



Breaking Cycles: Ending Multigenerational Trauma

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Objectives

- **What is multigenerational trauma and the impact?**
- **Growth Mindset implementation to support breaking the cycle**
- **Be empowered for the future**

Trauma

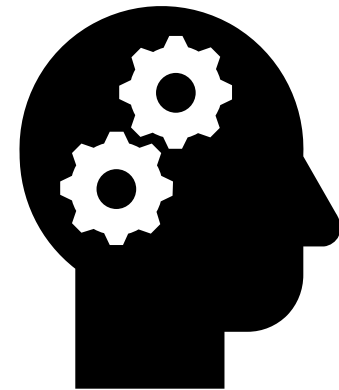


What Makes Trauma, Trauma?

Interpersonal (happens to us)
vs. Non-interpersonal (may
happen around us)

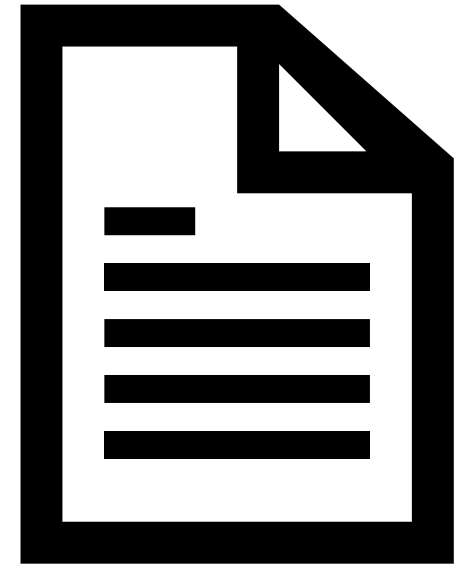
Trauma can be experienced in 4 ways

1. Directly being involved in a situation
2. Just seeing a situation
3. Learning about the situation
4. Or repeating exposure to an event



What Research Tells Us:

- Trauma can impact even before a mother conceives
- Trauma impacts all people, demographics of people differently
- People who experience childhood trauma are more likely to experience ongoing trauma through out life
- Creating a healthier family environment can reduce trauma and generational trauma





Multigenerational Trauma

(Story)

It is hard to
break a cycle...

**.....BUT, YOU have the
POWER to STOP the cycle**

- Identify
- Acknowledge
- Understand
- Evaluate
- Plan
- Transform

Break the Cycle



- Past Chains that you
NEED to let go

THEN

- Future Chains that you
WANT to create

The benefits of Growth

Because **YOU** deserve
to live a life that you
want



Thank you!

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Services

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Remember to never stop chasing your dream and create a
life worth living!

Reese EM, Barlow MJ, Dillon M, Villalon S, Barnes MD, Crandall A. Intergenerational Transmission of Trauma: The Mediating Effects of Family Health. *Int J Environ Res Public Health*. 2022 May 13;19(10):5944. doi: 10.3390/ijerph19105944. PMID: 35627478; PMCID: PMC9141097.

Yehuda R, Lehrner A. Intergenerational transmission of trauma effects: putative role of epigenetic mechanisms. *World Psychiatry*. 2018 Oct;17(3):243-257. doi: 10.1002/wps.20568. PMID: 30192087; PMCID: PMC6127768.

Reese EM, Barlow MJ, Dillon M, Villalon S, Barnes MD, Crandall A. Intergenerational Transmission of Trauma: The Mediating Effects of Family Health. *Int J Environ Res Public Health*. 2022 May 13;19(10):5944. doi: 10.3390/ijerph19105944. PMID: 35627478; PMCID: PMC9141097.

Works Cited