



MISSING PIECES
COUNSELING SERVICES

Intergenerational Trauma: The Burdens We Are Not Meant To Carry

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Objectives

- **Participants will gain a comprehensive understanding of what Intergenerational Trauma entails, its definition, and how it is passed down through generations.**
- **Participants will examine how various attachment styles impact the transmission and perpetuation of Intergenerational Trauma within families.**
- **Participants will learn about the historical and cultural roots of Intergenerational Trauma and how these experiences shape beliefs, teachings, and family dynamics.**
- **Participants will discuss the profound effects of Intergenerational Trauma on individuals' mental health and their ability to engage in healthy interpersonal relationships.**
- **Develop Strategies for Breaking Generational Cycles: Participants will explore effective strategies and skills to break generational curses and alleviate the burdens of Intergenerational Trauma within families and communities.**



“Trauma is not what happens to you, it is what happens in you, as a result of what happened to you.”

–Dr. Gabor Mate





Curiosity

what's
your
story?



Adverse Childhood Experiences (ACEs)

- Experience or witnessing violence, abuse, or neglect
- 64% of individuals experience at least one type of ACE
- 17% of individuals experience 4 or more types of ACEs
- Types of ACEs:
 - Emotional Abuse/Neglect
 - Physical Abuse/Neglect
 - Sexual Abuse
- Effects:
 - Toxic stress
 - Health Issues
 - Brain Development
 - Loss of safety, stability, & bonding



Intergenerational Trauma

- Passing of trauma through psychological or emotional distress through generations
- Modes of transmission
 - Biology (Epigenetics)
 - Psychology
 - Misattunement
 - Invalidation
 - Oppression
- Impacts
 - Thinking
 - Emotions
 - Body



Causes of Intergenerational Trauma

- Abuse/Neglect
- Domestic Violence
- Discrimination
- Cultural/Ethnic Issues
- Major Events
 - Holocaust
 - Chattel Slavery
- Natural Disasters



Types of Intergenerational Trauma

- Cultural Burdens
 - Racism
 - Patriarchy
 - Materialism
 - Individualism
 - ex: You are not enough because of your race or identity.
- Family Burdens
 - We are not enough because of our race or identity.
- Personal Burdens
 - I am not enough because of my race, or identity.



Effects of Intergenerational Trauma

- Shame
- Guilt
- Depression
- Anxiety
- Anger
- Substance Abuse
- Interpersonal Relationships
- Helplessness/Hopelessness
- Family Dysfunction
- Communication Skills



What Are You Noticing?

- Repetition of Cycles
 - Relationships
 - Behaviors
- History of people pleasing
- Codependency
- Normalizing family behaviors
 - Abuse/Neglect
 - Gaslighting
 - Verbal Abuse
- History of drug abuse
- Difficulty trusting others
- Difficulty expressing emotions



