



Local Groups

I would like to decentralize more of my work as a healer and trauma therapist. The idea is that in every city small groups form whose participants work together independently from any psycho therapist or spiritual teacher. It shall be a place to go for all people who search for help, contact and authentic communication and who believe that a group could be helpful for them. The keyword is „group regulation“.

If you want to offer such a group yourself please write an email to Wenke (info@zurueckzudenmenschen.de) with: your country, zip code, city, street/nr., email address and/or telephone number, additional infos (optional). Then you get a heart on the googlemap and others can see and contact you :-)

There can be more than one group in each town, the more the better. If you already see a group where you live, no problem, you can send me your data and I will also put you on the map.

It is about defining and establishing a simple structured group process which leads to an increased energy level of the group, that the nervous systems get more and more into a real nourishing contact und thus can relax. The crucial point is honest and authentic communication. It means communicating your own true mental states and the willingness to listen to the other group members.

The idea behind this is, that it does not make sense to delegate the healing of humanity to single therapists, healers or spiritual masters. This model doesn't work, we cannot get a therapist for every human being on this earth. This is not even possible for the richest countries. Our biology is already equipped with all that is necessary for helping and healing each other. Ultimately a trauma professional is not really needed.

Structure of the Group Process

1. Each participant can talk 10 minutes (depending on group size) undisturbed about the content of his/her main centers: thoughts, emotions and body sensations. It is about what is there right now, what is relevant in this moment. (Better not talk about happenings and stories of the past, nor ideas concerning the future.) It is also important to respect your own borders and limits, e.g. „I don't want to tell more“.
2. All other participants of the group put their whole energy into a loving awareness towards the talking person. **The rest of the group listens consciously 100%! Only with this open listening the process will work!**
3. The group leader takes care that nobody interrupts the one who is currently expressing him/herself, that the time is kept and that the attention of the group is always with the talking person. He/she also takes part in the process and has the same time to express him/herself.

It makes sense to support your participants right from the beginning beyond their personal situation. This means help them to offer groups themselves. Look at your participants not as needy persons but rather as future group leaders. Because the whole thing should spread :-)

This structure is designed especially for people who are no professional helpers. If you have not so much experience with leading groups you can take part nevertheless: Start with your partner, with friends, in a private setting and get familiar with the process. If you feel safe enough you can offer it publicly and I can put you on the map. Or maby there is someone in your group who wants to be the responsible person. Please don't do anything which goes beyond your limits.

You can arrange and organise your group as you want. It is not my business, wether you ask for money or not, I don't care. The only requirement for being put on the map is that you strictly keep the specified group process.

As soon as the nervous systems have calmed down and something like a group consciousness arises the roles leader/participant become less relevant. The goal is to create groups which are able to self regulate where there is so much awareness that roles are not needed any more. The further it goes the more the group reaches a state of meditation which can be done as silent sitting afterwards.

Also make sure that the legal requirements of your country are met. The map entry is free of charge, without obligation and can be modified or removed at any time.

Please forward, share, mail and link this file so that it spreads more.
Many thanks to all Contributors!

Project Video:



Contact Persons

All people on this map offer their work on their *own responsibility*.

They are *not* therapists trained by me.



www.traumaheilung.net/en/