



HEALING THE WOUNDS OF HISTORY

ADDRESSING THE ROOTS OF VIOLENCE

The Centre for Lebanese Studies

Warmly Welcomes You To

THE SECOND HEALING THE WOUNDS OF HISTORY TRAINING WORKSHOP

(REGISTRATION AND COFFEE 9:00 AM TO 9:30 AM)

9:30 AM – 5.30 PM

ON FRIDAY 6, SATURDAY 7 & SUNDAY 8 DECEMBER 2013

AT THE SILK MUSEUM, BSOU

The Purpose of Healing the Wounds of History (HWH) Program

The HWH program has been developed to help to heal the deeper roots of violence. The causes of violence are rooted in recent but also older and even ancient historical grievances, memories and traumas. These psychological roots draw on perceived injustices, and become the sources of violence, especially in acute times of crisis, fear and threat. These driving forces usually remain unexamined. By unfolding and deconstructing them, individuals can begin to understand where many prejudices and impulses for violence against the other are rooted.

For several generations, the lack of closure with regard to the civil wars and foreign invasions has had profound psychological and social effects. 'Turning over a new page' does not necessarily mean that grievances and memories have been fully acknowledged and addressed. The cycles of blame and revenge threaten to reignite violence, as competing victims do not take responsibility, but act from denial or blame, sharpened by fear.

The HWH training is concerned with unearthing these deeply rooted identities so that we can begin to reframe/rethink the "self", humanize the other and improve relationships. To develop capacities at the individual level helps collective action and peace-building efforts at the group level. This important work then actively supports political, social, economic, juridical and civil society endeavours.

Workshop Objectives

The primary intention of this workshop is to offer a second HWH training to existing practitioners in the field based on a direct experience of new tools and approaches in the hope that the learning gained will be shared as widely as possible.

As part of the training, participants will receive written step by step guidelines on how to apply the various tools taught.

This three-day workshop has been designed to offer a series of learning experiences on the themes of self, the other and connection. The intention is to offer a replicable training to teachers, trainers and NGO workers. It is an opportunity to learn change processes by having a direct, personal experience. Beyond this it is hoped that the tools taught will be disseminated as widely as possible in the spirit of healing, reconciliation and forgiveness.

The material taught will be tools-based. Tools that take their users through an effective change process: from awareness to expression to forgiveness and finally to new behaviour.

The training package will also include written material designed to support the application of the tools and processes taught in the various contexts that attendants work in. Participants are invited to attend with open-hearted curiosity and the willingness to share generously of themselves.

The Facilitators for this workshop are:

Matthew Pruen

Matthew Pruen is a coach, consultant and group facilitator working in the fields of personal and organisational development. He is a supervising teacher at the Hoffman institute UK - www.hoffmaninstitute.co.uk - as well as running a busy coaching practice in London working with teams, couples and individuals. Additionally, Matthew designs and delivers open workshops on a wide range of themes including communication, relationship, conflict resolution and creativity. He has a background in systemic constellations and has applied this approach in one to one, workshop, educational and conference settings. In recent years he has contributed to the Healing the Wounds of History program - Byblos 2012, Bsous 2013 - applying a systemic lens to contexts of conflict and social trauma - www.healingwoundsofhistory.org. In his work with organisations he has run change initiative and team coaching programs. This year Matthew developed and delivered a week of events for the Research and Innovation Directorate of the European Commission in Brussels focusing on communication.

www.matthewpruen.com

Alexandra Asseily

Alexandra Asseily is a psychotherapist focussing on conflict resolution. She is a founder of the Centre for Lebanese Studies and the Ara Pacis Initiative, an advisor at the Fetzer Institute, and on the board of the Guerrand Hermes Foundation for Peace. She has worked widely with individuals and groups worldwide. In August 1997 Asseily was profoundly moved by a vision she had concerning the repetitive nature of conflict—that consciously and unconsciously held grievances are received by each new generation through an ancestral “contract” that can only be released through forgiveness and compassion. This vision inspired the Garden of Forgiveness in Lebanon to which Asseily has been committed since 1998. The garden is under construction in Beirut Central District.

Prior to coming

Please consider the following questions prior to the workshop

1. How do you fit into this field?
2. What do you hope to gain from the experience?
3. Who might benefit from your attendance?

Please also bring a small object that represents something important from your own history. This could be any object or artefact or an object from nature. A stone, a pen etc.

We will provide paper and pens.

We suggest loose clothing and comfortable shoes.

Logistics

The HWH training workshop will take place on Friday December 6th, Saturday December 7th, and Sunday December 8th 2013 from 09:30AM (09:00AM – 09:30AM Registration and Coffee) to 5.30PM each day.

Punctuality and full attendance is pivotal for this workshop. If you are not able to commit to the full three days, please let us know.

The training will take place in Bsous, Lebanon at the Silk Museum (www.thesilkmuseum.com).

Due to the importance and relevance of this training, the Fetzer Institute and Centre for Lebanese Studies have made it possible for you to attend it - at no financial cost to yourself.

It is hoped that those who attend and learn the from this training will also be those who take it further into the World and will be able to train and inspire others.

Transport and Getting to Bsous

We have attached a map for your convenience on how to get to Bsous.

How to get there



Please let us know by Thursday November 28th if you require transportation for the three days- please email Maysa Mourad (mouradmaysa@gmail.com). This will then be arranged from the Mathaf Beirut to and from Bsous each training day.

The training is from 9.30am till 5.30pm for three days at the Silk Museum, Bsous. Lunches and refreshments will be provided daily.

We look forward being together on this journey.

Alexandra Asseily
Centre for Lebanese Studies