



Webinar, Friday, October 9, 2020 2:00 - 3:30 PM ET

In the Beginning: How Intergenerational Trauma and Traumatic Childhood Attachment Impact the Healing Journey



Welcome & Introduction

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This presentation was originally created for domestic minor sex trafficking (DMST) survivors. It was adapted to also include those who serve this unique population as health providers, legislators, investigators, criminal justice representatives, social workers, therapists, case workers, etc., as they may also experience compassion fatigue, vicarious trauma, secondary traumatic stress, and/or burnout while addressing the unique needs of this invisible and vulnerable population in our country.



Presentation Objectives

1. Discuss the impact of intergenerational trauma (IGT) and traumatic childhood attachment (TCA) on the healing journey of trauma survivors.
2. Describe the connections between IGT, TCA and significant life events.
3. Explore how to re-balance the mind/body/soul through guided meditation, breathing exercises, music, and development of a personalized healing plan.



Reflection and Self-Care

In the event that you or someone you know and love are a survivor, and/or experiencing traumatic stress or vicarious trauma there may be parts of this presentation that may trigger an emotional response or traumatic memories. Should this occur, please feel free to take a break from the presentation for awhile, or possibly view the presentation at a later date as it is being recorded for future access. **Self-care is the priority!**



Where Does This Presentation Information Come From?

- ❖ The information shared in this presentation today is based on the presenter's personal, professional, and volunteer lived experiences as a co-founder of Josephine's Clinic (<https://www.josephinesclinic.com/>).
- ❖ Any examples of personal, professional, and/or volunteer lived experiences that include other persons will be shared in a way that does not identify others in order to maintain their privacy and anonymity unless permission was given to share the person's identity prior to the presentation.
- ❖ Key references and resources used in the presentation will be provided throughout the presentation, on the last slide, and in the Healing Workbook.
- ❖ The information contained in this presentation is copyrighted© and cannot be used, presented, or published without without the express written consent of the presenter.

A Quick Guided Meditation

<https://vimeo.com/463134189>





Background

- ★ Poverty, education gaps, intergenerational trauma, traumatic childhood attachment, adverse childhood experiences, dissociation, and the impact of childhood trauma directly affect the vulnerability of children to domestic minor sex trafficking (DMST).¹⁻⁵
- ★ DMST victims experience familial and close acquaintance trafficking as the most common type of domestic minor child sex trafficking in the U.S.^{1, 5, 7}
- ★ Lack of coordination, education, training, awareness and implementation of interprofessional, victim-centered, and trauma-informed responses to DMST victims among and within organizations involved results in misidentification and re-traumatization.⁶⁻⁸
- ★ Current service providers and organizations are ill equipped to respond to DMST victims, and few services are targeted toward the specialized needs of DMST victims.⁶⁻⁸



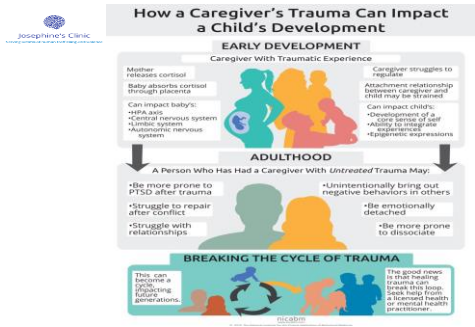
Background

- ★ Those service providers and organizations who are responding to DMST victims lack funding.^{6, 8}
- ★ Although trauma-informed care has been introduced as a model for identification and response to victims of human trafficking, there appears to be a potential gap in the "spirit with which the care is implemented" with victims of human trafficking (K. Bohnhoff, Personal Communication, 6/9/2020)⁸.
- ★ The research literature provides only limited information related to the combined impact or connection between intergenerational trauma, traumatic childhood attachment, adverse childhood experiences, dissociation, and childhood trauma on the lives of DMST survivors.¹⁻⁵



What is Intergenerational Trauma?

