



Webinar, Friday, October 9, 2020 2:00 - 3:30 PM ET

*In the Beginning: How Intergenerational Trauma and Traumatic Childhood Attachment Impact the Healing Journey*

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Welcome & Introduction

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This presentation was originally created for domestic minor sex trafficking (DMST) survivors. It was adapted to also include those who serve this unique population as health providers, legislators, investigators, criminal justice representatives, social workers, therapists, case workers, etc., as they may also experience compassion fatigue, vicarious trauma, secondary traumatic stress, and/or burnout while addressing the unique needs of this invisible and vulnerable population in our country.

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Presentation Objectives

1. Discuss the impact of intergenerational trauma (IGT) and traumatic childhood attachment (TCA) on the healing journey of trauma survivors.
2. Describe the connections between IGT, TCA and significant life events.
3. Explore how to re-balance the mind/body/soul through guided meditation, breathing exercises, music, and development of a personalized healing plan.

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### Reflection and Self-Care

In the event that you or someone you know and love are a survivor, and/or experiencing traumatic stress or vicarious trauma there may be parts of this presentation that may trigger an emotional response or traumatic memories. Should this occur, please feel free to take a break from the presentation for awhile, or possibly view the presentation at a later date as it is being recorded for future access. **Self-care is the priority!**

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### Where Does This Presentation Information Come From?

- ❖ The information shared in this presentation today is based on the presenter's personal, professional, and volunteer lived experiences as a co-founder of Josephine's Clinic (<https://www.josephinesclinic.com/>).
- ❖ Any examples of personal, professional, and/or volunteer lived experiences that include other persons will be shared in a way that does not identify others in order to maintain their privacy and anonymity unless permission was given to share the person's identity prior to the presentation.
- ❖ Key references and resources used in the presentation will be provided throughout the presentation, on the last slide, and in the Healing Workbook.
- ❖ The information contained in this presentation is copyrighted© and cannot be used, presented, or published without without the express written consent of the presenter.

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### A Quick Guided Meditation



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Background

- ★ Poverty, education gaps, intergenerational trauma, traumatic childhood attachment, adverse childhood experiences, dissociation, and the impact of childhood trauma directly affect the vulnerability of children to domestic minor sex trafficking (DMST).<sup>1-5</sup>
- ★ DMST victims experience familial and close acquaintance trafficking as the most common type of domestic minor child sex trafficking in the U.S.<sup>1,5,7</sup>
- ★ Lack of coordination, education, training, awareness and implementation of interprofessional, victim-centered, and trauma-informed responses to DMST victims among and within organizations involved results in misidentification and re-traumatization.<sup>6,8</sup>
- ★ Current service providers and organizations are ill equipped to respond to DMST victims, and few services are targeted toward the specialized needs of DMST victims.<sup>6,8</sup>

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Background

- ★ Those service providers and organizations who are responding to DMST victims lack funding.<sup>6,8</sup>
- ★ Although trauma-informed care has been introduced as a model for identification and response to victims of human trafficking, there appears to be a potential gap in the "spirit with which the care is implemented" with victims of human trafficking (K. Bohnhoff, Personal Communication, 6/9/2020)<sup>9</sup>.
- ★ The research literature provides only limited information related to the combined impact or connection between intergenerational trauma, traumatic childhood attachment, adverse childhood experiences, dissociation, and childhood trauma on the lives of DMST survivors.<sup>1-5</sup>

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What is Intergenerational Trauma?

- It is **unclear just how intergenerational trauma occurs**.<sup>1,2</sup>
- However, a growing number of researchers, using methodology from **attachment theory**, found some support that the "effects of trauma are transmitted within moment-to-moment relational exchanges, largely non-verbal, that occur between parents and children."<sup>2</sup>
- Recent research conducted by Jawaid, Roszkowski, & Mansuy (2018) in **epigenetics** (the study of heritable changes in gene expression associated with modifications of DNA that do not alter the primary DNA sequence) stated, "Traumatic stress is a type of environmental experience that can modify behavior, cognition and physiological functions such as metabolism, in mammals. Many of the effects of traumatic stress can be transmitted to subsequent generations even when individuals from these generations are not exposed to any traumatic stressor (p. 273)."<sup>9</sup>
- From a multicultural perspective, Duran describes trauma from an American Indian point of view as a **"soul wound"** stating, "This trauma involves the recognition that horrifically violent experiences inflicted on individuals in the past result in unhealthy outcomes that are passed on to one's offspring and manifested in future generations."<sup>10</sup>

