

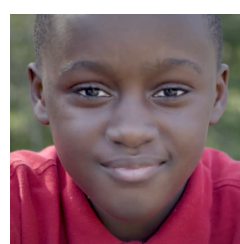
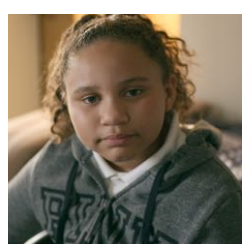
THEWISDOMOFTRAUMA.COM

THE WISDOM OF TRAUMA

SCREENING AND DISCUSSION GUIDE

ॐ=mc²
SCIENCE & NONDUALITY

LEADING A DISCUSSION AFTER THE SCREENING



After the movie screening, you can invite the group to stay for additional time and share their takeaways from the film.

If you lead a discussion after the screening of the film, we recommend inviting an experienced facilitator from your community. A facilitator can be a psychotherapist, a somatic experiencing practitioner, a social worker, a counselor or an experienced meditation teacher.

If you have a small group, up to 15 people, you can set up in a circle and let people share spontaneously. If you have a larger group, after the initial introduction we recommend splitting the participants in small groups (ideally 3-5 people).

In the small groups people can share their findings on 3 or 4 of the possible questions we have listed below for discussion.

To help keep your discussion safe and impactful, here are some guidelines we recommend you use to set up the conversation:

SHARE GENEROUSLY

Share what is in your heart, mind, body, and spirit with respect and sensitivity. Be mindful that stories shared in detail can be triggers for other members of the group, but also aware that your experience may be exactly what another member needs to hear.



LISTEN GENEROUSLY

Try to observe, listen and honor what is shared without explaining, advising, or offering solutions. Receive the essential and notice if you are already responding in your mind or if you can just listen and receive. Be present to your body while listening, this is precious information about your own triggers and an opportunity to grow. Avoid advice-giving, interrupting when others are speaking or having disruptive side-conversations.

COME WITH CURIOSITY

Sit with the possibility that we don't know what's needed and we don't have the answers. Be curious about what is shared, curious about your own thoughts, feelings, and sensations. Practice curiosity.

NOTICE DIFFERENCES

Please notice our differences, both the ones we were born with and the ones that human society has constructed. Aim to be sensitive to the differences in social contexts, legacies, lands, and material conditions. Be open and curious about each other's worlds and the social, spiritual, political, environmental, economic, and historical forces that shape it.

CLAIM YOURSELF

Speak as yourself and about your experience.

Do not speak as someone having the authority to speak on behalf of a group of people.

Be careful about universalizing your experience or making universal statements about all humans, particularly in the use of “we” and “you”.

TAKE RESPONSIBILITY FOR YOURSELF, YOUR WELL-BEING, YOUR GROWTH AND YOUR BOUNDARIES

We ask that you take care of yourself and exercise discernment if you feel discomfort, feel hurt or feel triggered. It's fine to step back, redirect your attention, or even decide to pause from participating.



CONFLICT

If conflict arises or someone expresses something you don't like, be interested in finding constructive ways to engage. Be aware that various cultures and individuals have different ways of communicating and engaging in conflict. Practice pausing and regulating (self and group).

BREATHE!!!!!!! Deep inhale and loooooong exhale are the most effective first response to triggers. Breathing is your first aid kit for regulation.

PROTECTING THE CONTAINER

Create a space which welcomes courageous vulnerability and authentic hearts. Never allow divisive speech. To sustain the well-being of the community, aggressive, hateful or profane language directed towards a person or a group of people is not invited.

PRACTICE KINDNESS

Please be kind with each other around our places of pain and our blind spots. And let us stay open and gentle with ourselves when others shine a light on things that were previously outside our awareness. Practice an attitude of openness and non-judgmental acceptance no matter who shares or what you hear.

CONFIDENTIALITY

Please agree within the group that all that was shared will stay within the group. Outside the group, participants may only share their own experience and takeaways.



SAMPLE DISCUSSION QUESTIONS

Below are some possible questions you can explore with your community:

- What touched you the most in the film and why?
- Did some of the personal stories shared in the film resonate with you and why?
- What kind of emotions and/or sensations arose while you were watching the film?
- How might past experiences in your life shape the way you see yourself and the way you view the world?
- How might past trauma have impacted your health and well-being?
 - How might past trauma have impacted your relationships?
- Which trauma might have been passed down to you by your ancestors?
- How might intergenerational trauma have impacted your community?
 - What is the resilience that you have built and/or inherited?
- What further resources or support do you need? How can you go about receiving the support you need?
- What are you taking back into your life from this conversation?

Thank You

LET'S WORK TOGETHER
TO BREAK THE CYCLES OF TRAUMA
AND TO CREATE A MORE COMPASSIONATE SOCIETY.