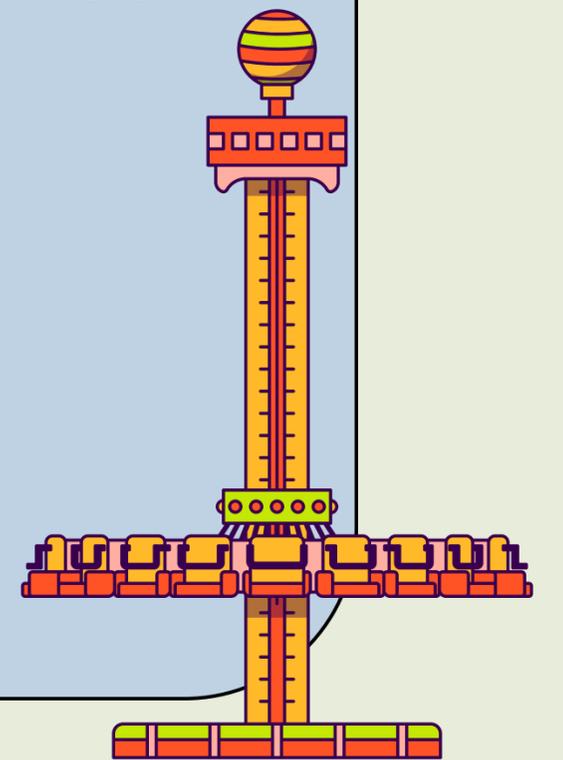
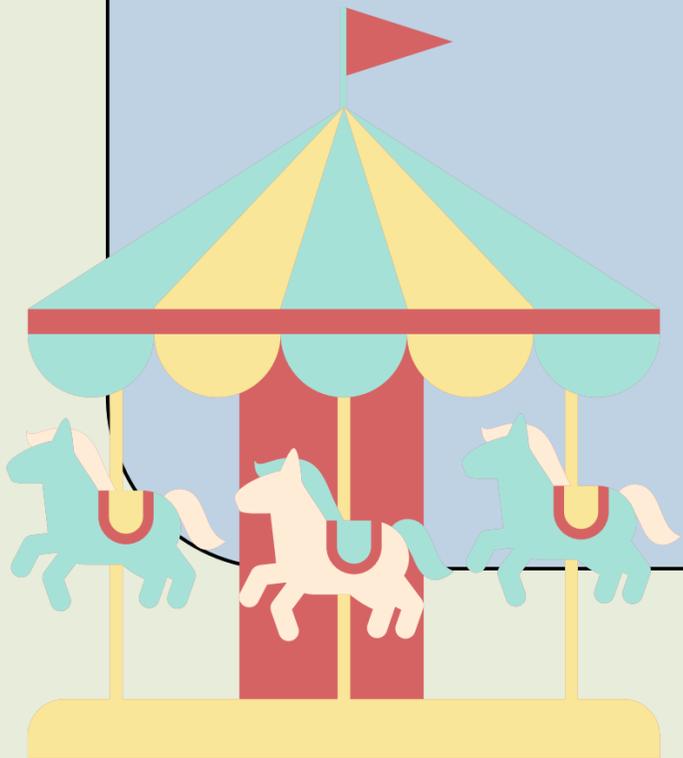


Breaking the cycle of Generational Trauma



Welcome Back!

- 1) What's your name and pronouns?
- 2) If you had to describe how you're feeling right now as an amusement park ride, what ride are you on?



What is Generational Trauma?

- Generational Trauma is expressed when the descendant of someone who experienced a traumatic event presents challenging emotional or behavioral reactions that are similar to their ancestor or relative
- First recognized in the children of Holocaust survivors
- Any time of extreme, prolonged stress could have adverse psychological effects on children and grandchildren, resulting in anxiety, depression and PTSD

What generational trauma could look like...

Unresolved emotions and thoughts about a traumatic event



Unhealthy parent-child relationships and emotional attachment



Low Self esteem, depression, anxiety, approval seeking



How is generational trauma passed down?

- DNA Modifications and in-utero exposure
- Family employs unhealthy coping mechanisms such as denial and minimization
- Stress of living with a traumatized person
- Negative parenting behavior - children become “containers” for parents’ unwanted pain
- Cultural patterns and conditioning



Can Trauma Be Inherited?

INHERITED TRAUMA

Share



Watch on  YouTube



Who is vulnerable to generational trauma

- A group of a population that has been systematically exploited, endured repeated and continual abuse, hate crimes, racism, and/or poverty
- Survivors of war or natural disasters
- Families where there has been a significant emotional trauma (divorce, domestic abuse tragic accidents or losses, parental neglect or abandonment, substance abuse, etc)

Symptoms of generational trauma

- A heightened sense of vulnerability and helplessness
- Difficulty with relationships and attachment to others
- Extreme reactivity to stress (panic attacks, suicidal ideation, substance abuse disorder, etc ...)
- Increased GI Problems and cardiovascular diseases

Sings you have a wounded inner child

- **Showing emotions and reviewing emotions make you feel awkward or ashamed**
- **You become extremely emotional and needy at the thought of someone leaving you**
- **You feel guilty for setting a boundary**
- **You avoid conflict at all costs**
- **You have difficulty trusting others and even yourself**



Activity!

