



## July 2022 Newsletter

Adams, Brown, Cass, Hancock, Morgan, Pike, Schuyler

### Friendly Reminders!

\* Let your coordinator know if you will be out of town and are not able to see your children through the summer

\*Court reports are due 2 weeks before your cases court hearing

\*We can not transport any person involved in your CASA cases



July 4<sup>th</sup>, 2022  
Independence Day

### Easy Summer Craft



### Birthdays!

2-Michelle Gates  
12-Carrie Steffensmeier  
17-Diane Ludington  
19-Brandi Riddell  
24-Hannah Campbell  
25-Lisa Gallion  
26-Ashlen Miller  
30-Kylee Straube

**Enjoy  
your day!**

### Summer Reading Idea

\*1 book is 3 continuing ed hours\*

#### *The Body Keeps the Score*

Dr. Bessel van der Kolk, one of the world's foremost experts on trauma, has spent over three decades working with survivors. In *The Body Keeps the Score*, he uses recent scientific advances to show how trauma literally reshapes both body and brain, compromising sufferers' capacities for pleasure, engagement, self-control, and trust. He explores innovative treatments—from neurofeedback and meditation to sports, drama, and yoga—that offer new paths to recovery by activating the brain's natural neuroplasticity.

July 

**Link for webinar to count  
for continue ed hours!**

<https://illinoiscasa.org/what-we-do/training/recorded-webinar-registration-forms/intergenerational-trauma.html>

**Intergenerational Trauma**

### Summer Movie Idea

\*2 hours of continuing ed hours\*

*The Glass Castle*  
(Available on amazon prime)

A young girl comes of age in a dysfunctional family of nonconformist nomads with a mother who's an eccentric artist and an alcoholic father who would stir the children's imagination with hope as a distraction to their poverty.

# Intergenerational Trauma

Intergenerational trauma refers to trauma that is passed from a trauma survivor to their descendants. It can also be referred to as transgenerational or multigenerational trauma.

People experiencing intergenerational trauma may experience symptoms, reactions, patterns, and emotional and psychological effects from trauma experienced by previous generations (not limited to just parents or grandparents).

## What Does Intergenerational Trauma Look Like?

Those affected by intergenerational trauma might experience symptoms similar to that of post-traumatic stress disorder (PTSD), including hypervigilance, anxiety, and mood dysregulation.

However, because the individual did not directly experience the trauma themselves, they will not experience flashbacks or intrusive memories. They experience trauma symptoms and trauma responses from events that did not occur to them; rather, the response is inherited genetically.

Because stress responses are linked to more physical health issues, intergenerational trauma can also manifest as medical issues including heart disease, stroke, or early death.<sup>1</sup>

## Treatment and Coping for Intergenerational Trauma

As noted above, intergenerational trauma persists for multiple generations if additional trauma is not present. However, research shows that children of parents with higher ACEs scores are at higher risk for their own adverse childhood experiences.<sup>11</sup>

If you experience intergenerational trauma, trauma-informed interventions and therapy treatment can help you cope with your own symptoms, understand the impact of intergenerational trauma, and equip you with tools to help change deeply embedded patterns and heal yourself and generations after you.

Even if you do not have your own memories of the trauma, a trauma-informed approach to care can help you manage your body's physiological response to intergenerational trauma.

There are many resources available to those dealing with trauma, both personal and intergenerational. Recognizing trauma symptoms, even if they are inherited rather than related to a personal trauma, is vital in coping and seeking support for intergenerational trauma.