

The Long Reach of Intergenerational Trauma: Connecting the Dots

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Trauma

Trauma causes neurological and physiological changes and the effects or symptoms which individuals may experience can present in many different ways unique to each, individual survivor. Traumatic stress is associated with increased cortisol and norepinephrine responses to subsequent stressors. Brain areas implicated in the stress response include the amygdala, hippocampus, and prefrontal cortex. Traumatic stress can be associated with lasting changes in these brain areas.

3 Parts of Intergenerational Trauma

1. Dominant culture perpetrates mass trauma
 - Examples:
 - Genocide
 - Colonialism
 - Slavery
 - War
 - Oppression
2. Affected population shows signs of trauma
 - Examples
 - Self-protection
 - Mistrust of law enforcement
 - Low self-worth
3. Initial population passes trauma responses to subsequent generations
 - Descendants of
 - Holocaust survivors
 - War veterans
 - Survivors of war trauma
 - Childhood sexual abuse
 - Refugees
 - Torture victims

NOTES

This means that communities who have experienced trauma, as a whole, may be passing down symptoms of that trauma to future generations.

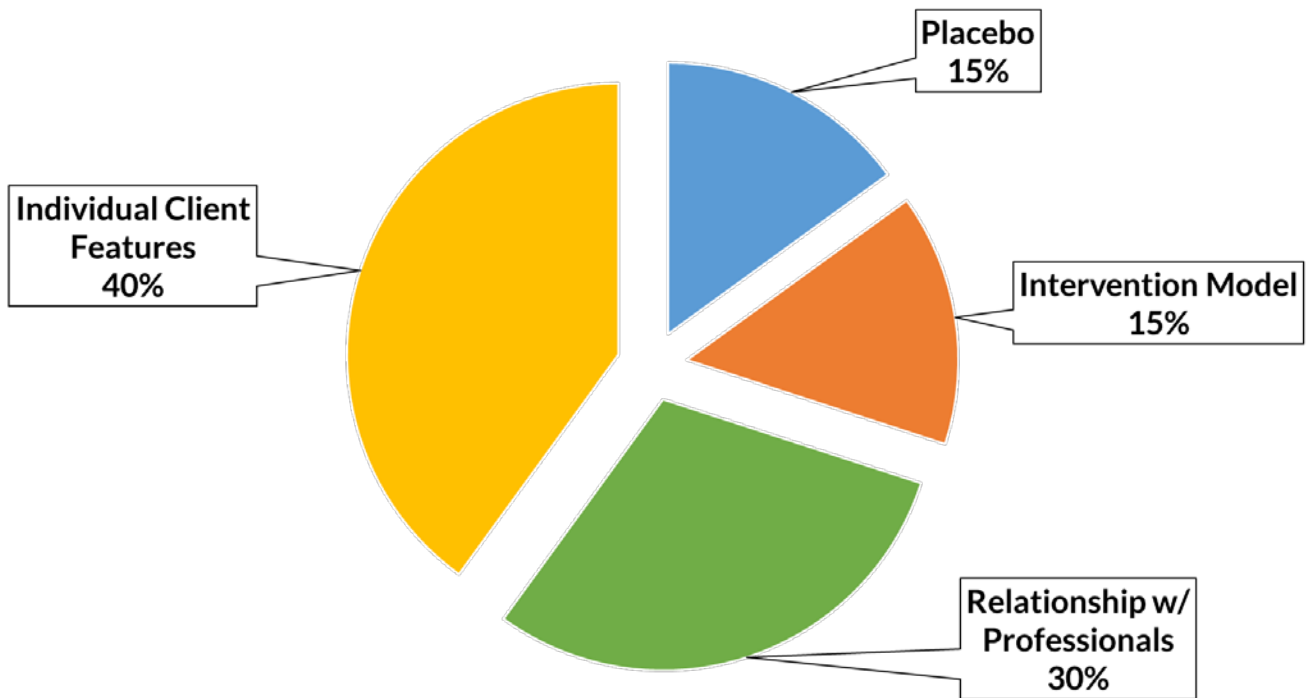
Transgenerational Transmission of Trauma (TTT) – the process of intergenerational trauma beyond second generation