Inherited Burdens

- Perfectionism
- Caregiver
- Excessive Working
- Invisibility
- Overachiever



Culture Tags Remix



DLTSLCY



SCBIGYSTCA



SIU



FYF



BISS

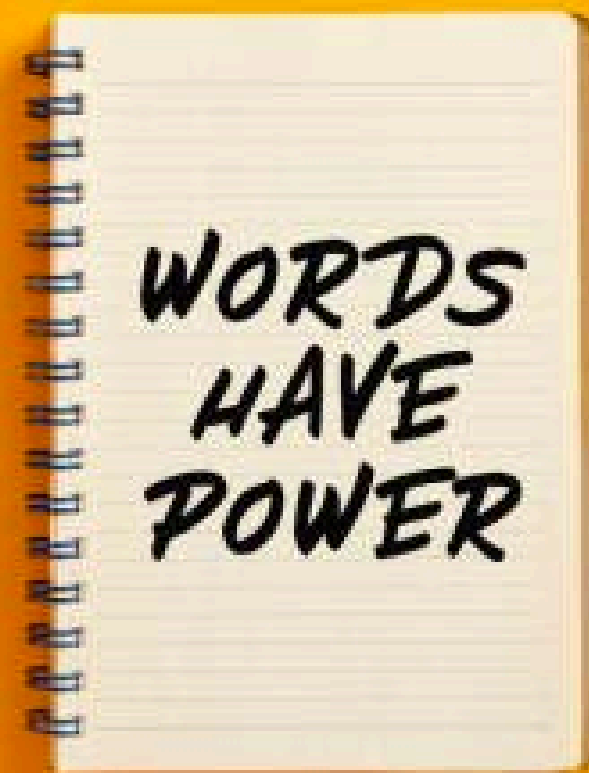


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IBYITWICTYO



WGOITHSITH



Intention vs. Interpretation




Attachment Styles

- Secure Attachment
 - Positive view of self, positive view of others
- Anxious Attachment
 - Negative view of self, positive view of others
 - "I have to fix this"
- Avoidant Attachment
 - Positive view of self, negative view of others
 - "I am okay by myself"
- Disorganized Attachment
 - Source of safety/security was also source of fear/abuse
 - "I don't know what to do"

Parenting Styles

- Authoritative
 - Close nurturing
 - Clear guidelines for expectations