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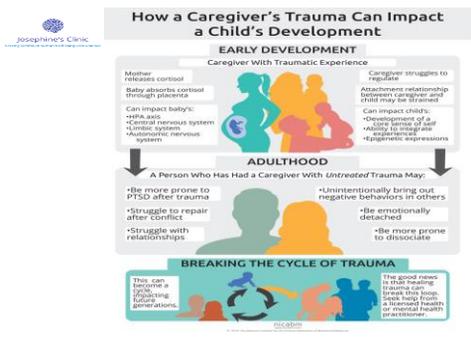
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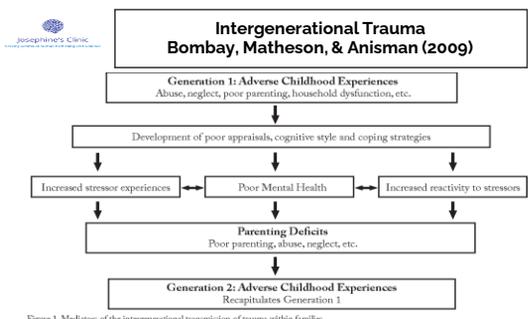


Figure 1. Mediators of the intergenerational transmission of trauma within families

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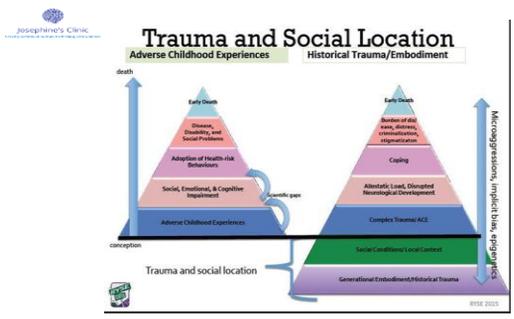
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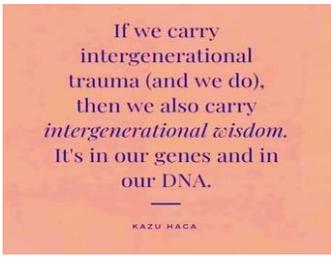
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A MOMENT OF INSIGHT



Link: <http://myettedavis.com/201902/>

Horizontal lines for notes



What is Traumatic Childhood Attachment?

- Dr. Schwartz provides the following information related to Attachment Trauma
• As a result of attachment trauma, you might carry beliefs that you are damaged, not lovable, or that you cannot trust anyone.
• Attachment trauma can lead you to withdraw from relationships in order to avoid further rejection or hurt.
• Growing up with childhood trauma inhibits creativity and replaces curiosity with fear.

Link: <https://drielleeschwartz.com/complex-ptsd-and-attachment-trauma-di-arielle-schwartz/#.XJULL3Y0eE>

Horizontal lines for notes



What is Traumatic Childhood Attachment? [cont.]

- Dr. Schwartz provides the following information related to Attachment Trauma
• Growing up with childhood trauma inhibits creativity and replaces curiosity with fear.
• Often complex trauma begins in infancy.
• Sometimes, memories of physical or sexual abuse can lead to strong emotions and body sensations without a well-developed ability to explain your experience with words.

Link: <https://drielleeschwartz.com/complex-ptsd-and-attachment-trauma-di-arielle-schwartz/#.XJULL3Y0eE>

Horizontal lines for notes



# Effects of Childhood Abandonment

Link: <https://livewellwithsharonmartin.com/healing-psychological-effects-of-abandonment/>

**Heal the Psychological Effects of Abandonment**

- Shame
- Anxiety
- Depression
- Perfectionism
- People-pleasing
- Low self-esteem
- Codependency
- Feeling unworthy and inadequate
- Difficulty trusting

LiveWellWithSharonMartin.com

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## How are Traumatic Childhood Attachment and Dissociation Connected?

Doris Brothers (2014) stated, "Traumatic attachments are seen as forming within systems that, at some point in their history have been plunged into chaos by trauma. Once established they tend to coalesce into patterns of relating so inflexible and resistant to change that they profoundly affect parent-child interactions over generations. The rigidity of these attachment patterns is attributed to their heavy reliance on dissociation (p. 1)."

**What is Dissociation?**

Dissociation is a self-defense mechanism that the brain uses when it cannot handle the current situation, or when it is attempting to process something painful.

When people dissociate they begin to feel unreal, sometimes they feel as though they are watching themselves go through their day to day activities, other times it's an entirely eerie feeling- as if their body does not belong to them.

