Exploring Collective Trauma and Collective Healing
Fragmentation · Polarization · Mourning
A SERIES OF SIX WORKSHOPS
Sundays 11 am – 3 pm
In Person– Iona–Tenleytown, D.C.
21 CE's/CME's – Cultural Competence

Sponsored By

New Washington School of Psychiatry

Click Here for the Full Program and Learning Objectives

Click Here to Register

Note: Participation is limited to 40 people

Click Here for Conference References

Accreditation Statement and AMEDCO Continuing Education

Certification Pending

Exploring Collective Trauma and Collective Healing

Fragmentation Polarization Mourning

A Series of Six Workshops
Sundays 11 am - 3 pm
In Person - Iona - Tenleytown, D.C./Lunch Provided
21 CE's/CME's — Cultural Competence

This series of workshops is designed to promote understanding of the shared wounds that shape our communities and the paths we may forge toward collective resilience. In a world marked by social upheaval, environmental crises, and historical injustices, we will focus on traumas that extend beyond individuals to groups, cultures, and nations.

The workshop format includes a blend of small and large group sessions, experiential practices, and discussions of pre-assigned video materials featuring leading voices in the field. This structure is designed to engage participants on cognitive, emotional, and somatic levels, fostering an embodied understanding of collective trauma and healing.

The workshops provide an opportunity to explore the broader social and historical contexts that influence individual suffering and resilience. By participating in immersive experiences, participants will deepen their capacity to recognize collective patterns and strengthen their role as facilitators of communal healing. The gathering is designed to be restorative as well as educational —supporting participants in processing their own experiences within a collective setting.

November 16, 2025

Introduction to Collective Trauma — The Water We Swim In

"Not everything that is faced can be changed, but nothing
can be changed until it is faced." — James Baldwin

The opening session explores the profound impact of collective trauma that is rooted in generations of unresolved historical harm. Participants will examine how trauma embeds itself in cultural norms, institutions, and dominant narratives, often mistaken for individual psychological issues.

December 14, 2025

Historical, Ancestral and Intergenerational Trauma — What We Carry

"A people without the knowledge of their past history, origin, and culture
is like a tree without roots." — Marcus Garvey

This session explores how trauma is transmitted across generations through stories, behaviors, silence, and epigenetic changes shaped by historical violence and loss. Participants will examine how unprocessed

grief and ancestral suffering shape identities and loyalties and will reflect on their own inherited legacies of trauma. This session equips participants to engage more compassionately and effectively with communities shaped by collective traumas.

January 11, 2026

The Social Architecture of Collective Trauma

"A rat in a maze is free to go anywhere, as long as it stays inside the maze."
Margaret Atwood

This session explores the social structures and relational patterns that uphold and perpetuate collective trauma. It examines how systems of othering and dehumanization are woven into society's fabric, shaping human interaction and sustaining intergroup harm. Participants will investigate how systemic oppression becomes internalized and reenacted through defense mechanisms such as splitting and projection. In addition, they will be encouraged to confront their own unconscious roles in these dynamics and develop greater awareness of the hidden forces shaping their work.

February 22, 2026

The Divided Brain and the Colonization of Perception

"Our scientific power has outrun our spiritual power. We have guided missiles and misguided men." — Martin Luther King Jr.

This session examines how dominant Western thought, which is correlated with left-hemisphere brain functioning, has shaped and limited our ways of knowing, perceiving, and relating. It explores how linear, analytical thinking has overshadowed intuition, embodiment, and contextual awareness. The session challenges participants to consider how educational, clinical, and linguistic systems tend to reinforce a left-brain-dominant worldview. Participants will be invited to reflect on how such an imbalance may shape their perceptions, presence, and therapeutic practices.

March 29, 2026

The Earth as Not "Other" — The Illusion of Separateness

"What we most need to do is hear within us the sound of the Earth crying."
Thich Nhat Hanh

This session explores the deep psychological, spiritual, and ecological impacts of our disconnection from the more-than-human natural world. It challenges the dominant Western worldview that treats Earth as a lifeless resource, rather than a living, interconnected presence. Through Indigenous teachings, eco-psychology, and experiential practices, participants will be encouraged to reconnect with the understanding of our profound interconnectedness.