- It is **unclear just how intergenerational trauma occurs**.^{1, 2}
- However, a growing number of researchers, using methodology from **attachment theory**, found some support that the "effects of trauma are transmitted within moment-to-moment relational exchanges, largely non-verbal, that occur between parents and children."²
- Recent research conducted by Jawaid, Roszkowski, & Mansuy (2018) in **epigenetics** (the study of heritable changes in gene expression associated with modifications of DNA that do not alter the primary DNA sequence) stated, "Traumatic stress is a type of environmental experience that can modify behavior, **cognition** and physiological functions such as metabolism, in mammals. Many of the effects of traumatic stress can be transmitted to subsequent generations even when individuals from these generations are not exposed to any traumatic stressor (p. 273)."⁹
- From a multicultural perspective, Duran describes trauma from an American Indian point of view as a "**soul wound**" stating, "T his trauma involves the recognition that horrifically violent experiences inflicted on individuals in the past result in unhealthy outcomes that are passed on to one's offspring and manifested in future generations."¹⁰



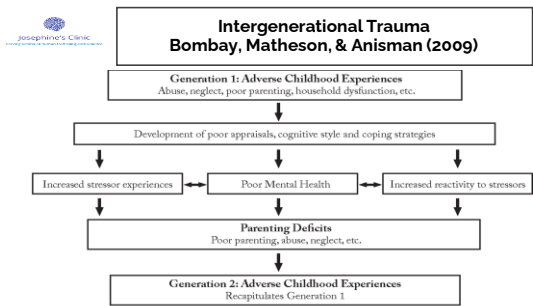
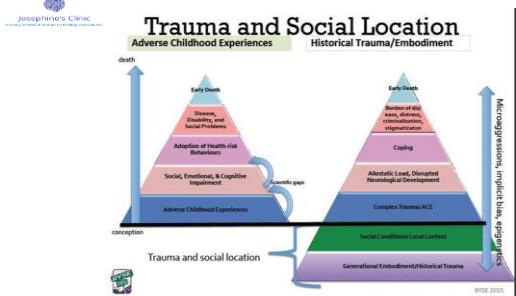


Figure 1. Mediators of the intergenerational transmission of trauma within families





A MOMENT OF INSIGHT

If we carry
intergenerational
trauma (and we do),
then we also carry
intergenerational wisdom.
It's in our genes and in
our DNA.

KAZU HAGA

Link: <http://ynetteedavis.com/2019/02/>



What is Traumatic Childhood Attachment?

- Dr. Schwartz provides the following information related to Attachment Trauma
- As a result of attachment trauma, you might carry **beliefs that you are damaged, not lovable, or that you cannot trust anyone.** You might have feelings of **shame, unworthiness, or helplessness.** Perhaps, you feel plagued by anxiety **or believe that you don't belong in this world.**
 - Attachment trauma can **lead you to withdraw from relationships in order to avoid further rejection or hurt.** Or, you might feel overly dependent upon others and fearful of rejection. If you relate to these symptoms, it is important to know that you are not alone. These painful emotions are remnants of your past. "
 - Growing up with childhood trauma **inhibits creativity and replaces curiosity with fear.** Your ability to feel confident in your friendships or successful in school becomes hindered. Over time, feelings of insecurity and inadequacy **inform your sense of self—they become your identity.**

Link: <https://danielleschwartz.com/complex-ptsd-and-attachment-trauma-di-arielle-schwartz/#.XSULL3YoeE>



What is Traumatic Childhood Attachment? [cont.]

- Dr. Schwartz provides the following information related to Attachment Trauma
- Growing up with childhood trauma inhibits creativity and **replaces curiosity with fear.** Your ability to feel confident in your friendships or successful in school becomes hindered. Over time, **feelings of insecurity and inadequacy inform your sense of self—they become your identity.**
 - Often complex trauma begins **in infancy.** The nervous system of an infant is completely dependent upon caregivers to help them feel safe, connected, and calm. **Growing up with parents who were dysregulated, abusive, or neglectful shapes a child's vulnerable nervous system.** This can lead to long-lasting patterns of emotional and physiological distress that get carried into adulthood.
 - Sometimes, memories of physical or sexual abuse can lead to strong emotions and body sensations without a well-developed ability to explain your experience with words.** These feelings can be difficult to understand. There may be parts of your memories that are unclear or forgotten. These experiences can evoke feelings self-doubt. Moreover, your ability to care for yourself as an adult is often a reflection of how you were cared for as a child.

