



Exploring Intergenerational and Historical Trauma

Intergenerational Trauma is...

The process in which the effects of traumatic event(s) are transmitted from one generation to the other.

Historical Trauma is...

Multigenerational trauma experienced by a specific cultural, racial or ethnic group. It is related to major traumatic events that oppress a particular group due to society assigning a status of oppression

The Impact of Historical and Intergenerational Trauma



High rates of poverty



Erasure of identity and connection to ancestral knowledge



Criminalization, discrimination, and exclusion



Cultural mistrust



Increased risk of victimization

Best Practices for Supporting Communities Impacted by Historical and Intergenerational Trauma in Direct Services

1



Create an office space that is welcoming to all – Conduct a culture walk to ensure the space is warm and inviting, and creates a sense of safety.

2



Connect with the community – Invest in strategic and authentic partnerships with the community you serve to ensure policies, procedures, and services are designed to meet the needs of a diverse group of clients.

3



Increase cultural awareness capacity – Encourage stakeholders to explore continued education opportunities that highlight cultural humility.

4



Assess your location – To reach the community served, evaluate the location in proximity to the community.

5



Explore peer support– Create opportunities for clients to learn from and seek support from each other through group therapy, talking circles, dance circles, etc.