April 26, 2026

Collective Healing — Daring to Grieve

"That which does not kill us, makes us stronger." — Friedrich Nietzsche

This culminating session centers on the sacred and often forgotten practice of collective healing. It emphasizes that true healing from collective trauma requires communal spaces where pain is witnessed, loss is named, and grief is shared. In contrast to Western ideals of individualism, this session honors the global traditions of communal mourning as essential for both personal and societal renewal. This session affirms that collective healing is not only possible but necessary—and that resilience is born through community, ritual, and shared humanity.

FACULTY:

Esther Rosen-Bernays, PhD, Chair
Mona Abuhamda, PsyD
Antonietta Corvasce, MSW
Carolyn Curcio, MSW
Stacey Saltzman, MSW
Margo Silberstein, EdD

LEARNING OBJECTIVES:

Introduction to Collective Trauma — The Water We Swim In

By the end of this module, participants will be able to:
1. Define collective trauma and explain its relationship to culture..
2. Discuss ways in which contemporary culture generates and sustains collective trauma (e.g., systemic racism, structural violence, climate anxiety, chronic disconnection, and economic exploitation).
3. Describe how historical trauma underpins and perpetuates current collective patterns of harm and psychological distress.
4. Reflect on their own cultural positioning and increase self-awareness around how they may unconsciously participate in, replicate, or resist collective trauma dynamics.
5. Explain the interplay between individual and collective trauma and recognize its implications for trauma-informed clinical practice.

Historical, Ancestral, and Intergenerational Trauma — What We Carry

By the end of this module, participants will be able to:
1. Describe the concepts of historical, ancestral, and intergenerational trauma and their relevance to clinical work.
2. Discuss how their own lineage and ancestral histories may shape their perspectives, clinical choices, and countertransference.
3. Compare the impact of unresolved intergenerational trauma on individuals, families, and communities, including the societal consequences of unaddressed grief and inherited silence.
4. Reflect on and assess their own participation in inherited trauma narratives, with the goal of increasing personal and professional self-awareness.

The Social Architecture of Collective Trauma

By the end of this module, participants will be able to:
1. Describe the relationship between social architecture and the dynamics of collective trauma.
2. Describe mechanisms of systemic othering and dehumanization (e.g., scapegoating, stereotyping, projection).

3. Discuss the psychological and societal consequences of caste systems and racial hierarchies as expressions of collective trauma.
4. Compare historical and contemporary examples of social stratification and their impact on mental health and collective well-being.
5. Critique their own positionality and potential blind spots as clinicians embedded within systems of inequality.

The Divided Brain and the Colonization of Perception

By the end of this module, participants will be able to:
1. Describe the ways in which your thinking may be influenced by a Western mindset that tends to focus to a great extent on logic, control, and categorization—what some call a left-brain or left-hemisphere bias.
2. Discuss how overly-empowered left hemisphere thinking can lead to dehumanization, splitting, and a diminished sense of connection and meaning.
3. Provide three examples of left-brain-dominant thinking structures in one or more of the following: modern education, clinical training, cultural narratives.
4. Describe what is lost, both individually and culturally, when right-hemisphere ways of knowing—like intuition, connection, embodiment, and context—are diminished due to left-hemisphere bias.

The Earth as Not "Other" — The Illusion of Separateness

By the end of this module, participants will be able to:
1. Describe potential psychological consequences of experiencing ourselves as separate from other living systems.
2. Explain how left-hemisphere dominance has contributed to environmental degradation.
3. Explain how Indigenous and non-Western beliefs may support a stronger connection to the non-human natural world and lessen environmental degradation.
4. Discuss the role of nature-based practices in restoring feelings of connection and regulation.

Collective Healing — Daring to Grieve

By the end of this module, participants will be able to:
1. Describe the concept of collective healing and its role in fostering community resilience and well-being.
2. Discuss the social and emotional consequences of suppressing grief within individualistic cultures.
3. Compare Western models of healing with ritual-based and communal approaches found in global and Indigenous traditions.
4. Reflect on and assess their personal and cultural relationship to grief and mourning, and what they may be ready to release.

REGISTRATION FEES:

NWSP Member	**$440.**
Non-NWSP Member	**630.**
Retiree	**315.**
Student	**250.**

For information about NWSP membership, go to the NWSP website — newwsp.org.

For information about potential scholarship opportunities for these workshops, contact Stacey Saltzman at stacey_saltzman@yahoo.com.

PLEASE NOTE: Participation is limited to 40 people.

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