



HOPE SPRINGS INSTITUTE

From this Place Springs Hope for Inner and Global Peace

Healing Our Collective Trauma Vortices A Three-Day Workshop with Gina Ross, MFCC

Founder of the International Trauma-Healing Institute

August 15-18, 2011

6PM Monday Evening to 1PM Thursday Afternoon

**Cost: \$850 before June 15th - \$895 after June 16th
Room, Board and Supplies Included**

Gina was the opening keynote speaker at our 2010 Hope Springs International Peace Gathering, where more than 150 people attended to teach, learn, heal and plan what each and all can do to bring peace to our lives and to this planet. Her presentation was so well-received that we asked her to return and conduct the full workshop.



Workshop

This workshop offers a tremendous opportunity for healing from individual as well as collective trauma. It is divided into two parts:

Somatic Experiencing®, **Emotional First Aid –**
Gina uses SE® EFA, an innovative technique that can be taught as a self-help tool for the general public as well as professionals. SE® EFA

helps you increase resiliency and prevent the development of post traumatic stress disorders.

Healing our Collective Trauma Vortices – It helps you understand the underlying causes of anger, conflict, hatred and intolerance. It offers you strategies and tools for opening the possibility for dialogue and collaboration with adversarial groups, ***from the spousal and family level, to the community, national and international levels.***

Learning Objectives

Day one:

Emotional First Aid for the 21st Century - Resiliency Training

You will learn to:

- Recognize signs of traumatic activation in yourself and others
- Learn to speak the language of the body/mind, the language of sensation

- Identify and ground your resources in your nervous system
- Learn tools to contain traumatic energy within your tolerance
- Discharge and help others discharge stress and traumatic activation

**Days Two and Three:
Addressing the Impact of Collective Trauma on Conflict**

You will:

- Learn about collective trauma
- Develop tools to release ineffective activism and shed traumatic blinders
- Learn to speak a universal and apolitical language to promote cooperation
- Acquire skills for effective and constructive dialogue for peace and harmony
- Practice experiential tools for mediation and conflict resolution



Workshop Leader

Gina Ross is Founder and President of the International Trauma-Healing Institute USA (ITI USA) and ITI Israel and an expert in collective trauma, with a special focus on the Middle East conflict. She is a senior international SE® trainer. She authored *Beyond the Trauma Vortex: the Media's Role in Healing Fear, Terror, and Violence*, and a series of seven books on trauma for specific social sectors entitled *Beyond the Trauma Vortex into the Healing Vortex*. Gina specializes in trauma, cross-cultural understanding and cross-cultural therapy in seven languages, serving a clientele from 60 different countries. She is a sought-after trauma expert for radio and television and at international conferences. *For more information, visit www.traumainstitute.org*