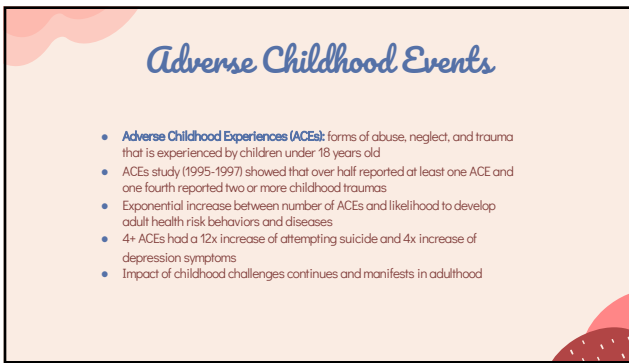




1



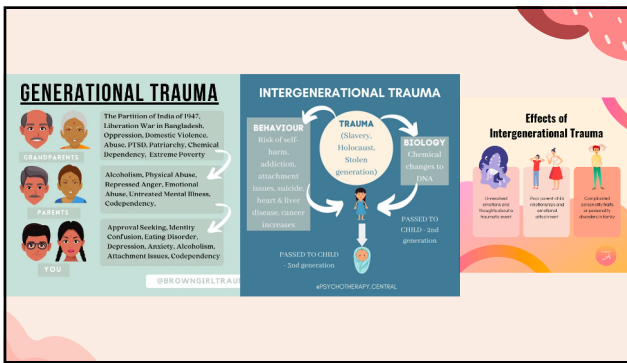
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5



6

Racism + Slavery

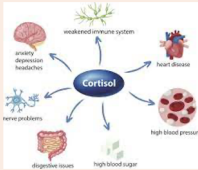
- Three outcomes of intergenerational trauma
 - **Self-esteem** with feelings of hopelessness and depression
 - Negative racial stereotypes that have been applied generationally
 - **Learned helplessness**
 - Health Outcomes: development of physiological, psychological, and emotional strain due to excessive amounts of energy
 - Race is associated with higher stress levels
 - Higher blood pressure
 - Internalized oppression
 - **Internalization of stereotypes**
 - Turning against own black communities and escaping blackism
- Recapitulation of oppression and racism



7

Genetic Effects

- **Cortisol** (regulates body's response to stress) differences between traumatized and non-traumatized parents
 - Parental stress affects stress system during pre- and post-natal period
 - When stress is consistently activated in the body, it is unable to properly neutralize the amount of stress hormone which leads to disease
- Lower functionality of methylation cycle (helps operate physically and mentally)
- Genetic changes can be passed down due to PTSD



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Further Effects on Wellness

- Emotional weight and instability
 - Depression, anxiety
 - Guilt, shame
 - Aggression
 - Suicidality
- Relational Issues
 - Unhealthy boundaries
 - Attachment issues
- Negative patterns or behavior
 - Substance abuse
 - Approval seeking from others
- Intrapersonal issues
 - Complicated personality traits/disorders
 - Low self esteem
- Health Risks
 - Diseases

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Effects on Families

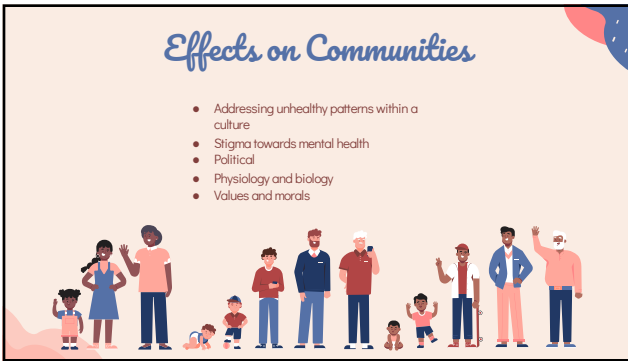
- Experiences of the earlier generation influence (first and second generation) parenting attitude and behaviour
- Mental health problems are passed down and environmentally influential
- Learned helplessness
- Disruption in attachment between parent and child
 - Parenting that is responsive and attuned to the needs of the young child to grow up, thrive and explore the world



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Effects on Communities

- Addressing unhealthy patterns within a culture
- Stigma towards mental health
- Political
- Physiology and biology
- Values and morals



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Example

I have experienced generational trauma in my own life. I deal with depression and anxiety. This comes from a childhood that included drugs and domestic disputes. I remember the nights I laid in bed trembling because I knew what was going to happen when dad came home.

The trauma I experienced has affected the way I parent my children, interact with my husband, and develop friendships. The history of mental illness in my immediate family has made me wonder if that has any effect on why I have been diagnosed with generalised depression and anxiety disorder.

My mother and father were separated most of my childhood and then divorced when I turned 18. I often say I wished they had divorced much sooner.

In my own marriage, I tend to have mood swings and not communicate in a healthy way. Arguing was what I knew and how I thought relationships worked. The way my dad treated my mom and vice versa was all I knew about how two people who loved each other should treat each other. These are just a few things I have had to overcome and learn how to do differently.

https://doi.org/10.1111/jcpp.12444

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Why is it important?

- Thinking about what is below the surface
- How does this personally apply to you, your family, and your culture?
- How have we managed our distress and coped with the wounds within our families?



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What's your history?

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Why is this important?

- Understanding and self-awareness
- Fulfilling our needs and tending to our wounds
- Hindrances to our God-given capacities and desires
- Practicing the discipline of Forgiveness
- Experiencing healing
- Breaking generational trauma

15

Ezra 34:6-7

6 The Lord passed before him and proclaimed, "The Lord, the Lord, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness, 7 keeping steadfast love for thousands, forgiving iniquity and transgression and sin, but who will by no means clear the guilty, visiting the iniquity of the fathers on the children and the children's children, to the third and the fourth generation."

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Starting Point

- Reflection of your environment, family history, patterns, etc.
- Knowing one's roots and history
- Acknowledge your symptoms; pay attention
- Gain skills to better cope with stress and negative thoughts and feelings
- Invite God
- Be kind to yourself



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Breaking Intergenerational Trauma

- Breaking through mental health stigma and seeking services
 - Family Therapy
 - Individualized Therapy
 - Trauma-informed therapy
 - Exposure-therapy
 - Cognitive restructuring
 - Intergenerational Trauma Treatment Model
 - TF-CBT



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