

AGENDA

Supporting More Than Just the Individual: The Need to Understand Trauma Through a Generational Lens Nicole Kelly, Psy.D.

Note: All times are Pacific Time

9:00 – 9:10: Welcome and introduction

9:10 – 10:30: **Overview of Generational Trauma**

- Defining generational trauma
- Barriers to not understanding generational trauma
- Models of generational trauma transmission

10:30 – 10:40: Morning Break

10:40 – 12:10: **Epigenetics and Examples of Generational Trauma**

- Epigenetics
- Generational trauma within the African American community
- Generational trauma within the Native community
- Generational trauma within the Latino community

12:10 – 12:50: Lunch Break

12:50 – 2:20: **Examples of Generational Trauma continued**

- Generational trauma amongst Holocaust survivors
- Generational trauma within the Asian American community
- Health disparities
- Generational poverty

2:20 – 2:30: Afternoon Break

2:30 – 4:00: **Generational Resilience and Supporting Individuals**

- Generational resilience
- Multigenerational approach
- Assessing generational trauma and resilience
- Supporting individuals with generational trauma