

Civilizational Trauma Therapy

For the Healing of Humanity



Sanford Hinden
Wisocracy, Founder

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By Sanford Hinden, Wisocracy, Founder

To Future Healers of Civilizations...

You may be reading this during a time of upheaval, disillusionment, or after the collapse of structures once thought permanent.

This document is for you — those who remain sensitive in a world hardened by conflict.

It is a seed of clarity and care, planted for the long arc of human healing.

This work does not seek followers or institutions. It seeks resonance.

If it resonates with you, may you adapt and carry it forward in whatever way is true to your time and truth.

With respect, humility, and hope,

Sanford Hinden
Founder, Wisocracy
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Plan for Civilizational Trauma Therapy – For the Healing of Humanity

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- Publish and preserve the model. Focus on legacy, not outreach.
- Include a short letter: “To Future Healers of Civilizations...”
- Finalize and post the *Civilizational Trauma Therapy Model* and *Healing After Negotiation Protocol* on Wisocracy.
- Create a downloadable PDF Report and simple visual explainer page.
- Keep the materials online. Let the idea exist as a known option in a chaotic world.
- Share the PDF quietly with a few aligned thinkers — restorative justice, mediation, trauma-informed governance.
- No need for acceptance. The idea’s existence is the success.
- If any therapist, mediator, or visionary asks, invite them into a *Wisocracy Civilization Trauma Therapy Circle* to reflect together.
- Watch for allies. Don’t recruit — discern.
- As global or regional trauma crisis occurs, quietly re-offer the model when relevant.
- Publish a short book or booklet — “Civilizational Therapy: Healing the Wounds of Our Time.”

My Guiding Principles & Process



I let go. I return to peace, knowing I did my part with clarity, love, and courage.



I don’t chase adoption — I plant the seed.



I let the model speak for itself.



I trust the recursive nature of healing. It may loop back when needed most.



I care for myself first — my health, my peace, my heart.



Civilizational Trauma Therapy A Human Healing Process to Complement Conflict Resolution

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MODEL OVERVIEW

Purpose

Civilizational Trauma Therapy is a trauma-informed process designed to follow formal negotiation efforts.

It creates the conditions for **long-term healing, relationship repair, and trust-building** across communities and nations after systemic conflict or harm.

Why It's Needed

Even with fair agreements in place, post-negotiation environments often remain unstable due to:

- **Unhealed trauma**
- **Lingering mistrust**
- **Unacknowledged narratives and emotional truths**
- **Cycles of retribution or disconnection**

Civilizational Trauma Therapy addresses these gaps.

Core Components

1. Trauma-Informed Truth-Telling

Safe spaces for individuals and communities to share lived experiences of loss, injustice, and fear.

2. Relational Repair Circles

Facilitated small-group sessions designed to foster empathy, emotional witnessing, and nonviolent dialogue.

3. Collective Meaning-Making

Co-creating narratives of shared humanity that allow diverse parties to re-enter civic life with dignity.

4. Symbolic and Cultural Rituals

Art, ceremony, planting, and interfaith or interethnic rituals to acknowledge grief and renew connection.

5. Long-Term Reweaving of Trust

Support for community partnerships, peace education, restorative justice, and spiritual reconciliation.



COMPANION PROTOCOL

Healing After Negotiation: A Trauma-Informed Framework for Post-Agreement Stabilization

This protocol complements systems like Smartsettle by offering a second phase of peacebuilding.

It begins **after formal agreements are reached**, focusing on **healing the hearts, relationships, and memories** still impacted by conflict.

Post-Negotiation Risks

- **Agreements may be signed**, but tensions continue in families, communities, or cultural memory.
- **Youth or marginalized groups** may feel unheard or left behind.
- **Cycles of trauma** may reproduce violence in the next generation.

Framework Steps

Phase	Intervention	Objective
1. Transition	Public acknowledgment of the need for healing. Launch of Civilizational Trauma Therapy phase.	Sets a tone of humility and commitment beyond legal terms.
2. Listening & Story Gathering	Community-based or digital story-sharing forums.	Offers voice to those affected. Prevents invisibilization of trauma.
3. Healing Dialogues	Facilitated small-group relational healing sessions.	Rebuilds empathy. Breaks cycles of othering.
4. Cultural Integration	Use of music, art, spirituality, and cultural practices.	Builds belonging and dignity through shared meaning.
5. Long-Term Monitoring	Local facilitators track emotional recovery indicators.	Ensures sustainable peace and prevents relapse into conflict.

Sandy Hinden

Founder, Wisocracy

Author • Systems Healer • Global Educator

Sandy offers a lifetime of wisdom, dedication, and heart
to the journey of creating a civilization guided by
love, relational truth, and transformation
from within.

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