Link: <https://danielleschwartz.com/complex-ptsd-and-attachment-trauma-di-arielle-schwartz/#.XSULL3YoeE>

THE TRAUMA TREE

adult

teenager

childhood

infancy/toddler

birth

prenatal

www.STEAMPoweredFamily.com

Trauma & Brain Development

Legend:

- Reptilian Brain
- Limbic System
- Neocortex

Typical Development

- Cognition
- Social/Emotional
- Neurobiology

Developmental Trauma

- Social/Emotional
- Neurobiology
- Hypertoxed

Adapted from Holt & Jordan, Ohio Dept. of Education

<https://drjockers.com/effective-childhood-trauma-recovery/>

Effects of Childhood Abandonment

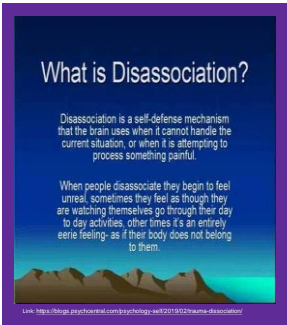
Link:
<https://livewellwithsharonmartin.com/healing-psychological-effects-of-abandonment/>





How are Traumatic Childhood Attachment and Dissociation Connected?

Doris Brothers (2014) stated, "Traumatic attachments are seen as forming within systems that, at some point in their history have been plunged into chaos by trauma. Once established they tend to coalesce into patterns of relating so inflexible and resistant to change that they profoundly affect parent-child interactions over generations. The rigidity of these attachment patterns is attributed to their heavy reliance on dissociation (p. 1)."






A MOMENT OF INSIGHT


How a parent treated you as a child is not a reflection of who you are
it's a reflection of their own childhood experience

Link:
<https://www.facebook.com/theholisticpsychologist/photos/a.136835623459781/1372720352751563/?type=3&theater>

you are free to no longer **personalize** it



Impact of Childhood Trauma



Brain Development

- Smaller brain size
- Less efficient processing
- Impaired stress response
- Changes in gene expression

Cognition

- Impaired readiness to learn
- Difficulty problem solving
- Impaired memory
- Problems with concentration
- Poor academic achievement

Emotional Health

- Deep disorders
- Eating disorders
- Poor immune system
- Endocrine/body weight issues
- Shorter life span

Behavioral

- Poor self-regulation
- Aggression
- Poor impulse control
- Poor social-interpersonal skills
- Peer rejection
- Sexual acting out
- Alcoholism/dependency
- Drug and sexual abuse


Physical Health

- Depression
- Anxiety
- Hypertension/diabetes
- Prostate/uterine cancer
- Disorders (PTSD)
- Stress-related

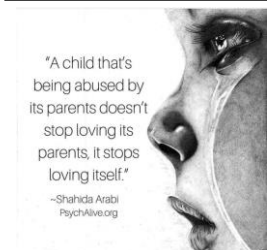
Relationships


- Attachment problems/difficulties
- Poor understanding of social interactions
- Difficulty forming relationships with peers
- Problems in romantic relationships
- Intergenerational cycles of abuse and neglect

Link:
<https://www.childtrends.org/publications/how-to-implement-trauma-informed-care-to-build-resilience-to-childhood-trauma>

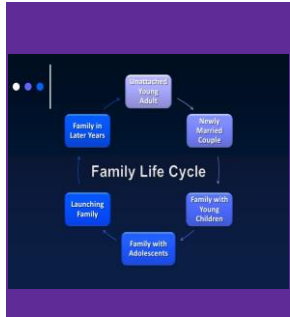


A MOMENT OF INSIGHT





What is the Family Life Cycle?