- Authoritarian
 - Strict rules that are not explained
 - Low nurturance
- Permissive
 - Child-Friend relationship
 - Minimal or no expectations
- Uninvolved
 - Detached/Withdrawn
 - Low nurturing, expectations, control, communication





**I feel
unheard**

Trauma Language

- “I’m not good enough”
- “I am a failure”
- “They are going to leave me”
- “Nobody ever shows up for me”
- “I do not belong”
- “I have to...”
- “I should...”



Internalized Beliefs

- “Nobody can be trusted”
- “Love is conditioned upon what I can do for others”
- “I’m broken/bad”
- “Vulnerability equals threat”
- “I have to care for others, because their needs are more important”



Let's Break The Cycle

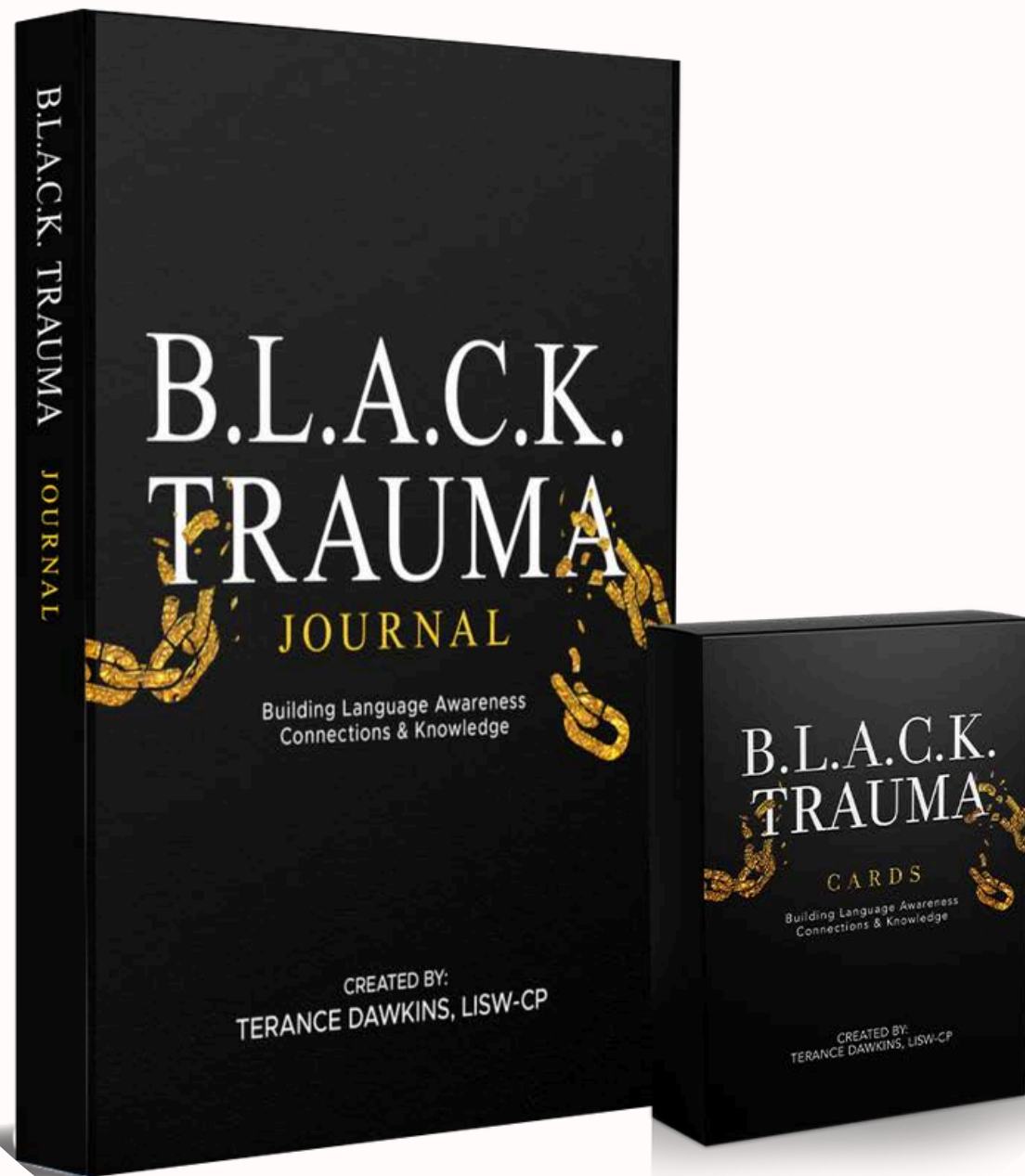
- Awareness
- Acknowledgement
- Acceptance
- Action
 - Conversations
 - Therapy



