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# THE POCKET PROJECT - 2021

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## OVERVIEW

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.

## 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 of 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 integrating 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.

## ORGANIZATIONAL DEVELOPMENT AND OBJECTIVES OF THE POCKET PROJECT

### OBJECTIVES 2021:

- 1. INSPIRE: 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.**
  - The PP aims to reach a significant and diverse segment of the world's population in order to help raise awareness and capacity for the integration of collective trauma through our social media, newsletter and website outreach.
  - We will synchronize our visual and content communications to be fresh, clear and recognizable (as crystallised in our Brand Style and Communication Guides) so that it can be assimilated by an audience coming from many backgrounds, e.g., academia, the health professions, governance, UN, peace organizations, facilitators, mediators and civil society.
  - Our new website will go online in May 2021, providing an enhanced portfolio of artistic presentation, information and opportunities for engagement.
  - We will partner with the Inner Science LLC to bring the voices of experts, activists and artists out into the world and inspire over 100.000 participants through the Collective Trauma Online Summit.
- 2. ENGAGE: CREATE OPPORTUNITIES FOR ENGAGEMENT AND COLLECTIVE COMPETENCE BUILDING TO BOTH CIVIL SOCIETY AND PROFESSIONALS. OFFER COMMUNITY CALLS TO ALL THOSE INTERESTED ON THESE TOPICS AND SCHOLARSHIPS FOR PARTICIPANTS FROM NON-MAJORITY BACKGROUNDS AND THE GLOBAL SOUTH.**
  - We offer opportunities for volunteer engagement in and with the materials of the Pocket Project, thus supporting a sense of meaningful engagement and a shift from 'the will to receive' to 'the will to give'. The Team needs to have enough capacity to oversee and work with volunteers in effective ways to ensure that volunteers have a fulfilling experience, so growth of the team is crucial to enable growth of our volunteer program.
  - We offer scholarships through the Pocket Project Diversity Fund for the Collective Trauma Online Summit Package and Trauma Training and the Online Summit. Over the coming years, the Pocket Project will be working to make more opportunities available for capacity building for Collective Trauma Integration work. Our aim is to build lines of continuity so that individuals from diverse backgrounds can, over time, become an integral part of the PP's teams of facilitators (see above).
  - We aim to allocate scholarships to those who are in need and, at the same time, will have the biggest impact within their communities. Scholarships will be allocated according to the following criteria: country of residence/origin, gender, diversity of ethnic background and cultural heritage, level of previous experience with trauma integration work and impact of role and service within community.
  - We invite our networks and beyond to monthly Community Calls (free public calls), during which we offer introductions to basic competencies and a place of belonging to those struggling with isolation and stress.
  - We offer direct access to Practice Groups, guided by trained Practice Group facilitators, in various locations around the globe, where basic competencies of this work can be integrated in community at no cost.
- 3. WITNESS: OFFER GLOBAL SOCIAL WITNESSING CALLS TO PRESENCE CURRENT AREAS OF TRAUMATIZATION AND LISTEN TO MUTED PAIN. 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.**

- We will offer monthly Global Social Witnessing Calls (free public calls) to the broad public in order to strengthen capacity to consciously witness and relate to current crises in the world, from March 2021 onwards.
- We have set up and are accompanying the following International Labs, each lead a group of participants (20 – 70 per Lab) on a 9-month journey through the first stages of a collective trauma integration process:
  - Climate Change & Collective Trauma - Global
  - Women & Gender-based Trauma - Global
  - War & Its Impact on Families and Communities - Global
  - Colonialism & Collective Trauma - Europe & Africa
  - Colonialism & Collective Trauma - Latin America
  - Colonialism & Collective Trauma - The Netherlands & Belgium
  - The Legacy of the Holocaust - Collective Trauma in Israel, Palestine & Germany
  - Trauma and Resilience in the Time of Coronavirus - Global
  - 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
  - The Legacy of Immigration - Separation and Belonging in Israel
  - Collective & Intergenerational Trauma in Argentina
  - Collective & Transgenerational Trauma in Austria
  - Collective & Intergenerational Trauma in Bangladesh
  - Collective & Intergenerational Trauma in the Balkans
  - Collective & Intergenerational Trauma in Brazil
  - Collective & Intergenerational Trauma in Colombia
  - Collective & Intergenerational Trauma in Germany
  - Collective & Intergenerational Trauma in Japan (in Japanese)
  - Collective & Intergenerational Trauma in Mexico
  - Collective & Intergenerational Trauma in Uruguay
- A consortium of senior students of Thomas Hübl have embarked on a journey of certification as trainers on basic topics of Thomas' work. Some of these students are providing a series of free workshops for International Lab participants who are new to the work of Thomas, and thus facilitating the influx of more diverse participation in these important topics.
- Once the first cycle with 23 labs completes in June 2021, we will tease out and publish our meta-learnings.
- After a 3-month pause and reflection period over July, August and September, a second cycle of the Labs will start by the end of October 2021, continuing and deepening the journey for those already established and expanding to include more topics and countries. "The stronger the cup becomes, the deeper we can drill, and the more frozen energy can be brought up for integration."
- The International Labs offer opportunities of growth to our circle of Pocket Project facilitators and trainees and help us to grow circles of competency within the Pocket Project.

