

International Metaphysical Academy

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Collective Trauma

By Anneli Driessen Ph.D., Ph.D., MCC – 13.04.2021

Collective trauma is more than the aggregate of all our individual traumas. It is an additional trauma that also exists between us, not only within us individually. As trauma is internalized and expressed by an individual, it can transmit from one individual to another, creating a new identity as collective trauma. These two different kinds of trauma, even though related, require different interventions and treatments.

Trauma, both individual and shared, is generated every day as a result of this pandemic.

Frantz Omar Fanon was a psychiatrist and political philosopher who believed that many mental health patients would benefit more from being reintegrated into their family and community than being isolated and treated institutionally. During the Algerian War, he found it nearly impossible to treat Algerians for their trauma because the war's horror was still ongoing. He could not effectively treat individual traumas because they were connected to a continued, shared trauma that was an endless source of progressive individual traumas.

He observed that those bent upon tyranny have traditionally used the technique of 'psychological artillery' in an attempt to cause havoc and confusion in the minds of the collective, hypnotizing them through intimidation and cynicism. The result is a collective trauma, one that will often pass through generations. There is no magic formula for rehabilitation. Collective trauma can best be alleviated through cohesive and collective efforts such as recognition, remembrance, solidarity, communal therapy, and unified cooperation.

The question we may wish to consider is: how best may we help to create or support events, forums, or other localized experiences that facilitate recognition, remembrance, solidarity, communal therapy, and unified cooperation to the best of our ability?

The Metaphysical Academy is our spiritual community. It is a unique venue that provides secure, trustworthy, practical, and grounded knowledge and guidance for communal healing and survival, right here in Victoria, BC. Of course, there are other venues as well, but to paraphrase Goethe, *why search far and wide when the answer is so close at hand?*

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