

TRAUMA BETWEEN THE GENERATIONS

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TRAUMA BETWEEN THE GENERATIONS

- TRAUMA -

...an event-process with the 'power' to threaten the integrity of the individual's regulating capacity to maintain a sense of safety and well being rhythms.

A 'stress-threat' becomes a 'trauma' the moment the individual's safety is dysregulated to

(1) override and

(2) recalibrate (via the amygdala and hippocampus balance)

personal self-protection through the nervous system's triad of

'fight', 'flight' or 'freeze' reactions. PTSD is one outcome of such recalibration.

(Gordon & Halasz 2006 p 6)

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- **Ethical Guidelines for Mental Health Professionals**
Know the risks in work with trauma victims
- 1 Know the risks of both trauma work and denial of risks
- 2 Know risks of primary and 2nd (vicarious) trauma
- 3 Recognize risks in self, others, community
- 4 Recognize generational transmission of trauma
- 5 Know options for risk prevention and intervention
- 6 Therapists distinguish between [here-and-now]/transference s
- 7 Responsibility for training courses and policy makers
- 8 **Crisis** in Witnessing Trauma, Trauma Lexicon

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- CATEGORIES OF TRAUMA
- Simple- Complex-Compound
- Physical/Psychological/plus
- Natural Trauma
- Man-Made Traumas...
- DEVELOPMENTAL
- Relational threat-stress-trauma
- Nursery Trauma
- EXTREME TRAUMA



TRAUMA BETWEEN THE GENERATIONS

- Concept of 'Transmission' of Trauma

Split screen study

THE MANY FACES OF
TRUAMA (2000)



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- Q: What 'TRAUMA' is transmitted
- J Kestenberg: transposition 'as if'
- I Kogan:
- Halasz: intersubjective moment of Exiled Selves
- single case study (2000)
- Nursery? Bedroom? or Gas Chamber?