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Learning Generational Trauma

What is Generational Trauma? Generational trauma is also referred to as intergenerational trauma. It is a type of trauma that is passed down from those who have experienced traumatic incidents. It can be caused by varied reasons like war, death, and diseases. You can also get trauma passed down from your ancestors. People may experience symptoms, reactions, emotional and psychological effects from trauma experienced by previous generations. It is not limited to just parents or grandparents; you can also get it from way down your family line.

I would like to help or solve generational trauma. It is a problem because children, my peers, and family members are all struggling from things or emotions they cannot explain or do not understand because of trauma they do not know about. Parents today struggle with their children and have a challenging time trying to figure out why a child misbehaves or acts in a certain manner. They give whooping and punishments to try and discipline the child, but it does not work because it could be something deeper than we know about. We also notice certain things can upset our grandparents or how they live by certain rules because of the trauma they have endured. For example, when a mother is pregnant, they tell the mother to be calm and not stressed because the baby can feel what the mother feels, and it could hurt the child. It is important to solve it because hurt people hurt people. If a person never knows what is going on they can pass down the same hurt or trauma to future children or partners. You also have some parents who envy their children because today children have more opportunities than their parents had, which makes the parents pass down the hurt they feel to their children. When our parents were younger, they did not have many options. For men it was the military or work and for women it was either a teacher or nurse. They want to see us succeed but by forcing what they did on a child could strain the relationship and make the child distance themselves from their parents. I also want to solve this issue

because trauma is a disease that many people do not cope with or cope with an unhealthy way. Trauma can give people post-traumatic stress disorder (PTSD) and it can change a person forever. Certain sounds, smells, or images can take a person back to a horrible time or it can reopen a memory that has happened and affect that person.

Viable solutions for this issue are healing within the family, family therapy, and spiritual or religious beliefs. The first step a family can take is to sit down with open ears and listen to who is hurt in the situation. Both sides should be willing to acknowledge what they have done and how they can move forward to fix the issue. It will take time, patience, and understanding to unlearn unhealthy habits that we have lived with for so long. The parents can also talk to their parents to see if they have any trauma about which they did not know. If that does not work the family can try therapy. That way it is a third party who is neutral in the situation and will not pick sides. In therapy both parties can sit and talk in a calm manner, and it will not get high in emotions and will not turn into a shouting match. In therapy, you can talk and not feel ashamed

because there are no wrong answers, and you will not be judged. It will be easier because the counselor can break it down in terms where both parties can understand, and no one will get offended. If that does not work or if someone does not want to do therapy some will turn to their religion or spiritual beliefs. Researchers Doucet, Marilyn, and Rover indicate that “spiritual interventions have proven to be helpful in facilitating healing among those who suffer from trauma.” They have also stated that “religious and spiritual interventions have minimized the ongoing progressive symptoms and have enhanced coping skills.” Many will pray to who they believe in and hope for the best. They may meditate and just forgive the person who has hurt them. Some may just stop dealing with that family member and pray they get the help or peace they need.

When dealing with generational trauma, many people have unhealthy coping skills when dealing with that situation. In the article *5 healthy coping strategies* they stated, “many do not process the trauma

they have endured, and the number one unhealthy coping strategy is avoidance”. “People believe that if they avoid the problem altogether, it will somehow be resolved.” Not dealing with the trauma or coping in an unhealthy way can turn out bad and cause more problems. Healthy ways to cope are to accept that you will be different, acknowledge the good that came from it, and to understand it is OK to feel certain emotions. It is healthy to feel your emotions and to release that hurt and pain. There are more ways to cope but this is definitely a start in your healing journey.

Reading Gonzalez and Hallett’s article they have stated that “generational trauma is something we get from our parents but not all of the trauma has happened directly to them.” This study was first founded in the 1960’s studies through psychological illness among the children of Holocaust survivors. Gonzalez and Hallett also stated that “generational trauma replicates through a mechanism known as epigenetic inheritance.” “It’s effectively an inherited form of post-traumatic stress disorder (PTSD).” As stated, before this can just be an extensive line of unbottled emotions, and it can take a turn for the worse. The website Mantra Care there is an article called What is Therapy by Natasha who has stated that “for children it is harder.” She says, “they may have trouble trusting others and developing healthy relationships.” Also, children might struggle with issues such as ADHD, depression, anxiety, and addiction. Sixty percent of men and 50% of women experience at least one traumatic event during their lifetime. Eleven of these traumatic events can be but are not limited to abuse. The impact of trauma can affect an individual as well as the generation to come. That is why it is important to get to the root of the issue so it can be managed properly, and we can express and cope with our emotions in a healthy way.

Work Cited

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