



**Bonface Beti: Theatre of Imagination: Reclaiming our Bodies as an Emancipatory Peace Praxis in Africa -  
Reclaiming Human Agency and Imagining Social Change in Africa and Beyond**



Bonface Beti is an African theatre-maker, an academic, and a multidisciplinary practitioner working at the intersection of trauma, wellbeing, resilience practices, and social justice. Discover the work done by Green String Network in the hearts of communities towards healing and the construction of personal and social agency.

**TOP EMBODIMENT TIP:** Healing is not a linear process, it's a messy process and the body is battling it.  
We must heal our bodies because we carry trauma in them.

**Being a "Cracked Cup": Cracks That Make All Good Things Drain Out**

- If there are cracks (trauma) in communities, individuals, or societal structures, you are going to lose all their beautiful things or resources (even lives).
- When communities experience trauma, they principally experience a loss of humanity. Echoes of violence come from trauma. Work must be done so that people reclaim their humanity and their human agency.

**Trauma: Trauma Doesn't Just Happen in One Day: Things Build Up Through Decades**

- Colonialism from a trauma perspective has impacted people's well-being, resilience, sense of identity, and self-agency. It even problematizes the construction of a government (e.g.: democracy assumes that people have agency, a capacity to choose and participate in public forums without fear).
- Causes our brains to operate in survival mode leading us to react by activating our fight/flight/freeze response and pauperizes our decision-making process.
- Victims experience revenge fantasies, guilt, regret, shame, physical illness, injury, denial, depression, isolation, suicidal thoughts, suicide, PTSD, addictions, feeling unsupported, feelings of unworthiness, hopelessness, helplessness, hypervigilance, anger, and rage.
- Aggressor cycle develops with seeing oneself as a victim, increased group identity, development of a good vs. bad narrative, dehumanization of the enemy, seeing violence as redemptive, attack in the name of defense, and justification for the use of violence.

**Healing Does Not Happen by Itself, Is Intentional, Is Not Linear, Is a Process**

- Breaking the cycle of violence with truth, forgiveness, justice, peace, reconciliation, cultural reconciliation, social reconciliation, and political reconciliation and by no longer viewing oneself as a victim.

**Green String Network: Intersecting Social Justice, Health, Well-Being and Resilience From a Trauma-Informed Perspective**

- Aims for individual-collective healing and to also change the structural conditions that led to individual trauma.
- Works from an emancipatory approach to the healing work in Africa (in the context of a post-colonial society).
- Materials used are designed by communities: paintings, storytelling, etc.

**Resources**

- ❖ **Website:** [green-string.org](http://green-string.org)
- ❖ **Instagram:** [@greenstringnetwork](https://www.instagram.com/greenstringnetwork) | **Facebook:** [greenstringnetwork](https://www.facebook.com/greenstringnetwork)



## Bonface Beti





## All Trauma & Social Change Presentations are Proudly Sponsored by

Steve Hoskinson, [Organic Intelligence](https://www.organicintelligence.org)



**Steven Hoskinson** is Founder and Chief Compassion Officer of Organic Intelligence®. For twenty-five years he has trained and mentored therapists and others at the intersection of trauma, embodiment and social responsibility. Organic Intelligence offers courses in its fully developed systems framework, including with CEs for professional post-graduate level training in trauma.

**OI's Trauma Safe™ Trajectory** features a carefully sequenced set of trainings, including the experiential 10-Week End of Trauma™ Course, the HEART@Home™ Coaching Certification, and the OI in-depth overview, PTSD: Post-Trauma System Development course. All courses are available online.



**PTSD: Post-Trauma System Development** emphasizes skills and theory relevant to personal resilience, as well as for professional therapeutic understanding and intervention. This course also includes demonstration sessions, debriefed by Steve Hoskinson, and monthly online group meetings with Steve through 2021.

**As an Embodiment Conference registrant, receive 50% off Post-Trauma System Development with this Conference's Exclusive Offer. Use coupon code ENJOY when you register. [organicintelligence.org](https://www.organicintelligence.org)**