NIC Eight Principles of Effective Intervention

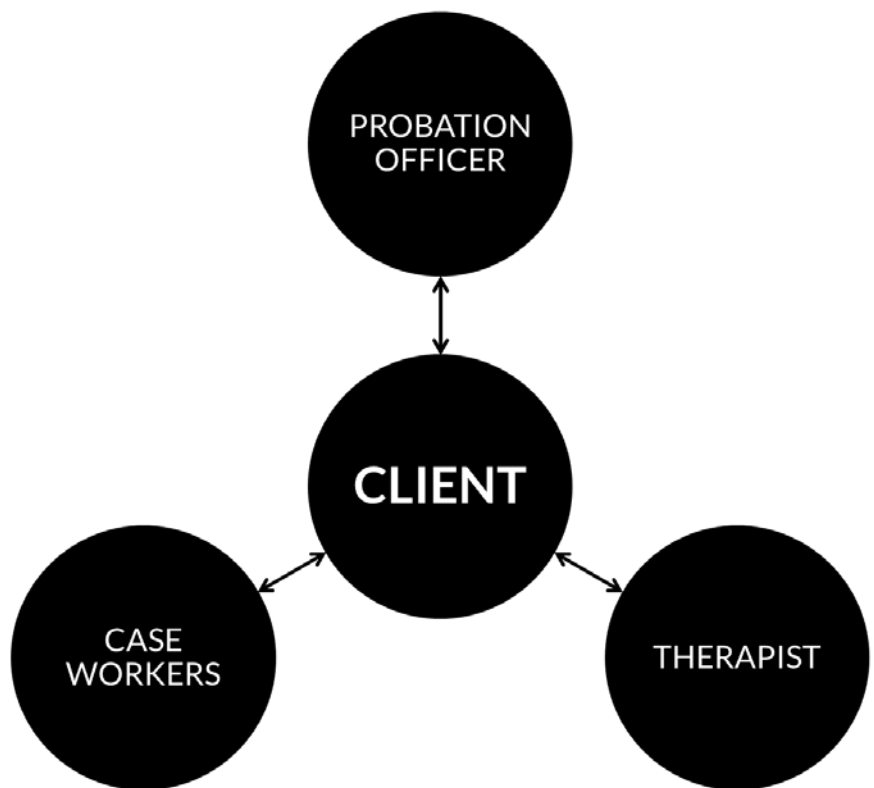


Behavior change and reducing recidivism – Being trauma informed helps individuals change behavior

Considering a person's individual story and trauma history can help to enhance intrinsic motivation - Enhance intrinsic motivation by utilizing motivational interviewing, listening to a person's story and allowing for the client to come up with a reason to change their behavior which is meaningful to them



The client's relationship with professionals matters.



Post Traumatic Stress Disorder

Psychobiological mental disorder that affects survivors of combat experience, terrorist attacks, natural disasters, serious accidents, assault or abuse, or even sudden and major emotional losses.

Man’s Search for Meaning, Viktor Frankl

Psychiatrist, Holocaust survivor, philosopher and writer.
“They may have been few in number, but they offer sufficient proof that everything can be taken from a man but one thing: the last of human freedoms—to choose one’s own attitude in any given set of circumstances—to choose one’s own way.”

Post-traumatic growth

most survivors reported positive change even at 2 weeks post-assault. Positive changes generally increased over time and negative changes decreased, although ... there was significant individual variability in change patterns.

Trauma’s presence

Worldwide

70% exposed to 1 traumatic event
42.8% exposed to 4 or more traumatic events

United States of America

70% exposed to 1 traumatic event
Of that, 20% will develop a PTSD diagnosis

NOTES

The link between trauma and criminal behavior



Just under 1% of U.S. incarcerated in jails and prisons.

24% with PTSD diagnosis (about 552,000 people)

Trauma symptoms can contribute to criminality when they are unaddressed as there may an increase in risk-taking behavior and sensations seeking.

Continued criminal conduct can stem from unmanaged trauma and lack of life skills.