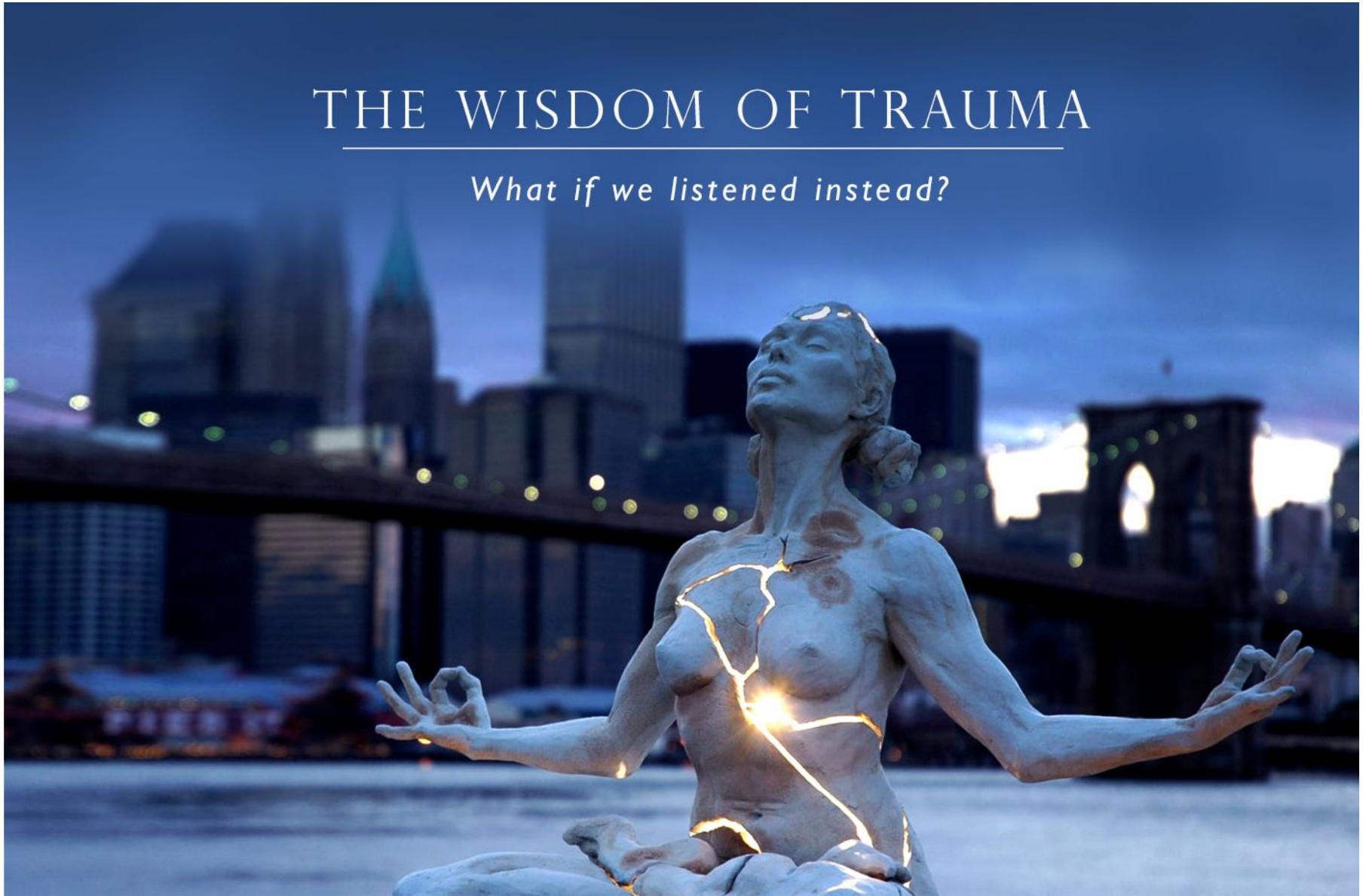


THE WISDOM OF TRAUMA

What if we listened instead?



One in five Americans are diagnosed as experiencing mental illness in any given year. And they are just the ones diagnosed. Suicide is the second most common cause of death in the US for youth aged 15-24. 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.

“So much of what we call abnormality in this culture is actually normal responses to an abnormal culture. So the abnormality does not reside in the pathology of individuals, but in the very culture that drives people into suffering and dysfunction.” Dr Gabor Maté



In *The Wisdom of Trauma*, we travel alongside bestselling author and Order of Canada recipient Dr Maté as he unfolds the psychologies of addicts, people who are sick, and people who are simply learning to feel. This is a deeply personal portrait of a man who has dedicated his life to understanding the interconnected human conditions of mental and physical well being. The secret behind his extraordinary skill at bringing clarity to the depths of another person's depression? Decades of exploring his own.

This is a landmark documentary for anybody who seeks to better understand themselves, and those around them. Indeed there are few who won't learn something to alter the fundamental relationship they have with so-called negative emotions. And in the context of our time, it comes all the more relevant.

“Trauma is not what happens to you.
Trauma is what happens inside you, as a result
of what happens to you.” Dr Gabor Maté



As a society, we're medicating depression and anxiety. Over one in ten Americans over 12 years old take antidepressant medication.

“Medications should be only as a stop gap measure until we get to work on the real issues” Dr Gabor Maté.

Within our families and communities, the trauma trickles on through generations. Even parents with the best intentions, if not in an authentic relationship with their own emotions, will more often than not, pass on their trauma.

“Authenticity is not some new age pseudo-spiritual concept. It's a survival necessity. So illness to me is in large part a result of our effort to stay connected at the price of being authentic to ourselves.” Dr Gabor Maté.



In capitalist societies, it is the silent rules within which we live that create the conditions for such pervasive trauma to exist.

“I have a vision that simply says can we be human beings in the midst of civilization? because what we call civilization so often demands the denial of human needs. I know the answer is yes. Not that I expect to see it in our lifetime.” Dr Gabor Maté

THE WISDOM OF TRAUMA. COMING SOON. FALL 2019.

