

LISTENING



“We promise to listen to your stories.”

Invitation

The Tree of Life works on invitation from partner communities and organizations. People who have experienced the healing process often express the wish to help others. Call us to help identify people who you think need the healing process. We will use the World Health Organization (WHO) SRQ 20 questionnaire to identify those who will most benefit from a healing workshop.

Follow Ups

We promise to find every workshop participant after three months when an interview is conducted using the same SRQ 20 questionnaire.

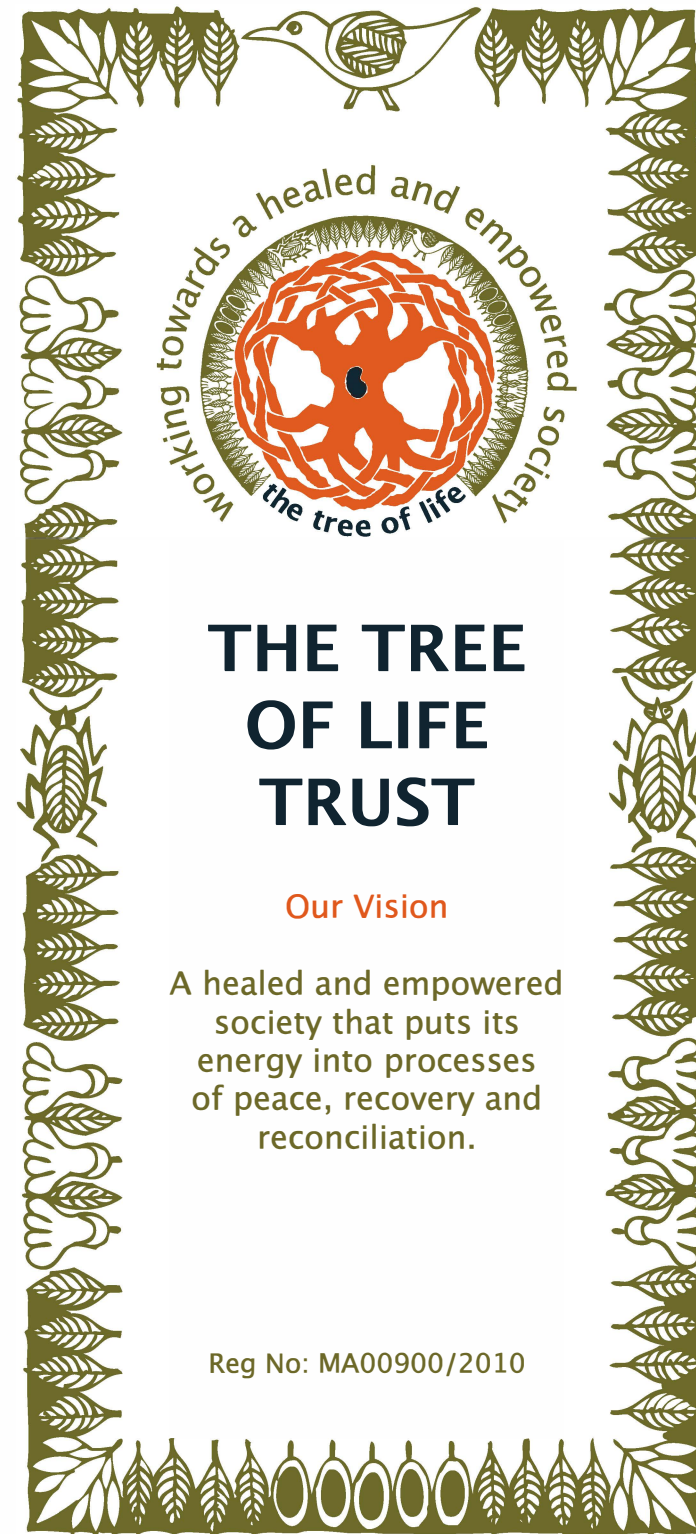
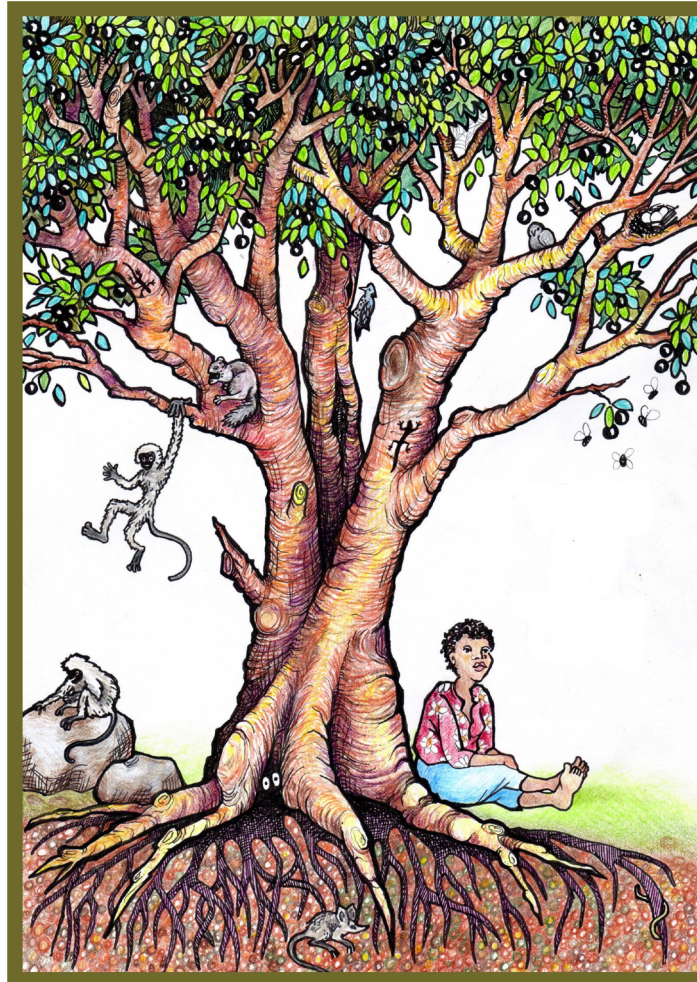
Training

