

**Transgenerational Regeneration Institute**

[www.transgenerationalregenerationinstitute.org](http://www.transgenerationalregenerationinstitute.org)



RPM Introduction Workshop: Dublin, Ireland  
Presented by Dr Ame Cutler

**July 8<sup>th</sup> and 9<sup>th</sup>, 2023**

Saturday & Sunday 9.00 to 17.00

€330 (Light Lunch Included) 13 CPD Hours

25% of your tuition fee will be donated to a non-profit organization of your choosing currently listed on the *TRI* Website

**Location:** *Ashe House, Centre for MindBody Integration*

**Local Organizer:** Anne Kirwan [info@ashehouse.ie](mailto:info@ashehouse.ie)

**Register and pay online at:** [Offerings - Transgenerational Regeneration Institute.](#)

**Limited Places Available**-book early to avoid disappointment!

## Description

When we look to our natural environment, we can see its need for us to make large scale changes to mitigate global warming and balance the relationships we have with one another as humans. The disparity in basic survival needs is sharp when we see the global concerns of ecological destruction that have become harder for the average person to continue to ignore or disbelieve. Eco-Anxiety is felt by most of us on some level, and by our children the most when they try to see a future in which they have a solid sense of opportunity. Thus, the question of our current times is, how do we create change on a large scale? How do we support the individual to make the necessary changes that will not only benefit their family, but the larger world in which they live, in which we all live?

Fighting for change takes huge amounts of energy, and often leaves us feeling depleted rather than nourished by the fight. As change-agents, those of us in the healing professions, activists for equality, social justice and climate crisis concerns, and spiritual leaders in community make it our life's purpose to assist in the transformation of human experience and planetary well-being. Perhaps even the way we attempt to create change must change.

The Regeneration Process Method [RPM] provides a framework for transformation that extends through time to both past and future generations. It is a comprehensive process that restores our personal and collective energy, giving us more vitality for lasting systemic change. Based on the circular nature of a spiritual path, shamanic initiation, applied depth psychology, and engaged communal participation, RPM is a somatic-spiritual approach to transformation. RPM is designed to support each

participant in the commitment, deconstruction, and illumination necessary to transform outdated ways of co-existing so that we may expand our ability to take regenerative actions that benefit nature and the whole of humanity. In an ecosystem, what heals one, heals all.

## **Take Aways**

This is a two-day workshop introducing the roots from which the Regeneration Process Method was created and how it can be applied as a tool for systemic change. It is considered a prerequisite workshop to further course work with the Transgenerational Regeneration Institute but can also be taken as an individual course with regenerative benefits to participants. Through lecture, demonstrations and experientials participants will gain a beginning understanding of the following:

- The implications of transgenerational trauma on our current ecological crisis.
- What is large scale systemic change and its leading emotional and psychological barriers.
- The human potential for transformation through the lenses of Western psychology, Eastern philosophy, Spirituality and Shamanism.
- How both body and spirit are essential when engaging in psychological and emotional processes of change.
- The 6 phases of the Regeneration Process Method and the roots from which it was created.
- How to apply beginning techniques of the Regeneration Process Method to work with Eco Anxiety and its accompanying depression and helplessness, as well as a

person's barriers to their desire to make a positive contribution in their community.

- A felt sense understanding of one's own regeneration needs and pathways to meeting them.

The Regeneration Process Method can be applied as a complimentary framework to current psychotherapies or engaged as a standalone method. It is designed to support the systemic regenerative change of an individual, group, business, community, and society. Please join us in creating a community of regenerators!



**Ame Cutler, PhD** holds a doctorate in Humanistic and Transpersonal psychology with a research emphasis in the fields of self-identity formation and Ancestral connectedness, transgenerational trauma and systemic effects of oppression. Dr. Cutler specializes in the impact that cycles of violence and oppression have on both survivors and perpetrators, their families, and communities. An independent scholar and educator, Dr. Cutler lectures internationally on the effectiveness of including the body in addressing systemic violence, racism, and oppression. Creator of the Transgenerational Regeneration Institute, Dr. Cutler brings over 30 years of experience in

shamanism, psychology, somatic approaches to healing, applied spirituality, the effectiveness of integrating mindfulness skills in the disruption of cycles of violence, practical somatic applications in treating dissociative states, and the intersubjective relational impact of indigenous wisdom to her commitment in assisting others to resolve legacies of trauma and build a safer relationship with their own bodies, communities, and the planet. Dr. Cutler created the Regeneration Process Method as an accessible approach to transformation that goes beyond sustainability and resilience to that of regenerative action that benefits the whole of humanity and the planet.