Link:
<https://www.slideshare.net/abpasual/the-family-life-cycle>

<https://therehab.com/learning/prolonged-trauma-and-c-ptsd/>

BEAUTY AFTER BRUISES.COM

| Grief = Sadness | Trauma = Terror |
|---------------------------------------|--|
| Generalized reaction is SADNESS | Generalized reaction is TERROR |
| Grief reactions stand ALONE | Trauma reactions generally include grief reactions |
| Known to the public and professionals | Largely unknown (esp. in children) |
| Does not disfigure identity | Attacks and distorts identity |
| Guilt says, I wish I would have... | Guilt says, it was my fault |
| Dreams of person who died, was hurt | Dreams of self dying, being hurt |
| Pain is related to the loss | Pain is related to tremendous terror and sense of powerlessness, fear and loss of safety |
| Anger is NOT destructive | Anger is accusative (even if non-violent) (normal) |



Self-Care Check In

| Secondary Traumatic Stress: | Vicarious Trauma: | Burnout: |
|---|---|--|
| A.k.a. Compassion Fatigue. Emotional distress resulting from hearing about firsthand trauma experienced by another. | Changes in the inner experience of the clinician resulting in empathizing with a traumatized individuals. | Emotional exhaustion, depersonalization, reduced feelings of accomplishment. Results from general occupational stress with or without trauma exposure. |

Link:
https://www.google.com/search?q=symptoms+of+compassion+fatigue+and+vicarious+trauma&btn=isch&ved=2ahUKEw56q-VmpbAhhXSctABHTy3DgQ2-cCag2UABAA&asymptoms+of+compassion+fatigue+and+vicarious+trauma&gs_l=jop=CgpbzUvGAI1AAWABgD1pAH5AAACAGQIAQ2cSAQcYASQpL2m3MjQ8LVl2Zw&client=omg&utm=EE3X_mGILyuehPYO8RwLUuAfe=active&asus=onfmaro=VvEmvTZDMnd5WM



How Am I Feeling?



Link:
<https://www.pinterest.com/pin/406399197621900059/>



What is the definition of a "Wounded Healer?"

Link:
https://www.google.com/search?q=what+is+a+wounded+healer&btn=isch&ved=2ahUKEw56q-VmpbAhhXSctABHTy3DgQ2-cCag2UABAA&asymptoms+of+compassion+fatigue+and+vicarious+trauma&gs_l=jop=CgpbzUvGAI1AAWABgD1pAH5AAACAGQIAQ2cSAQcYASQpL2m3MjQ8LVl2Zw&client=omg&utm=EE3X_mGILyuehPYO8RwLUuAfe=active&asus=onfmaro=VvEmvTZDMnd5WM

Nobody escapes being wounded. We are all wounded people, whether physically, emotionally, mentally, or spiritually. The main question is not, 'How can we hide our wounds?' so we don't have to be embarrassed, but 'How can we put our woundedness in the service of others?' When our wounds cease to be a source of shame, and become a source of healing, we have become wounded healers.

Henri Nouwen

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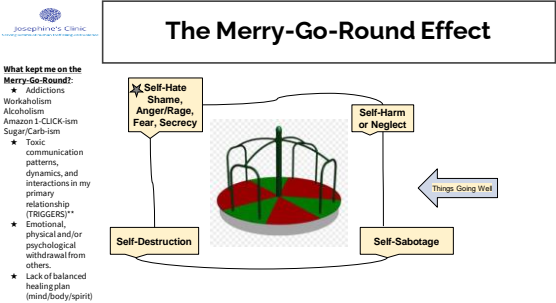
ANGUISH WITHOUT MEASURE

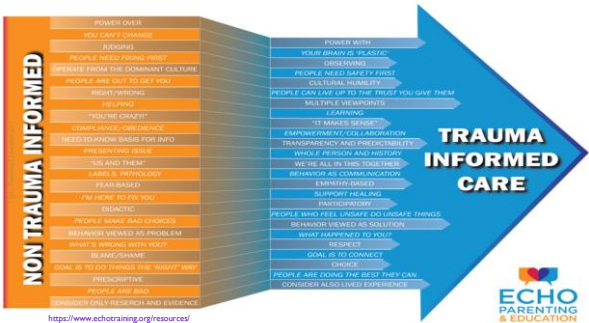
Described as a noun
severe mental or physical pain or suffering

Synonyms: *agony, pain, torment, torture, suffering, distress, angst, misery, sorrow, grief, heartache, heartbreak, unhappiness, woe, desolation, despair, the dark night of the soul, hell on earth.*

Described as a verb
To be extremely distressed about something.

