



Ronhild de Brito: Transforming Trauma History in the Present via Non Violent Communication
Into Individual & Collective Grieving Softening & Unifying



Ronhild de Brito is a Certified Embodied facilitator, Empowerment and Compassion Coach and Non Violent Communication Practitioner . Discover Non Violent Communication and utilize these tools in an embodied way . Explore new ways of grieving and being with Intergenerational trauma and celebrate our intergenerational collective wisdom

TOP EMBODIMENT TIP: Be the Embodied Voice. Communicate What is Alive in You

Telling Our Personal stories: *We're valued , Our story matters, We can be heard with compassion and with gentleness*

- Be Present for others: offer compassion and understanding - create a lineage of collectively supporting each other
- **A culture is co-created in the normality of meeting each other, hearing each other's pain, softening and letting our voices be heard**

Intergenerational Collective Trauma Discover foundations of ancestry, origins of people and history of the land

- E.g Britain was colonised by Spanish, Dutch, French, British and Portuguese then shiploads of West Africans arrived as slaves to work in plantations as labourers. Millions died during the voyage across the atlantic.
- Attune to the grief and loss, practise empathy by imagining their daily life experiences and feeling what emerges
- Come from a place of love and compassion
- When looking at images from the past: notice the people, their embodiment: stature, strength, expression, attitudes

Being with adversity from the past Compassion provides a key: Grounding, Connecting, Acceptance

- **Be compassionate** for what has been lived . The pain, the loss, separation from their families
- Feel the emotions and where they are in the body . Notice your experiences. Explore and discover your own needs
- When experiencing anger - what may arise is fierceness and **from fierceness comes a motivation for action**

Grieving individually and collectively Some of our griefs need to be held collectively, they are too big to be held alone

- There is a need to make space, mourn and process our ancestors pain and our present pains, for those who couldn't
- **Listen to the voices of ancestors, their hopes and dreams; feelings and needs. Allow them to be valued today.**

Non Violent Communication Created by Marshall Rosenberg

- Connecting with Oneself and Others to meet all needs through a mutual giving from the heart
- Connect with attention on grounded awareness, compassion and presence

3 modes of Connection in Non Violence Connection, Focus and Self-Compassion

- Connect to ourselves, focusing within - Express what is alive within me to empathetically receive others
- Classical NVC focuses on observing what happened without judgement, naming feelings and needs, and make requests
- Self compassion - Connection with Self - Awaken the possibility of connecting with another - Truly hearing them

The Jackal Meet our own needs for comfort and safety even when we do not know how to

- Shows up as blaming, demanding, finding fault, uses threats, manipulation, criticising, comparing.

Resources

- ❖ **Courses:** FREE Intro to NVC 27th Oct 2020 online ; Embodied NVC online immersion 5wks Nov-Dec 2020
- ❖ **Website:** [ronhild de brito](https://ronhilddebrito.com) **Facebook :** [Essence transformation Coaching](https://www.facebook.com/EssenceTransformationCoaching)
- ❖ **References:** Marshall Rosenberg (NVC), Paul Linden , Mark Walsh (Embodied Facilitator Certification)



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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.

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