

**Break the Cycle: Understanding and Treating Generational Trauma
Timed Outline, Description & Objectives:**

(How Families Pass Down Trauma: The Interplay of Epigenetics, Addiction, Resiliency and Effective Trauma Treatment to Break the Cycle for Families and Individuals)

Timed outline

- 8:30am – 8:45am Registration & Sign In
- 8:45am – 9:45am Defining trauma, exploring traumatology
- 9:45am – 11:30am Passing down trauma through generations
(10:15-10:30am break)
- 11:30am – 12:00pm Addiction connections to trauma
- 12:00pm – 1:00pm Lunch
- 1:00pm – 3:45pm Effective trauma treatment strategies for individuals and families
 - 1:00pm – 1:30pm - Motivational Interviewing techniques
 - 1:30pm – 2:00pm - Brief Strategies
 - 2:00 – 2:30pm - Mindfulness, meditation
- 2:30pm – 2:45pm Break
- 2:45pm – 3:15pm - Holistic Resourcing – Techniques utilizing the whole brain, Neurofeedback
- 3:15pm – 3:45pm - Bilateral Stimulation, EMDR Therapy
- 3:45pm – 4:15pm Developing resiliency and understanding post traumatic growth
- 4:15pm – 4:30pm Wrap Up, Q & A and Evaluations

This workshop will explore how trauma is passed down from generation to generation, through the changes in one’s own genetics but also through environmental and behavioral factors. We will discuss the interplay of these phenomena and exploring common behaviors; moreover, we will understand these responses as adaptations to traumatic events. We will examine the connection between trauma and addiction, recognizing it as “ritualized compulsive comfort-seeking”, a normal response to the adversity experienced in childhood. We will explore pathways to healing, including effective trauma treatment strategies for families and individuals, including various motivational, short term, mindfulness-based, and insight focused interventions, allowing for the cultivation and expansion of one’s resilience capacity.

Understand trauma and how it is passed down from generation to generation, exploring changes in genetics, environmental and behavioral factors.

Identify the signs and symptoms of trauma, how these symptoms manifest and why individuals adopt these behaviors.

Recognize the interplay between adverse childhood experiences and traumatic behaviors

Relabel addiction as “ritualized compulsive comfort-seeking”

Identify effective pathways to healing for families and individuals effected by generational trauma

Learn to assist families and individuals to cultivate and expand their resiliency capacity
