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the Energy of Conflict & Trauma

In his newest book, Dr. Mark Umbreit shares powerful stories of healing from conflict and trauma in his own life and from those he has worked with in more than 20 countries. These stories include conflicts in his family and workplace, as well as facing and living with the trauma of cancer and other severe illness in his family. Many more stories are about victims of severe violence, perpetrators, and even those affected by violent political conflict in the Mideast, Africa, and Northern Ireland. Mark also shares what he has learned from these experiences and offers practical tools for the journey. Moving far beyond quick fixes, *Dancing With the Energy of Conflict & Trauma* offers a very different way of being with and learning from the inevitable conflicts and traumas that come into our daily lives.

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**OVER
THE PAST
FOUR
DECADES,**

Mark Umbreit has served as a mediator,

facilitator, peacemaker, trainer, teacher, researcher, and author of numerous books and articles. He is a Professor and founding Director of the Center for Restorative Justice & Peacemaking at the University of Minnesota, School of Social Work. For many years he has been affiliated with the Fetzer Institute and its work on peacebuilding, healing, and the power of forgiveness. Mark has conducted training seminars and lectures throughout the world. He also serves on the faculty of the Center for Spirituality & Healing at the University of Minnesota.

"Dancing with the Energy of Conflict and Trauma

is a gift to all, as Mark shares his own personal journey through life, conflict and growth. Through his storytelling he teaches us how to deeply listen to each other and to grow as a community of humans caring for one another." – **Janine P. Geske**, retired WI Supreme Court Justice, Distinguished Professor of Law and Director of the Marquette University Law School Restorative Justice Initiative

"Dr. Umbreit writes with passion about the role of energy in conflict, trauma, and healing. His book is a must read for everyone who cares about building and preserving a peaceful coexistence with others and with the self at a very deep level."

– **Kifah Abdi**, survivor of torture

"This small book beautifully illuminates the power we all have to make profound shifts in the troubles that rob our lives of zest, joy, and fulfillment. Using personal memoirs and stories of anguish, trauma, and woundedness, Umbreit demonstrates again and again how he and others have transformed the toxicity of violation into its life-giving properties." – **Marilyn Armour**, Ph.D. LICSW, School of Social Work, University of Texas–Austin, Distinguished Teaching Professor, Director of Institute for Restorative Justice and Restorative Dialogue

"Mark shares many stories of courage and strength from within his own life and those he has worked with in numerous states and countries, stories that go far beyond quick fixes and problem solving, stories that are grounded in a transformative journey of the soul in the midst of tremendous conflict and even trauma for many."

– **Gary Ten Bear**, Substance Abuse Counselor & Sun Dancer