generative somatics
SOMATIC TRANSFORMATION AND SOCIAL JUSTICE

Somatics and Trauma Advanced Training 2019

September 4 - 8, 2019 and December 5 - 8, 2019 in Oakland, CA
Application deadline *Monday, March 18, 2019*

- *What if our social and environmental justice movements embodied a trauma healing analysis and it could inform our strategies?*
- *What if organizers, members of grassroots organizations, and movement builders had easy access to healing and transformation, that had a social analysis?*
- *What if healers were deeply politicized and organized to best serve movement? What if healing and organizing were held as interdependent?*

We are committed to this, to help our movements thrive.

About the Course

Somatics and Trauma Advanced 2019 has unique content from previous years. Each Advanced course is designed anew, focusing on deepening trauma and healing skills for social and environmental leaders and healing practitioners. Given the increased intensity of our times, healing connected to organizing and movement building is more and more important. This course will support participants in their own healing from trauma and the impacts of oppression and deepen the relevance for a trauma healing analysis for our movement building work. You will build practical somatic skills for healing trauma, crisis intervention and long term resilience.

The Somatics and Trauma Advanced course will increase participant's understanding of how traumatic experiences "shape" us individually and collectively -- from our minds, bodies and relationships, to our identity, reactions and strategy. It will deepen our skills in transforming ourselves by working through the body, supporting resilience, and developing new practices. The aim of healing is to create more choice, more well-being and the ability to take more powerful and effective action in our lives and in our organizing. We don't see healing as separate from our participation in our communities, our families, and our work for liberation, but rather as an integral part of it.

We know that the mind and body are as inseparable as we are to our social conditions. When any one of these things is made separate from the other, we risk not paying attention to the conditions impacting us or other people, and not seeing our own healing and transformation as critical to justice and collective action. generative somatics holds that individual, collective, and systemic transformation are interdependent – we can have one without the other, but we are most powerful when they are held together. We forward this through our courses, our gs Teacher Training, our Movement Partnerships and the gs Practitioners Network (gsPN).

Key Learnings during the Somatics and Trauma advanced course include:

- Seeing trauma reactions and survival strategies in people and groups. Helping to shift this to more centered and vision-based actions and relationships

- Holding complexity and contradictions in healing and movement work
- Working with conflict so that we build more trust and power, rather than split or implode
- Healing somatic contractions and numbing through somatic bodywork and practice
- Holding ourselves and others in the midst of ongoing pressures and crisis
- Returning to love and rigor, values and vision

About our Strategy

From the gs 2017 - 2020 Strategic Plan

We are committed to developing social and environmental justice leaders and formations that are able to do their work more effectively, powerfully, and resiliently, contributing to more vibrant, life-affirming liberation movements. We know that somatics is a compelling methodology unto itself, *and* we want to hold ourselves to the standard of producing *embodied skills* that will concretely magnify the power of our participants and movement partners. This course if for practitioners and movement leaders to deepen your skills in order to be a bigger contribution to liberation movements.

Somatics and Trauma Advanced
Application, Logistics details, Fees and More

Prerequisites	Prerequisites: One year of gs Somatics and Trauma course. If you are a practitioner, you are currently serving movement organizations and leaders through your practice. Preferred but not required: One of the following: an additional year of Somatics and Trauma, or Somatic Bodywork, Embodied Leadership or SOEL.
Application	Please fill out the application for the Somatics and Trauma Advanced course by Monday March 18 2019. Application results, regardless of status, will be emailed July 2019. ***Apply at this link -*** **http://bit.ly/STAapp2019**
Time, Dates and Location	Session 1: September 4 - 8, 2019 (5 day course) Session 2: December 5 - 8, 2019 (4 day course) Location: Oakland, CA Hours: Each day from 9am - 6pm
Course Fees	**$3150.00** gs is committed to economic justice and to challenging white supremacy, capitalism, ableism, and all systems of oppression in every aspect of our

	work. As part of that, we have a commitment to making our programs accessible and affordable to poor and working class people and people of color who are on the frontlines of social and environmental justice movements. We are committed to making sure that money is not a barrier to participation. **Click here for more information about the gs sliding scale and course fee structure!**

Thank you for your interest in **the Somatics and Trauma Advanced course**, and for all the ways you support generative somatics! Please consider making a donation to gs to help make our programs accessible to poor and working class communities, and to communities of color. All donations go a long way for gs and no amount is too small to have an impact. To contribute, click here!

P.S. Here is a link to FAQs about our 2019 plans to *Build gs for the Long Haul*. Read through for more details about who generative somatics is and what we are focusing on in 2019.