



A FILM BY ZAYA AND MAURIZIO BENAZZO

THE WISDOM OF TRAUMA

CAN OUR DEEPEST PAIN
BE A DOORWAY TO HEALING?
featuring DR. GABOR MATÉ


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SCIENCE & NONDUALITY

A JOURNEY
TO THE ROOT OF HUMAN PAIN
AND THE SOURCE OF HEALING,
WITH DR. GABOR MATÉ





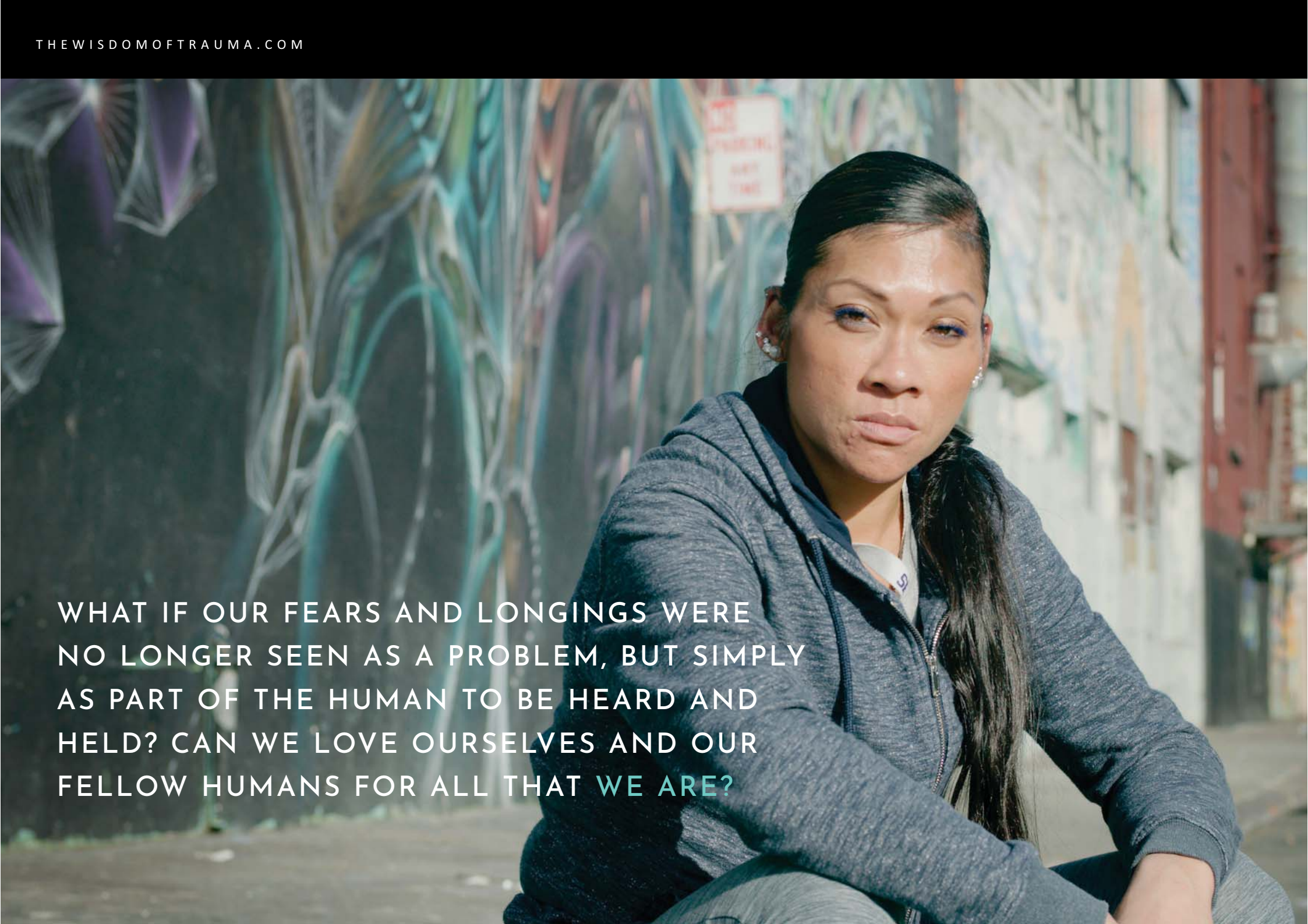
SYNOPSIS

One in five Americans are diagnosed with mental illness in any given year. Suicide is the second most common cause of death in the US for youth aged 15-24. It kills over 800,000 people a year globally and 48,300 in the USA. Drug overdose kills 81,000 in the USA annually. The autoimmunity epidemic affects 24 million people in the USA. What is going on?

The interconnected epidemics of anxiety, chronic illness and substance abuse are, according to Dr Gabor Maté, normal. But not in the way you might think.