https://www.google.com/search?q=anguish+definition&rlz=1C1NDPCM_enUS851US852&source=lnms&sa=X&ved=0ahUKewjxzOGA4H6AHUJH8KHYX0BTwQ_AUUDCgA&biw=1280&bih=610&dpr=1.5





THROUGH THE LOOKING GLASS: APPLYING A COMPLEX TRAUMALENS WHEN WORKING WITH CHILDREN AND ADOLESCENTS

Attachment and Relationships

- Attachment to primary and secondary caregivers, adults, and peers
- Patterns of attachment and separation from caregivers
- Disruptive attachment
- Secure function
- Difficulty relating to others and relating to other people's experiences

Physical Health, Body & Brain

- Development: developmental patterns
- Regulation
- Patterns of coordination, balance, body tone
- Dysregulation
- Increased motoric problems related to state shift
- Developmental needs: regulatory functions

Emotional Regulation

- Difficulty expressing and regulating
- Difficulty expressing and managing feelings
- Difficulty identifying and naming states
- Difficulty communicating and needs
- Developmental needs: regulatory functions, etc.

Self Concept & Future Orientation

- Self of a future: a sense of self
- High or low of a future: a sense of self
- Disruption of a future: a sense of self
- Low self-esteem
- Disruption of a future: a sense of self
- Disruption of a future: a sense of self
- Disruption of a future: a sense of self

Thinking & Learning

- Difficulties with attention, focus, and attention
- Lack of cognitive capacity
- Patterns of thinking and learning
- Difficulties with planning and problem-solving
- Learning difficulties
- Patterns of thinking and learning

Behavior

- Difficulties with impulse control
- Difficulties with emotional regulation: aggression, self-harm, etc.
- Difficulties with social interaction
- Difficulties with social interaction
- Difficulties with social interaction
- Difficulties with social interaction

Disorientation

- Disorientation: a sense of self
- Disorientation: a sense of self
- Disorientation: a sense of self
- Disorientation: a sense of self
- Disorientation: a sense of self
- Disorientation: a sense of self

Mandy Hobb, Psy.D., Adelphi University School of Social Work Institute for Adolescent Trauma Treatment & Training (June 13, 2017) Complex Trauma Domains of Impact (The National Child Traumatic Stress Network NCTSN) <http://www.nctsn.org/trauma-appeal/complex-trauma/effects-of-complex-trauma>

LANGUAGE AND COMMUNICATION

Verbal

Non-Verbal

There have been a lot of studies about this, but roughly it can be stated that when people communicate, 7% relates to the importance of the words we use, 38% refers to tone of voice and inflection and a staggering 55% refers to the importance of body language/face.

Closed body language means crossing, covering or hiding. Sometimes you don't want to attract certain people; this is what you need to do in such cases:

- Don't look them in the eyes;
- Fold your arms or hide your hands in the pockets;
- Turn your body away from them;
- Cross your legs and point your feet away from them;
- Put barriers between you and them;
- Frown, or smile all the time a strained smile.

<http://www.bodylanguageforummies.com/what-is-body-language>

Language Is Everything!

| Deficit-Based vs. Strength-Based Thinking | | Language of Appreciative Inquiry and Invitation | |
|---|--|---|-------------------------|
| Deficit-Based | Strength-Based | Appreciative Inquiry [^] | Invitation [*] |
| What's wrong with him/her? | What's right with him/her? | "notice" | "when you are ready" |
| He/she is just a bad person. | There is no such thing as a bad person. | "curiosity" | "can we talk about" |
| Look at his/her behavior. | Look at his/her struggle. | "interest" | "if you like" |
| He/she can't be trusted. | He/she needs positive people he/she can trust. | "allow" | |
| Give him/her an inch, and he/she will take a mile. | Give him/her a chance, and he/she could go far. | "try" | |
| The police, judge, parole officer will get his/her attention. | Caring professionals will get his/her attention. | "test" | |
| Our policy in this program is zero tolerance. | Our policy is positive and supportive relationships. | [^] Appreciative Inquiry is an affirming way to embrace human, institutional and organizational change. Retrieved 09/07/2018 from http://poorivivstrategist.com/appreciative-inquiry-overview/ | |
| We have the authority. | We have his/her heart. | [*] Invitational language is language that incorporates invitations and options rather than imperative style commands. Retrieved 09/07/2018 from https://beyondyourpractice.wordpress.com/2017/06/05/invitational-language/ | |



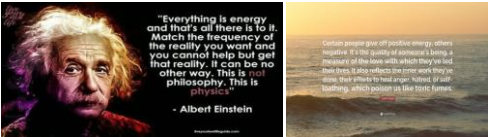
How does the "spirit of trauma-informed care" manifest in the service we provide to victims of human trafficking and violence?

