

## **A Wounded Culture...and the Journey of Healing (9/13)**

**Presenters: Patricia Binder, MC, B.C.E.T.S. & Fr. Joseph Scerbo, Ph.D., SA**

In every moment of every day, somewhere in the world, an ordinary human being will experience an extraordinary painful and traumatic event. The Jewish religion speaks of the Sound of the Shofar. Pain has a sound, and one will know the sound when one hears it. One hundred years ago, in 1889, Pierre Janet (1859-1947) published *L'automatisme psychologique*. This was one of the first books to explore the psychological processes involved in traumatic experiences. Janet says in his book that certain happenings leave indelible and distressing memories that continually return and torment the sufferer by day and by night (*Janet (l, p. 589)*).

If you have ever experienced a traumatic event and a few months or year or so later, insensitive individuals are asking you why you are not "over it," then this presentation is for you. We hope that through participating in this workshop, you will learn that while you may never be "over it," you can gain some practical knowledge and coping skills that will be useful toward becoming a tenacious survivor. It is our hope that kindness and compassion will grow as we begin to visualize that what unites us the most has become our collective Wounded Culture.

The Release of Suffering and the Resonance of Resilience  
Longing for a deeper knowledge:Insight into the healing of the mind  
New, promising treatments for traumatic stress and PTSD