In *The Wisdom of Trauma*, we travel alongside physician, bestselling author and Order of Canada recipient Dr. Gabor Maté to explore why Western society is facing such epidemics. This is a journey with a man who has dedicated his life to understanding the connection between illness, addiction, trauma and society.

Trauma is the invisible force that shapes our lives. It shapes the way we live, the way we love and the way we make sense of the world. It is the root of our deepest wounds. Dr. Maté gives us a new vision: a trauma-informed society in which parents, teachers, physicians, policy-makers and legal personnel are not concerned with fixing behaviors, making diagnoses, suppressing symptoms and judging, but seek instead to understand the sources from which troubling behaviors and diseases spring in the wounded human soul. He points us to the path of individual and collective healing.



WHAT IF OUR FEARS AND LONGINGS WERE
NO LONGER SEEN AS A PROBLEM, BUT SIMPLY
AS PART OF THE HUMAN TO BE HEARD AND
HELD? CAN WE LOVE OURSELVES AND OUR
FELLOW HUMANS FOR ALL THAT **WE ARE?**



THE WISDOM OF TRAUMA

THE WISDOM OF TRAUMA is a power guide to the world of trauma. The film weaves personal stories with Dr. Mate's unique approach to healing trauma and illness in the context of powerful social critique.

We travel from the streets of downtown Vancouver to San Francisco, visit a prison yard, and observe a psychedelic healing session, while witnessing the authentic humanity shining through the wounds of those we encounter.

When the connection between trauma, illness and societal stress is properly understood, these conditions can provide important openings for compassion and self-awareness, which in turn are major tools in recovery and healing.

Dr. Mate's vision for a trauma-informed society invites us all to be part of the rising of a culture guided by deep compassion for one another.



DIRECTORS STATEMENT

When we started this film, we thought that we were among the lucky ones who had had a happy childhood. We thought that trauma was caused by bad things happening to people; REALLY bad things: War, murder, violence, sexual exploitation... But trauma, as we learned from Dr. Gabor Maté, happens to everybody.

Individually and collectively we carry a backlog of pain that has never been heard because we miss narratives to help us share, witness and hold space for each other's deepest wounds.

We hold the vision of a society that can acknowledge the truth about shame and the pain of unmet needs that live quietly but widely among us. Trauma cannot always be conquered, fixed, or resolved, but it can be heard, held and loved.



Imagine a trauma informed world.

Imagine your own family and community.

Might the teachers act differently in your schools?

How about the doctors seeking to help you heal?

The judges responsible for deciding sentences?

The policy makers who define our collective structures and the leaders we appoint to represent our voice?

We hold the vision of a world that breaks free of cycles of trauma and becomes more open and inclusive.

It all starts with us, truly. It starts when we allow our wounds to teach us about listening, self-love and compassion and to remind us of the preciousness of life. Then truth opens our hearts and our innate wisdom begins to shine through our wounds.



VISION

The film has the intention of inspiring a movement towards a trauma informed society where:

- We recognize the prevalence of trauma among all of us
- We learn to notice and feel the trauma symptoms in ourselves
- We acknowledge that whenever we have an emotional reaction, an old wound is being triggered
- We understand the imprint of trauma on our behaviors and its impact on our relationships
- We recognize the pain in others and understand how that pain might be driving their behavior
- We see the real person underneath the behavior and the trauma
- We support connection and compassion as the foundations of safety
- We know that the experience of safety is the beginning of healing
- We understand that all trauma is intergenerational



FEATURING

GABOR MATÉ
RAE MATÉ
JAMES DOTY
RUSSELL BRAND
TIM FERRISS
FRITZI HORSTMAN
ROMIE NOTTAGE



DR. GABOR MATÉ

A renowned speaker and bestselling author, Dr. Gabor Maté is highly sought after for his expertise on a range of topics including addiction, stress and childhood development.

Rather than offering quick-fix solutions to these complex issues, Dr. Maté weaves together scientific research, case histories, and his own insights and experience to present a broad perspective that enlightens and empowers people to promote their own healing and that of those around them.

After 20 years of family practice and palliative care experience, Dr. Maté worked for over a decade in Vancouver's Downtown East Side with patients challenged by drug addiction and mental illness. The bestselling author of four books published in over twenty-five languages, Gabor is an internationally renowned speaker and an expert on addiction, trauma, childhood development, and the relationship of stress and illness. His book on addiction received the Hubert Evans Prize for literary non-fiction. For his groundbreaking medical work and writing he was awarded the Order of Canada, his country's highest civilian distinction, and the Civic Merit Award from his hometown, Vancouver. Gabor is also co-developer of a therapeutic approach, Compassionate Inquiry, now studied by hundreds of therapists, physicians, counselors, and others internationally.