

Optimizing Peace Making by Ending Generational Trauma in the Body

Northeast Asian Regional Peace Building Institute Workshop

Taipei, Taiwan

August 16-20, 2016

Facilitators: Aya Kasai and Tommy Lee Woon

Course Description

The purpose of this workshop is to examine why understanding the way generational trauma lives in the body is critical for optimizing any peacemaking. In this 4-day workshop, the presenters will teach this subject through holistic education – mind-body and expressive arts activities. Participants will learn about the importance of understanding the nervous system, somatic literacy skills (inquiry, reading, and revision of the body's opinion and stories), generational transmission and healing of trauma. The participants will apply the insights gained from the experiential exercises to Truth and Reconciliation and think about how to overcome historical divides between groups. This workshop will be valuable to anyone interested in exploring why and how understanding the body and healing generational trauma can support deeper ways to create sustainable peace.

Pre-Workshop Reading Articles

- *Felt Sense*
<http://www.goodtherapy.org/blog/psychpedia/felt-sense>
- *Grounding Exercise*
<http://www.new-synapse.com/aps/wordpress/?p=809>
- *Peter Levine's Felt Sense Exercise*
<http://www.new-synapse.com/aps/wordpress/?p=63>
- *Listening for a Change* by Tommy Woon

Day 1

Goals

- Facilitators and participants learn a bit about each other's identities, histories, and expectations
- Participants acquire clarity and curiosity about the workshop program, schedule, activities, ground rules, and intentions
- Participants begin to learn about how change for peace happens in the body and the value of understanding the *felt sense* for peacemaking.

9:00 Introductions for a Change

Part 1 – Who are we?

- a. Facilitators
- b. Participants

10:30 Break

11:00 Introductions for a Change
Part 2 – What is our work together?

- a. Overview of Program, Goals, Activities, and Schedule
- b. Review of Workshop Intentions
- c. Ground Rules

12:30 Lunch

2:00 Foundations for Optimizing Peace
Part 1 – Uniting Our Bodies: Expressive Arts Introductions

- a. Name and Movement
- b. Lightening Rounds
- c. Imaginary Object

3:30 Break

4:00 Foundations for Optimizing Peace
Part 2: Understanding the Body for Peace Building

- a. The Critical Role of Understanding Attention and Felt Sense
- b. Skills for Exploring and Using Attention and Felt Sense
- c. Attention to Directing Attention to the flow of Sensations, Images, Behavior, Emotion, Meaning, Energy, and Spirituality in the Body

5:30 End Day

Day 2

Goals

- Participants explore more about how change happens in the body
- Participants learn about trauma, types of trauma, and their effects creating and sustaining peace
- Participants learn to apply understanding of the body to social identities and divides

9:00 Foundations for Optimizing Peace Making

Part 3 - Understanding How the Body Experiences Safety and Threat

- a. The Psycho-Biological Science of Health and Trauma
- b. Protective Response Cycle for Peace in Every Body

10:30 Break

11:00 Foundations for Optimizing Peace Making

Part 4 –Understanding Social, Collective, Historical, and Generational Trauma

- a. Characteristics of Trauma in the Body
- b. Social, Dominant, and Subordinate Identities

12:30 Lunch

2:00 Foundations for Optimizing Peace Making

Part 5 – Types of Trauma

- a. Identity Mistreatment Trauma
- b. Territory Mistreatment Trauma
- c. Historical and Generational Mistreatment Trauma

3:30 Break

4:00 Foundations for Optimizing Peace Making

Part 6 – Transforming the Self to Transform the World

Guest Speaker: Clinical Psychologist Dr. Kuniko Muramoto, Ritsumeikan University/Women's Life Cycle Institute

5:30 End Day

Day 3

Goals

- Participants explore how generational trauma reproduces itself
- Participants explore the natural protective responses that sustain peace
- Participants learn about the differences between healthy and unhealthy aggression to understand cycles of violence and non-violence

9:00 Foundations for Optimizing Peace Making

Part 7: Ending Social, Collective, Historical and Generational Trauma

- a. Understanding Healthy and Unhealthy Aggression
- b. Dynamics of Interlocking Conflict

10:30 Break

11:00 Foundations for Optimizing Peace Making

Part 8 – Pathway for Ending Generational Trauma: Untying the Knot in the Body of Generational Trauma

- a. Courageous Attention and Listening for a Change
- b. Cultivating Compassion for Common Humanity

12:30 Lunch

2:00 Afternoon Personal Reflection

Day 4

Goals

Participants learn about Truth and Reconciliation
Participants explore ways to optimize Truth and Reconciliation to Create Truth and Reconciliation 2.0

9:00 Transform the Self to Transform the World

Part 1 – Healing the Heart of Generational Trauma

- a. Review the History and Ideals of Truth and Reconciliation in South Africa
- b. Overcoming Trauma in Truth and Reconciliation Efforts

10:30 Break

11:00 Transform the Self to Transform the World

Part 2 – Healing the Heart of Generational Trauma

Truth and Reconciliation 2.0

2:00 Transform the Self to Transform the World

Part 3 – Healing Generational Trauma in the Bodies of Perpetrators and Survivors

- a. Coming Home to Authentic Self Together
- b. Cultivating Compassion and Healthy Protective Responses in the Body

3:30 Break

- 4:00 Transform the Self to Transform the World
Part 4: Peace Building through Healing Generational Trauma in the Body
- a. Better Together: One Voice, One Heart
 - b. Sculpture Work
- 5:30 End Day and Go to Dinner and Culture Night

Day 5

Goals

- Personal reflections on learning experience
- Documentation of learning
- Goal Setting
- Appreciations
- Farewells

9:00 Amplifying Peacebuilding by Publicizing Our Collective Vision

- a. Creating 6-word stories
- b. Creating the E-Portfolio Network

10:30 Break

11:00 Peacebuilding

- a. Personal Goal Setting
- b. Closing Appreciations

12:30 Lunch and End of Workshop

Suggested Readings

- Nelson Mandela's Fraught Relationship with F.W. DeClerk
<http://www.telegraph.co.uk/news/worldnews/nelson-mandela/10140848/Nelson-Mandelas-fraught-relationship-with-FW-de-Klerk.html>
- *Touching the Heart of Truth and Reconciliation 2.0* (under development and will be sent to participants when completed by Aya Kasai and Tommy Woon)
- *Redeeming the Past: My Journey from Freedom Fighter to Healer*, Michael Lapsley (Kindle Copy on Amazon.com)