We live in a world where violence is an all-too-common occurrence. Sadly, the effects of violence often ripple through time leaving their difficult legacies for new generations. How do we process and transform traumatic events so they do not dominate the lives of survivors and succeeding generations?

Join us in a conversation of healing with Rabbi Firestone. She will discuss the impact of mental images in the healing of extreme trauma and share her remarkable stories about Jewish trauma survivors who demonstrate unconventional responses to their catastrophic injuries. These inspiring narratives remind us of our human capacities— not only to heal ourselves but also to transform our ancestral inheritance from fear to love, tragedy to compassion.

Rabbi Tirzah Firestone, Ph.D, is a Jungian psychotherapist, author, and Rabbi Emerita of Congregation Nevei Kodesh in Boulder. Her publications include With Roots in Heaven, The Receiving, The Woman’s Kabbalah, and a forthcoming book Trauma and the Jewish Soul.

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