4. **LEARN:** SITUATE ALL POCKET PROJECT PROJECTS AND PROCESSES WITHIN A META-LEARNING FRAMEWORK. PROVIDE ACCESS TO OUTCOMES VIA THE STUDY ROOM AND KNOWLEDGE LIBRARY. COLLABORATE WITH THE ACADEMY OF INNER SCIENCE TO BUILD CIRCLES OF CONTRIBUTING EXPERTS, RESEARCHERS AND PP FACILITATORS.

- We are currently working with SurveyMonkey to elicit information about the process of the Labs 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 are measuring variables that relate to the integration of trauma
    - How activated are individuals in vicinity to individual and collective palpable trauma?
    - How can we provide safety - how resourced are people?
    - How does our witnessing capacity increase?
- We will, similarly, elicit feedback and learnings on other projects and processes, for instance the Community Calls, Scholarship Project and Practice Groups to find out which loops work well, and which loops need to be adapted. Where are there stagnations? How can we open these stagnations and enhance the flow of information and energy?
- Our learnings will be 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, organizing the content through a series of icons and maps to ensure a better overview and facilitation of choice for users. These will relate to topic, type of trauma addressed, geographical area, etc. - to be visible by June 2021.
- Interviews with trauma experts from around the world, and also interviews relating to specific topics like 'The Climate Crisis & Trauma', 'Racialised Trauma' and 'Gender-based Trauma' will be published. A set of introductions to some of our basic concepts and competencies will be accessible via our website from October 2021 onwards.
- The Pocket Project itself aims to be a fluid, adaptable grounded organisation which keeps on growing and evolving. Our learnings feed into the next cycle of development and are shared with broader society.

5. **APPLY**

Set up Competence Centres for the further refinement and application of knowledge on Collective Trauma Integration to specific sectors, like restorative justice, climate change, gender equality and racialised trauma. We offer trainings on Trauma-informed Leadership and Collective Trauma Integration Facilitation for NGO's and Global Aid Organizations.

- The meta-learning that takes place throughout the Pocket Project will be crystallised and applied around certain areas of competency and topics.
- The following Competence Centres will be initiated and start meeting regularly throughout 2021 and 2022:

Research	Global Social Witnessing	Restorative Justice	Epigenetics	The Healing Professions
Trauma-informed Leadership	Climate and Collective Trauma	Racialised Trauma	Gender-based Trauma	Relational Competence

- Crystallised knowledge will be transformed into trainings and consultancy packages which can be offered to NGO's, global aid organisations, health workers, etc. A first basic outline will be completed by June 2021.

## 6. INTEGRATE

Set up Collective Trauma Integration Centres for the design and implementation of Collective Trauma Integration Processes for organizations, companies or countries in partnership with leadership circles and governing bodies.

- We will work 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.
- We aim to offer public Collective Trauma Integration Calls, led by Thomas Hübl, and supported by circles of Pocket Project facilitators on specific topics.

## 7. PARTNER

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

- At the heart of our partnerships are the ones between the Pocket Project, Sharing the Presence GMBH in Germany and Inner Science LLC in the US respectively. Both companies are under leadership of Thomas Hübl. These companies offer direct organisational support to the Pocket Project which will be made more visible on our website and through detailed agreements.
- Beyond that, the Pocket Project aims to cultivate partnerships with like-minded organisations, and those that extend our work into areas beyond our immediate skills and capacities.
- The Pocket Project is initiating a process of applying for consultancy status at the UN, which requires a further professionalization of structures, public face and visible activities of the Pocket Project.

# ORGANISATIONAL DEVELOPMENT 2021

## 1. VISION & STRATEGY

- Manifest the vision and mission of the Pocket Project through a strategy, i.e., objectives, key targets and budget, which is flexible enough to adjust to the flow of emergence.

## 2. TEAM DEVELOPMENT

- Set up a clear governance structure, including an organisational chart, decision making structures, and risk management structures.
- Develop an organizational structure and team roles that allow for the involvement of a growing number of staff, freelancers and volunteers in the manifestation of the strategy.

## 3. FUNDING & REVENUE

- Combine Donations, Funded Projects and Revenue from own projects to fundraise resources that enable a good match between Pocket Project aspirations and our budget and team capacities, thus allowing us to fulfil our mission.

## COMMUNICATION AND COLLABORATION WITH DONORS

Thank you so much for your interest in becoming a Key Donor of the Pocket Project.

We would like to stay in close communication with you, to keep you updated and send through reports at various intervals, as projects unfold. If you are interested, we would send through our Annual Budget and Targets by March of each calendar year, and our Annual Reports for the previous year by June of each following year. Your generous support will provide the Pocket Project with a much-needed financial cushion to accelerate our work in the world.

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

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