

INTER-GENERATIONAL HEALING:

A trauma informed approach to parenting



PROGRAM DEVELOPMENT

- Historical & Collective Wisdom
- Best practice models & tools, used by numerous professionals, **in over 30 years of trauma based service delivery**
- Adult learning techniques
- Research validation and reliability tested information
- **Notable resources:** Dr. Kazimierz Dabrowski, Dr. Marlene Rankle, Dr. Klaus Holschmidt, Dr. Bruce Perry and the Child Trauma Academy, Dr. Peter Jaffe, Dr. Linda Baker, Dr. Martin Brokenleg, Dr. Linda Chamberlain, Virginia Satir, the Harvard University Centre for Child Development.

WHO IS THIS GROUP FOR?

- **Adults in a parenting**/primary caregiver role, who are concerned that trauma from their past may be negatively impacting their parenting.
- **Adults in a parenting**/primary caregiver role, supporting children who have been exposed to trauma.
- **Adults supporting the parenting** role of their adult children, where trauma has been a significant factor in the family history (grandparents).

COMMUNITY PARTNERSHIPS

May Include:

- Provision of facility and hosting for meetings.
- Community service support staff who attend group with participants.
- Follow-up with participants who may need additional support or debriefing after sessions, or who have missed a session.
- Transportation to ensure participants can attend sessions.
- Child care for participants who are attending sessions.
- Referrals when needed to additional or optional services.
- Cover the financial costs to bring the group to the community.

KEY ISSUES FOR THOSE WHO USE THIS SERVICE

WHAT ARE THE STRESSES AND PRESSURES ON THOSE WHO STRUGGLE WITH PARENTING?

Risk factors that research tells us are correlated to high incidents of :

- Drop out rates in school
- Addictions and substance abuse
- Involvement in criminal justice or child protection services
- Negative outcomes in health/mental health

RISK FACTORS

CHILD RISK FACTORS

- Child younger than 4 years of age
- **Child's temperament/insecure attachment**
- **Child's special needs or mental health issues**
- Child identified as sexual minority youth
- Child engaging in high-risk behaviour

■ **FAMILY RISK FACTORS**

- **Social Isolation**
- Transiency
- Geographic Isolation
- **Poverty or Unemployment**
- **Low parental involvement or neglect from main or both caregiver(s)**
- **Harsh discipline from one or both caregivers**
- **Domestic Violence/Abuse in recent or current caregiver adult relationship(s)**

Caregiver risk factors

- **Depression/Mental health issues or challenges**
- **Substance Abuse**
- **Caregiver abused as child**
- **Caregiver Exposure to Domestic Violence in family of origin**
- **Caregiver belief in corporal punishment**
- **Caregiver poor understanding of child development**
- Caregiver current young parental age

■ **Community risk factors**

- Violence in community
- Drug trafficking
- **Lack of safe affordable housing**
- **Lack of services/access**
- **Bullying or discrimination**
- Other risk factors

SERVICE DELIVERY PRINCIPLES

- Intrinsic value of every participant.
- Everyone has something to contribute, everyone has capacity to heal.
- Respect that everyone is there to learn, give everyone opportunity to participate.
- Respect confidentiality, when information must be shared, it is on a need to know basis, participants determine what they share.
- Create a safe space for all participants in order for them to do their work.

GROUP PROCESS

- **Guided Imagery (self awareness and grounding for self care)**
- **Group temperature reading**
- **Group content and discussion**
- **In session or homework exercises**
- **Closing thoughts (debriefing)**

GROUP CONTENT

- **Self Care The Healing Journey**
- **Communication & Boundaries**
- **Understanding Trauma**
- **Working Through Grief and Loss**
- **Family of Origin Patterns – Choosing Our Legacy**
- **Addictions and Mental Health**
- **Domestic Violence**
- **Child Development**
- **Attachment**
- **Communicating with Children**
- **Children Learn Through Play**
- **Discipline (needs model) versus Punishment (behavioral model)**

OUR PROGRAM OUTCOMES

Participant Outcomes

- Participants are empowered to replace trauma-based reactions, with conscious parenting decisions to support holistic child development.
- Participant parenting reflects the developmental needs of the children.
- Participant parenting promotes child pro-social skill development.
- Participants recognize personal triggers and emotional overload.
- Participants practice routine self-care.
- Participants apply skills of emotional regulation, delaying gratification, and self-soothing.

Pace Program Outcomes

- Increase Pace collaboration between service providers.
- Increase community capacity to support high risk clients.

WHAT PARTICIPANT OUTCOME SCORES TELL US #1

- **I understand the impact of trauma on myself.**
- **I understand the impact of childhood trauma on brain development and child behavior.**
- **I know how my relationship with my child(ren) impacts his/her development.**
- **I am aware of how my child(ren) changes as he/she grows and develops.**
- **I make parenting decisions that age appropriately support my child(ren)'s development.**
- **I discipline my child(ren) without yelling or threatening.**
- **I discipline my child(ren) without hitting or spanking.**
- **I am able to recognize my feelings and calm myself when needed.**
- **I support my children in recognizing their feelings, and calming themselves when needed.**
- **My child(ren) and I play/talk with each other, focusing attention on each other each day.**

WHAT PARTICIPANT OUTCOME SCORES TELL US #2

- **I take time to listen to my children.**
- **I use healthy strategies to manage stress**
- **In general, I feel good about myself.**
- **I feel good about my future.**
- **I know what I can do to contribute to healthy relationships.**
- **I resolve relationship conflicts respectfully.**
- **I access the resources available for my family when needed.**
- **I participate with my children in community social events and activities.**
- **I am able to set personal boundaries.**
- **I am able to solve problems.**

CLIENT COMMENTS

I found it brought acceptance of myself, and all that I have been through.

I liked the bigger picture, the inter-generational perspective, the cross-cultural reality, we are all vulnerable and in some way wounded, and can benefit from healing.

The biggest realization I had is to take care of myself, that if I am not safe, and if I cannot control my emotions, and communicate my feelings and needs, I cannot help the children build those skills. I now believe in myself, and I deserve to have safety and respect in my relationships.

The openness of the group gave me the courage to share my stories. I have no more fear.

meditations starting every group were powerful for me, I was so surprised and inspired at the messages that came to me in that process

I never thought of myself as important before

Learning that it was ok to cry & that healthy people cry was like letting all my pain come out from being trapped inside me.

Feeling respected and not being judged.

A lot of the information I sort of knew, but the group gave me a better understanding. **It was not just head stuff, it also dealt with the heart stuff.**

I am talking about how abuse has affected me with my sisters, we are all talking about things we never used to speak about, we want to end the trauma with our generation,

QUESTIONS OR COMMENTS?

THANK YOU