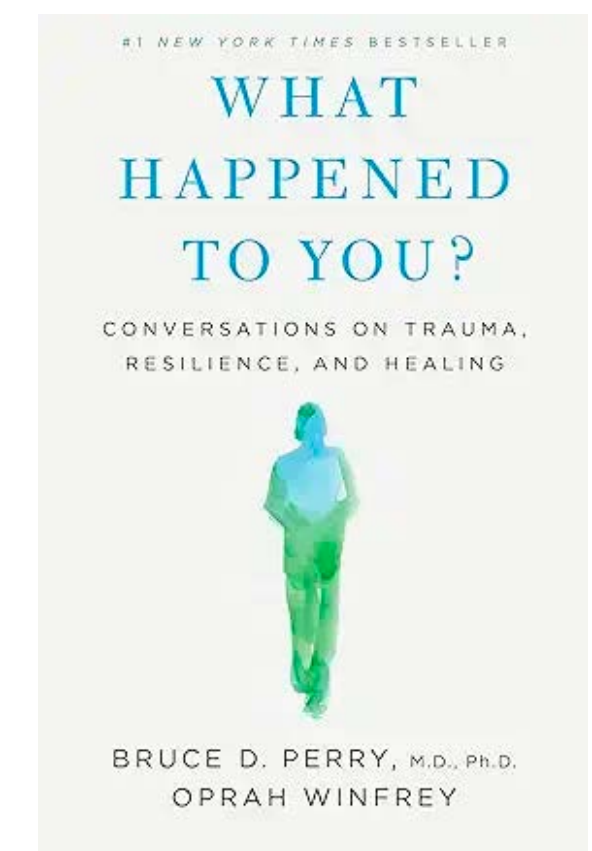
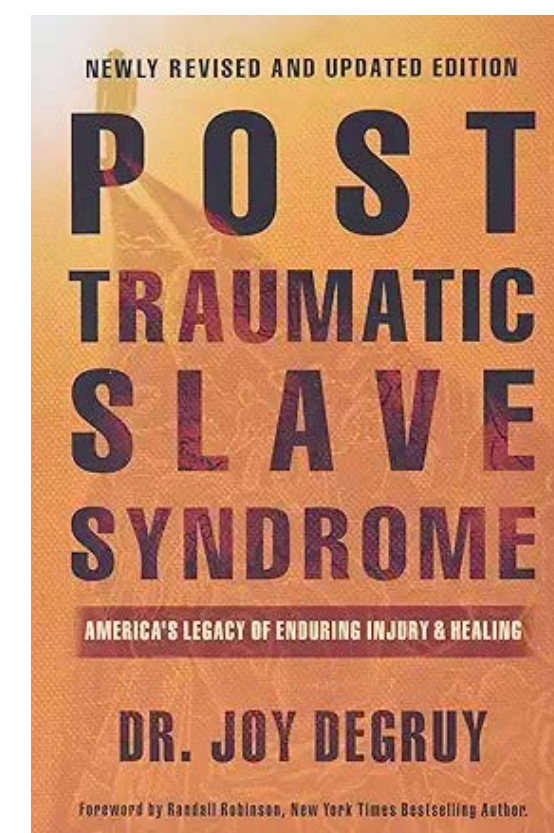
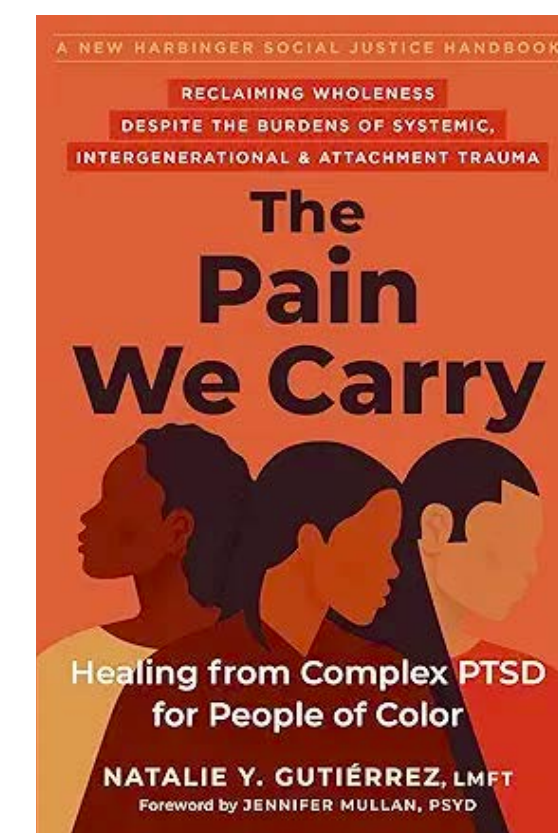
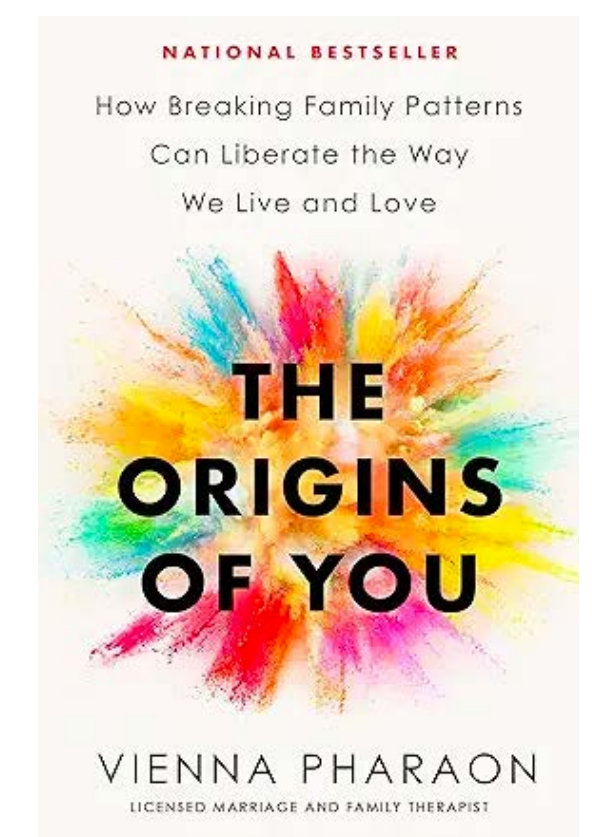
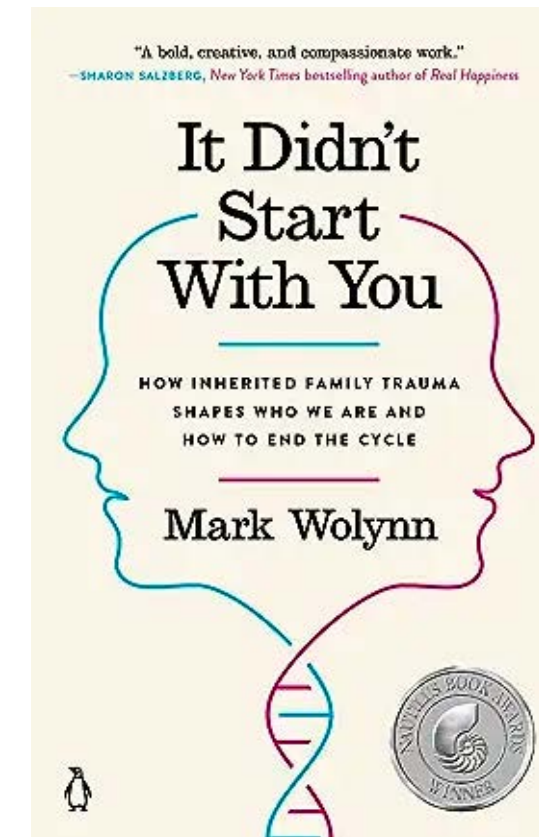
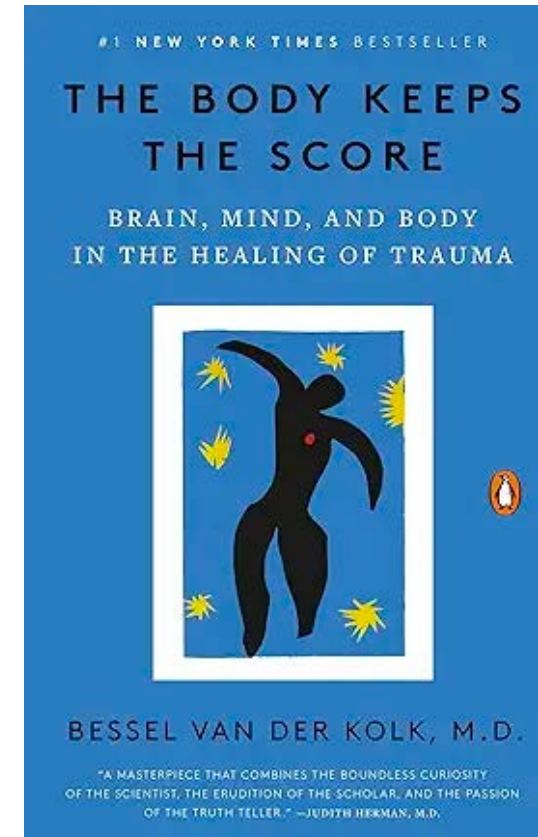
**“It takes a village to raise a child,
but who is raising the village?”**


B.L.A.C.K. Trauma Products

- Purpose:
 - Break Generational Cycles
 - **B**uilding **L**anguage **A**wareness **C**onnections & **K**nowledge
- Use:
 - Self Discovery & Awareness
 - Couples
 - Therapy Sessions
 - Groups



KNOWLEDGE
EMPOWERS
YOU!





Want
to learn
more?



MISSING PIECES
COUNSELING SERVICES

Thank You

Evaluation



Let's Connect

