma-informed action.
- Our Resourcing Model for Trauma Relief **channels global response-ability** toward areas of crisis, feeding lived experience back into the global body so we can heal and learn together.
- We remain committed to **transparency, ethical fundraising, and equity** in access, ensuring that resources serve where they are most needed.



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Financial Development 2020–2024

Laying the Foundation for a Global Healing Movement

	2020	2021	2022	2023	2024
Total Income	€45,520	€336,974	€406,213	€541,930	€621,180
Income Donations	€45,520	€195,546	€107,351	€345,510	€400,791
Income Funded Projects	€0	€0	€97,807	€44,162	€106,556
Income PP Programs	€0	€141,428	€201,056	€152,259	€113,883
Total Expenditure	-€115,479	-€261,083	-€305,607	-€403,542	-€600,139
Total Amount Spent on Scholarships	€40,161	€30,350	€73,050	€74,293	€144,480

Financial Development 2025–2028

Investing in Global Healing Infrastructure

	2025	2026	2027	2028
Total Income	€775,000	€965,000	€1,151,000	€1,383,100
Income Donations	€380,000	€450,000	€495,000	€544,500
Income Funded Projects	€190,000	€250,000	€338,000	€457,000
Income PP Programs	€205,000	€265,000	€318,000	€381,600
Total Expenditure	-€801,866	-€1,112,951	-€1,326,456	-€1,563,648
Investment in Crisis Response Platform	€0	€100,000	€50,000	€50,000

The Invitation

Join Us in Growing a Global Healing Movement

We stand at a pivotal moment. The past years have shown what becomes possible when trauma is met with care, and fragmentation with coherence. With your partnership, we can expand this field of healing to reach further, resourcing communities in crisis, supporting systems in transition, and weaving a planetary fabric of restoration.

Every donation, collaboration, and act of service strengthens the web of response-ability connecting us all. Together, we can ensure that trauma literacy, integration, and collective care become core capacities of our shared humanity.

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Thank You

Together, We Weave the Future of Healing

By 2028, we envision a world where trauma-informed care becomes a shared global language. Together with our partners, we are building a living architecture of healing,**1,600+ practitioners** and **500 hubs** forming a planetary network of coherence, each circle a pocket of transformation. Through our **Crisis Response Platform**, regional hubs, and digital resonance network, we will meet crises with presence and compassion, translating trauma into wisdom and fragmentation into connection. This is our invitation: to stand together in growing a **global culture of care,** rooted in awareness, resourced by love, and guided by collective responsibility.

Visit us at www.pocketproject.org
Contact us at info@pocketproject.org

With deep gratitude,
The Pocket Project Team