We start first with the understanding that we meet people where they are emotionally, psychologically, physically and spiritually. There is no judgment, just a desire to provide unconditional love and support to those who have lived through traumatic experiences for all of their lives, beginning in early childhood. We actively listen, mindfully participate, and "live in the moment," with the person who has trusted us with their safety (mind-body-spirit) in an effort for them to connect to someone who helps them feel loved, heard, and understood. We ourselves understand the importance of self-care so that we can best serve those who are in need of unconditional love and support. We consider these moments with victims of human trafficking and violence as "sacred," and will encourage those who give us their trust and faith to reach out to us whenever we are needed. We see their lived experiences from a position of strength, not weakness as they have demonstrated their ability over and over again to overcome extraordinary trauma and hardship. Those who choose to honor us with their trust and safety are Warriors with a strength and resiliency even they are unaware of. We believe that in serving in the "spirit of trauma-informed care" we will be able to walk alongside those who are on their healing journey as they discover their strengths, resiliency, sacred gifts, and unconditional love that they can truly have for themselves and those they love."--Kelly Bohnhoff

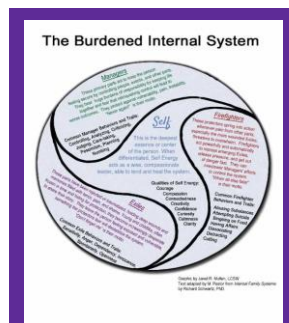


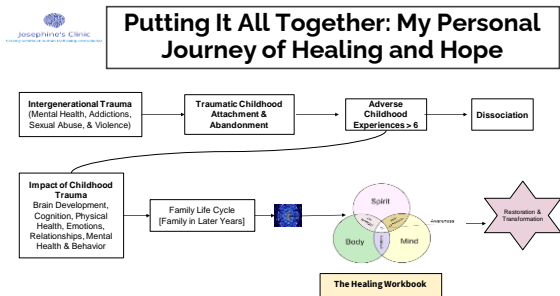
How does the "spirit of trauma-informed care" manifest in the service we provide to victims of human trafficking and violence?

In a study conducted by Werkmeister, Ostrander, & Feely (2018), the authors stated, *"It is important to note that participants also reported positive interactions with social workers, police, delinquency judges, and other program personnel; treating them as victims, not criminals and **"ruling with heart"** were common attributes among these individuals.*⁷



A WORD ABOUT ENERGY

[illegible][illegible]







Unconditional Love & Encouragement

<https://vimeo.com/463174200>



Suggestions and Recommendations

1. Misidentification—As part of the identification process **include interviews, assessments and procedures that explore intergenerational patterns of trauma and signs and symptoms of traumatic attachment**. This additional information **can provide additional risk factors for assessing the lived experiences of the minor** and provide a more in-depth understanding of how the minor was bought or sold for sex as a victim of domestic minor sex trafficking.
1. Response to Victims—As part of the response to victims **I would include statutorily mandated or authorized training on human trafficking and domestic minor sex trafficking that includes intergenerational trauma and traumatic childhood attachment**. Further, **I would extend this requirement from only law enforcement** to all licensed and unlicensed health providers, legislators, investigators, criminal justice representatives, social workers, therapists, case workers, etc. in order to provide consistent training, tools, and responses to victims of human trafficking and domestic minor sex trafficking.



Questions





Joy, Joy, Joy!

<https://vimeo.com/462440474>




Time for Reflection



After participating in this Webinar:

1. What is something new that you learned?
2. What was something you felt during the presentation?
3. What is something you will do moving forward?



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