On a piece of paper, brainstorm as a group:

What are some ways our parents may have unintentionally traumatized us?

What are some possible sources of trauma from our generation that might get passed down to future generations?

Activity!

On a piece of paper, brainstorm as a group:

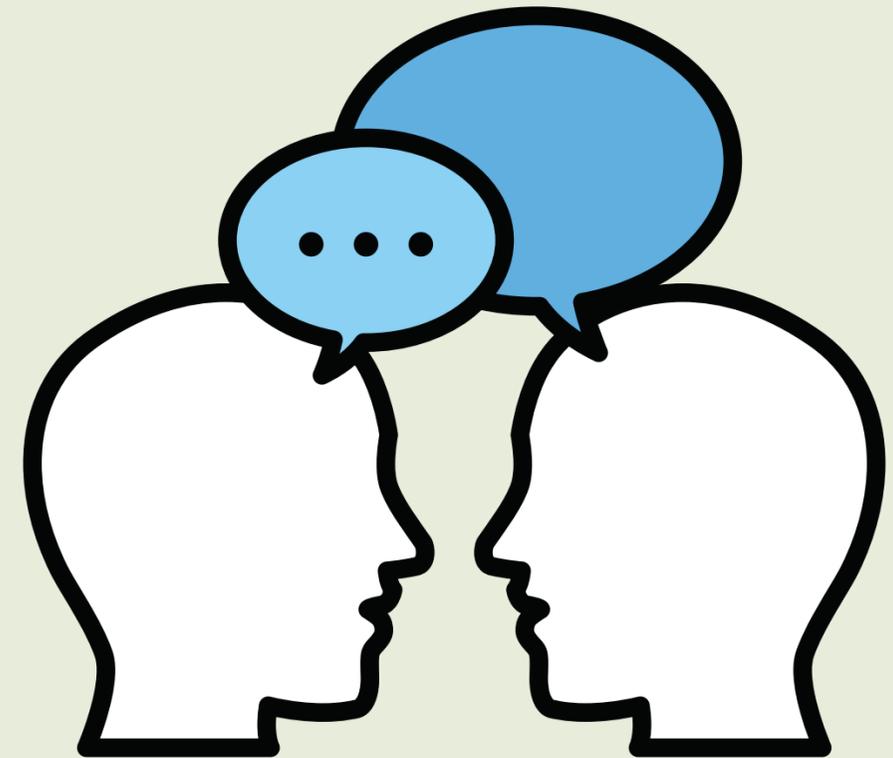
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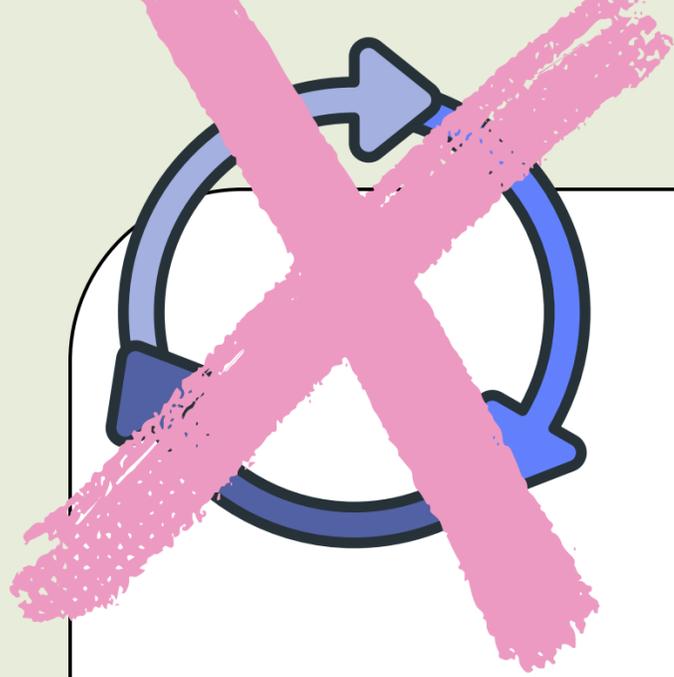
What are some possible sources of trauma from our generation that might get passed down to future generations?

Now crumple up the paper - it's time to break the cycle!

Discussion:

How can we prevent generational trauma from happening at the individual, family, and societal levels?





How to end te cycle of generational trauma?

- Have an open coversation about your family's lived experiences and historical ways of coping
- Pay attention to any patterns or attitudes from your family thta you continue to repeat or portray
- Cultivate a sense of empathy and compassion for your family's struggles they endured
- Prevent future trauma by developing healthier coping mechanisms and taking care of your mental health

Be the person who breaks the cycle!

Covering up family secrets



Holding family members accountable for their actions

Not talking about mental health



Destigmatizing mental illness & encouraging mental health care

People-pleasing behavior



Setting firm boundaries with family

Hiding parts of your identity



Living authentically and pursuing your purpose unapologetically

Just as traumatic experiences can be passed down from one generation, so can the capacity for overcoming the trauma and building resilience!

Thanks for coming <3
We have advocates at 8 tonight!!

