

SOURCES OF TRAUMA

Abuse & Neglect



Discrimination & Oppression



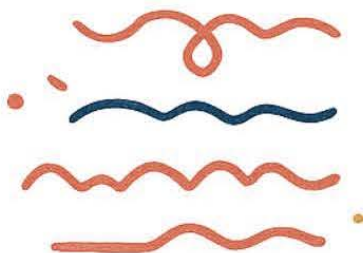
Family Dysfunction



Discrimination & Oppression



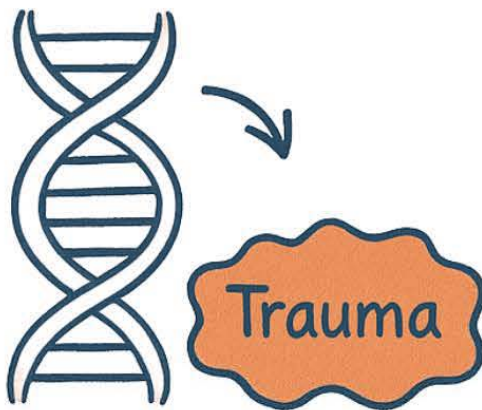
Poverty



- Loss
- Illness
- Instability
- Illness
- Instability

EPIGENETIC AND SOCIAL TRANSMISSION OF INTERGENERATIONAL TRAUMA

Epigenetic Transmission



Trauma can cause changes in gene expression that may be passed down to future generations.

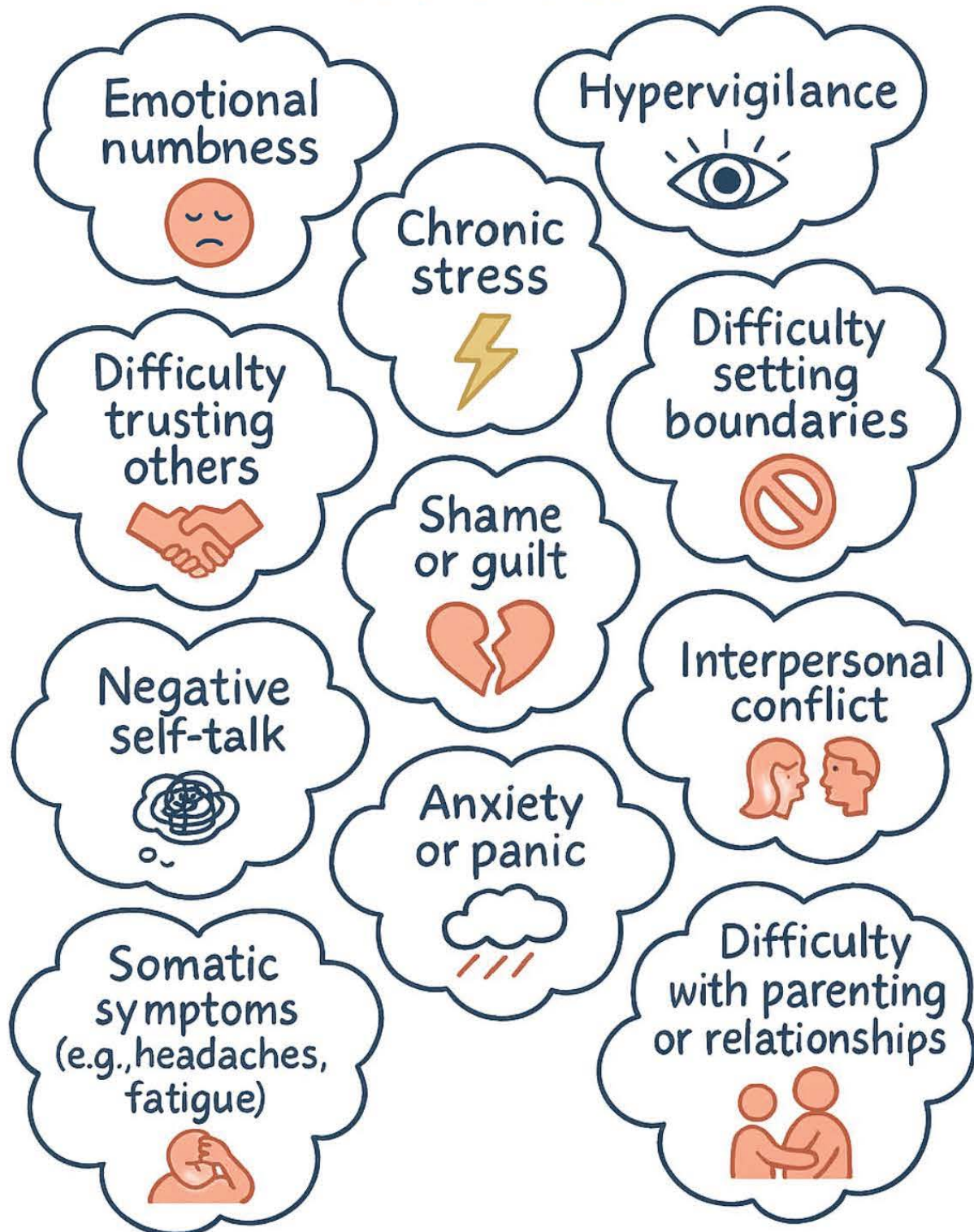


Social Transmission

Trauma may be unintentionally transmitted through behaviours, communication, and relationships.

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Effects of Intergenerational Trauma



HEALING FROM INTERGENERATIONAL TRAUMA



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Healing Intergenerational Trauma

REPAIR FRAMEWORK

Reflect
 Understanding
the legacy
before rewriting it


Empower
Develop internal
resources for change

Ppractice
 Apply new patterns
strategies


Align
Maintain a
nurturing parent-child
relationship

Integrate
 Consolidate gains
and plan for
challenges

Reclaim
Embrace positive
change and growth

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