For people who are very committed and also self-organized we conduct training for members of communities interested in becoming Tree of Life Facilitators.



For further information:

<http://www.treeoflifezimbabwe.org/contact>



THE TREE OF LIFE TRUST

Our Vision

A healed and empowered society that puts its energy into processes of peace, recovery and reconciliation.

Reg No: MA00900/2010





The Tree of Life process is a community-based approach to healing and empowerment created to help Zimbabweans living with trauma.

Using the tree as a metaphor for life, a healing workshop combines storytelling with healing of the emotions and the spirit. Groups sitting in circles, patiently listening and talking go through a process of reclaiming and reconnection: reclaiming personal power and sense of body, reconnecting with nature and reconnecting with self, family and community.

GOALS

To create groups of healed and active survivors within communities.

To multiply the process and widen networks through training and collaboration with other interested organizations.

To provide strategic back-up support to communities and organizations in their post-workshop activities.

To engage in learning and research to strengthen processes and activities and for information sharing.

HEALING

A healing workshop takes place in a natural setting over three days. Two trained facilitators guide eight to ten participants through eight conversations or 'circles.'

1. Welcoming and Planning

"What is said in the circle stays in the circle."

The group introduce themselves and create Agreements on how to respect and support each other during the workshop and beyond.

2. The Tree

"What does this tree say to me about my life?"

While on a nature walk, participants are asked to choose a tree and consider all it will go through during its long lifetime. Its joys, its pains, its responsibilities and fruits.

3. Our Roots

"I share the same mutupo with you and you."

Participants share their ancestry and learn that we are part of a long line of history that began before us and will continue after us. We begin to see how history also shapes who and where we are today.

4. The Tree Trunk

"My mother was my hero."

In this session we revisit our childhoods and share our joys, dreams, trials and triumphs. We recall who inspired us and at times, who let us down.

5. The Trauma Circle

"When we are witnessed we realize we are no longer alone."

Sharing the stories of our trauma is central to our healing. When we suffer trauma, we often feel unable to move on with our lives, held back by feelings of fear or powerlessness, judgment, guilt, sadness, anger or loneliness. By telling our stories we take the first step towards changing these feelings and towards healing.

6. The Power of Togetherness

"Let us stay together after the workshop like all the different trees that make a forest."

We discuss power and powerlessness, the different forms of power that exist within our lives and in our communities. We learn that we are all connected and that we should not feel isolated and alone. By working and living together we become more powerful.

7. Leaves and Fruit

"I want to greet my neighbors and want to play my part in my community again."

In this session we look back and think about how we have changed and what are our strengths. We can begin to acknowledge the gifts we possess, not only in taking control of our lives, but also in making a positive difference in our families and our communities.

8. The Closing Ceremony

Participants decide on their own special ceremony to bring all the hard work to a close and symbolically move forward into a new phase of living in togetherness.

