



The Art of Solving Conflicts Releasing Stress and Trauma to Help Healing Processes.

Workshop with Gina Ross, MFCC
On the Greek Island Naxos, July 1st – 6th 2018

The venue of the workshop is the beautiful village of Apollonas on the Greek Island Naxos. This is a unique opportunity to combine holiday and an exiting absorption in how conflict resolving can be done through body releasing work. The adventure of the marvellous nature and wonderful people, combined with a rewarding workshop, makes the journey to Greece a really unique experience.



The Content of the Workshop

This workshop offers you:

- A possibility to recognize stress signs and traumas both in yourself and others and to release negative activation anywhere and anytime.
- A possibility to recognize signs of polarization in yourself and others.
- A possibility to acquire knowledge of basic unmet needs and the difficult feelings these generate in yourself and others.
- A possibility to learn a universal and apolitical language, which incorporates ways of communication as to dialogue and cooperation.
- A possibility to implement mediation and problem solving protocols in terms of themes that show themselves in individual relations, between groups, communities and nations.

This dynamic and interactive workshop offers tools to

Understand the bio-psychological underlying messages in stress and traumas anywhere and anytime.

Solve conflicts among couples, families, schools and communities on a national as well as international level – and among adversary groups driven by violence, hatred and intolerance.

Understanding the aetiology of collective trauma

High stress levels, traumas, loss and unmet needs may overwhelm us and change our mental and emotional balance. They compromise our thinking and actions.

When our basic needs are not met the collective narrative gets disturbed which often results in difficult feelings. Learn here how to work with and resolve emotional blockages that arise in conflict situations, and learn how to cooperate and facilitate conflict solving. Learn how to find precise ways of acting in order to reduce aggression rather than increase aggression.

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Practical information

Dates: 1st – 6th of July 2018

Venue: Apollonas on Naxos in Greece. Apollonas is an ideal place for quiet vacations, and you may arrive early or stay after the workshop, maybe with your family. Further info

Additional information: <http://apollonnaxos.blogspot.com>

Price: **DKK. 6.500,-** (EUR 875.-) for workshop incl. coffee, tea and fruit. Food and lodging separate costs.

Double room at Hotel Kouros incl. breakfast ca. 20 euros per pers. Additional information: <http://hotelkouros.blogspot.com>. Lunch is mandatory and is ca 15 € a day. Only breakfast is served on the day of the outing. Other meals are paid separately. Participants pay own travel costs. Please contact Traumeheling for further information: www.traumeheling.dk

Registration: traumeheling@hotmail.com marked "Gina Naxos 2018". By April 15th we shall know if the workshop will be held, so please let us know whether you are interested. Final registration no later than June 1st 2018. Registration is final when the workshop fee is paid. Full fee will be refunded by cancellation before final registration date. Cancellation after final registration date and up to 10 days before start of the workshop, DKK will be charged to cover administration costs. After this date no refund. Cancellation only by email to Traumeheling.

Events: Several social arrangements present possibilities for inviting friends and family. A outing will be arranged, either a boat trip to one of the islands close to Naxos or a hike to a village in the mountains. The experience from the workshop may settle and deepen during this trip into the powerful nature, and you will enjoy the Greek people and their hospitality. Expenses will be shared by the participants.

Hotel Kouros will invite the participants to dinner and Greek dancing, and the local people will take part in some of the arrangements in connection with the workshop. Dinner and live music on the last evening at the venue.

The book "The Ross Model: Balancing the Collective Nervous System" combines "Emotional aid" with other stress releasing models and gives an organic and elegant method in conflict management and communication.



Gina Ross, MFCC, is founder and president of International Trauma-Healing Institutes in the United States and in Israel and the co-founder of the Israeli Trauma Center at Herzog Hospital in Jerusalem. An internationally known expert on the impact of trauma in conflict between groups or nations, Gina has specialized in cutting-edge healing methods that can be brought to the public. Also a pioneer in understanding collective trauma, Gina has integrated her wide expertise in cross-cultural issues and relationships and is currently working with Israeli and Palestinian societies and other groups to bring an understanding of the role of trauma in conflicts between groups or nations.