



Hania Hakiel: Creating Healing Communities: Beyond Safe Spaces and Trauma-Awareness



Hania is a Berlin-based psychotherapist and yoga teacher who focuses on intergenerational trauma, and has also founded an open art shelter for asylum seekers. Discover ways to bring therapy into the community by coming home to the body and reclaiming the healing capacity of ordinary daily interactions.

**TOP EMBODIMENT TIP:** Weighing down the legs can help us feel grounded and an ensuing sense of lightness.

The Power of Rituals: A Symptom of Collective Trauma is Feeling As Though We Never Have Enough Time

- There is a feeling of being rushed and needing to get as much information as possible in the time available. We may feel that life is unpredictable and that there is no time, as though death is close. There is also an aspect of attachment trauma: in order to be accepted, we need to be constantly producing. Simply being is not enough.
- Making space for rituals is an effective way to slow down and regain more conscious self-control.

Qualities of Healing Communities:

- 1. Co-Creation** - Part of being in community is to listen to many voices and to tap into collective intuition. A symptom of collective trauma is disconnection. This can be exacerbated by societal hierarchies.
- 2. Safety** - Without safety, there is no connection or intimacy. Using a safe check-in daily is an opportunity to heal the nervous system and have more conscious control, as opposed to allowing fear to take over. We need to feel safe in order to extend safety to others. We are all interconnected and constantly exchanging cues. Can I use my own calmness to invite others to attune to safety?
- 3. Compassion** - Compassion arises from understanding that everyone has a basic need and longing for safety. Recognize that the thoughts and behaviors of others relate to their attempts to seek safety. We have an ability to listen without judgment and be in community together, even if we believe those thoughts and choices create only an illusion of safety.
- 4. Wholeness** - Healing means to not only make whole, but to see wholeness in ourselves as well as others, including those we disagree with. We do so by integrating and accepting both the shadow and the light. It is a recognition that we all arrive with our stories, emotions, family histories and even the way we slept last night.

Activating Individual and Collective Healing: Start With Yourself and Gradually Expand To Others

- Start with self-examination and implementing daily embodiment practices. As we expand to create shared practices, consider starting with small, gentle changes. Recognize that your legacy continues beyond your lifetime and that change doesn't have to happen all at once.
- When you notice discomfort, address it. When you notice inspiration, follow it.

Resources

- ❖ **Email:** [Hanielhaniahomecomingyoga@gmail.com](mailto:Hanielhaniahomecomingyoga@gmail.com)
- ❖ **Website:** <https://gsbtb.org/team/hania-hakiel>
- ❖ **Social:** [Facebook: haniahakielyogapsychotherapy](https://www.facebook.com/haniahakielyogapsychotherapy)



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