## 5/21/2024 TRAUMA TRAINING TUESDAY

VIRTUAL/ZOOM Third Tuesday of the Month 12:00 P.M.-2:00 P.M.

## INTERGENERATIONAL TRAUMA

Many of the psychological burdens we bear may not be our own. The latest in Mental Health research has shown us that ancestors may have genetically encoded their traumatic responses, passing them to future offspring they may never even meet. This presentation will help to make sense of this and will offer promising practices in the treatment of intergenerational trauma.



## Amy Ebbeson, LCSW is a

macro social worker and trauma focused social justice educator. Her hope is that addressing the impact of trauma from a place of self-compassion will yield better life outcomes. This new research validates the importance of understanding family history and can help us extend our compassion to those that have come before us.

Using the link below you should be able to join from a desktop, laptop, tablet, or phone at noon on May 21st. It will be recorded for later viewing. No need to rsvp to join, and please share!

Topic: Intergenerational Trauma Time: May 21, 2024- 12:00 PM Eastern Time

Join Zoom Meeting

https://us02web.zoom.us/j/81768933438?pwd=am9HZmxxSkg1TmRDTDBFRzMzdjlnUT09





