

The Centre for Lebanese Studies

Warmly Welcomes You To

HEALING THE WOUNDS OF HISTORY 2017 TRAINING PROGRAMME

- **HWH MODULE 2 : FRIDAY 24TH , SATURDAY 25TH AND SUNDAY 26TH OF MARCH 2017**

FROM 9:00 TO 5:00 PM, AT THE SILK MUSEUM, BSOUS

The Background

The challenges faced by Lebanon and the region are self-evident. Cycles of violence have played out repeatedly through the ages. All of this is well documented, but what is less obvious, is how the battles of the past can stay dormant within us from generation to generation, flaring up in moments of perceived threat. And so, whether we are conscious of this or not, we may be reliving the trauma of our parents, grandparents or even long dead ancestors.

At the beginning of the civil war in Lebanon, Alexandra Asseily asked herself the question – how could so many people have suddenly transformed from apparently peaceful souls into violent killers – seemingly overnight? Holding this question led to a profound experience. This confirmed her understanding of how the events of a traumatic past are held in memory and deeply affect the present unless the contract between the living and the dead is released through compassion and forgiveness. The essence of this experience inspired a vision for the Garden of Forgiveness. This was to be a garden sanctuary set in heart of central Beirut, amidst archaeology spanning 3,000 years and surrounded by three churches, three mosques and a shrine to the Virgin Mary – venerated by both traditions. It was to be accessible to people of all backgrounds for peaceful introspection and meditation. The Garden of Forgiveness was realised in 1998 and everything was in place for completion with a due date of 2008. As a result, however, of the violent events of 2005-6, all building came to a halt. The subsequent political stalemate has meant that it has remained in a vacuum ever since. In order to raise consciousness for this project and the trans-generational

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message of healing at the heart of it, a conference was organised in LAU Byblos in November 2011 – entitled Healing the Wounds of History (HWH). A programme of workshops was run throughout 2012-13 building on the approaches and themes raised at the Byblos conference. These, in turn, evolved into the HWH programme.

Facing the tragedy of recent events in the region alone, we naturally feel powerless and overwhelmed. However, by coming together in community we can support each other's healing journey and begin to release our inherited trauma. By doing this, we can take our place amongst kindred spirits and contribute to the evolution of a positive, peaceful future.

The Purpose

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 held.

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, and civil endeavours.

The Objectives

To create a community of change agents, field workers and practitioners, who, after appropriate training, are empowered to take and apply the approaches and the powerful content of HWH training into their respective practices within communities in Lebanon. This group will develop themselves individually first and then collectively through experiential learning. This will be done through a mixture of formal training, self facilitated practice sessions and application in the field. To enable this to happen, participants from last year's programme will receive an additional facilitation training by assisting in the teaching of the following year. This principle can be extended over time, so that the community grows in number, competency and compassion.

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The intention is to offer 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 experiential and replicable. We shall share and teach tools from a wide range of wisdom traditions: including the world of personal development, the human potential movement and other sources. These tools help to 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. As part of the training, participants will receive written step by step guidelines on how to apply the various tools.

The Facilitators

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 and 2014 - www.healingwoundsofhistory.org. In his work with organisations he has run change initiatives and team coaching programs. He has developed and delivered programmes for the Research and Innovation Directorate of the European Commission in Brussels and taught as an associate lecturer at London College of Communications. Matthew is based at his family-run retreat centre in South West France.

matthewpruen.com

Alexandra Asseily

Alexandra Asseily is a psychotherapist and trainer focussing on conflict resolution and intergenerational trauma. She is a founder of the Centre for Lebanese Studies and the AraPacis Initiative, an advisor at the Fetzer Institute, and on the board of the Guerrand Hermes Foundation for Peace. She works 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 Central Beirut, a symbol of collective hope for Lebanon and the world, to which Alexandra has remained committed since 1998.

alexandra@asseily.org

Prior to coming

We invite you to come with an attitude of open-hearted curiosity and a willingness to be generous with yourself and take responsibility for your own experience.

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 else might benefit from your attendance?

Please bring a small object that represents something to symbolise your positive vision for the future. (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.

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Logistics

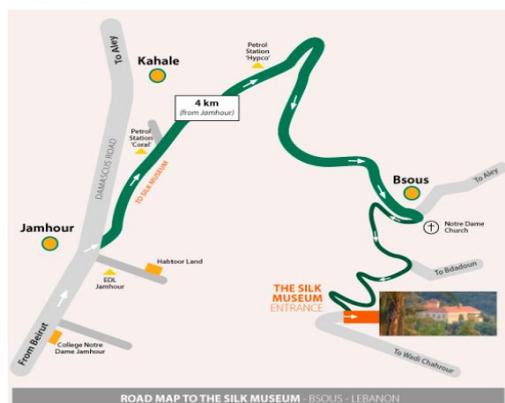
The HWH training workshop will take place on Friday 24th, Saturday 25th and Sunday 26th of March 2017 from 09:00 AM (09:00AM – 09:30AM Registration and Coffee) to 5.00PM each day.

If you are interested in registration please send an email to Mirvatbakkour@hotmail.com by latest march 16th, 2017

Punctuality and full attendance is pivotal for this workshop

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

How to get there



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

Your contribution

A contribution of \$300 is requested per person per each workshop. *Concessions will be considered.*

We look forward being together on this journey.

Alexandra Asseily

Centre for Lebanese Studies