Link: <https://blog.psychcentral.com/psychology/2019/02/trauma-dissociation/>

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## A MOMENT OF INSIGHT

**How a parent treated you as a child is not a reflection of who you are**

**it's a reflection of their own childhood experience**

@sharonmartinmgt

you are free to no longer **personalize** it

Link: <https://www.facebook.com/theholisticpsychologist/posts/1368356234879761372720352751563/?type=3&theater>

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**What is Complex-PTSD?**  
 Also known as complex trauma disorder  
 It is distinct from PTSD in that there is a distortion of the persons core identity and includes significant emotional dysregulation.

**Most common with victims of:**

- Chronic Sexual, Psychological or Physical Abuse
- Partner Violence
- Victims of Kidnapping/Hostage
- Indentured Servants
- Victims of Slavery
- Human Trafficking
- Sweatshop Workers
- Neglect

PTSD & Trauma

<https://therehab.com/learning/prolonged-trauma-and-c-ptsd/>

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**COMPLEX PTSD VS. PTSD** #1

PTSD typically results from "short-lived traumas" or traumas of time-limited duration. Complex PTSD stems from chronic, long-term exposure to traumas in which a victim has limited belief it will ever end or cannot foresee a time that it might. This can include: child abuse, long-term domestic violence, being held in captivity, living in crisis conditions war zone, child exploitation, human trafficking, and more

BEAUTY AFTER BELIEFS

<https://twitter.com/BeautyABrules/status/1053055153346150403>

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**TRAUMA VS. GRIEF REACTIONS**

| Grief = Sadness                       | Trauma = Terror  |
|---------------------------------------|--|
| Generalized reaction is SADNESS       | Generalized reaction is TERROR   |
| Grief reactions stand ALONE           | Trauma reactions generally include grief reactions                                       |
| Known to the public and professionals | Largely unknown (esp. in children)   |
| Does not disfigure identity           | Attacks and distorts identity  |
| Guilt says, 'I wish I would have...   | Guilt says, 'It was my fault'  |
| Dreams of person who died, was hurt   | Dreams of self dying, being hurt   |
| Pain is related to the loss           | Pain is related to tremendous terror and sense of powerlessness, fear and loss of safety |
| Anger is NOT destructive              | Anger is assaultive (even if non-violent trauma)   |

www.ptsd.com/wiki/11-01-09/PTSD-vs-Complex-PTSD-complex-PTSD-10-01-09

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**ANGUISH WITHOUT MEASURE**

Described as a noun  
 severe mental or physical pain or suffering  
**Synonyms:** *agony, pain, torment, torture, suffering, distress, angst, misery, sorrow, grief, heartache, heartbreak, unhappiness, woe, desolation, despair, the dark night of the soul, hell on earth.*  
 Described as a verb  
 To be extremely distressed about something.

[https://www.google.com/search?q=anguish+definition&rlz=1C1NDPCM\\_enUS851US852&source=lnms&sa=X&ved=0ahUKewjzOGA1H6AhLUH8KHXY0BTwQ\\_AUjDCg&biw=1280&bih=610&dp=1.5](https://www.google.com/search?q=anguish+definition&rlz=1C1NDPCM_enUS851US852&source=lnms&sa=X&ved=0ahUKewjzOGA1H6AhLUH8KHXY0BTwQ_AUjDCg&biw=1280&bih=610&dp=1.5)

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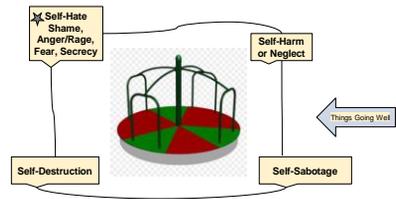
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**The Merry-Go-Round Effect**

**What kept me on the Merry-Go-Round?**

- Addictions  
 Workaholism  
 Alcoholism  
 Anxiety & CLUCK-ism  
 Sugar/Carb-ism
- Toxic communication patterns, dynamics, and interactions in my primary relationship ("TRIGGER")
- Emotional, physical and/or psychological withdrawal from others.
- Lack of balanced healing plan (mind/body/spirit)




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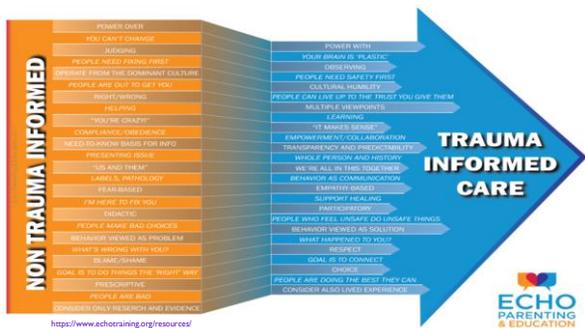
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How does the "spirit of trauma-informed care" manifest in the service we provide to victims of human trafficking and violence?

We start first with the understanding that we meet people where they are emotionally, psychologically, physically and spiritually. There is no judgment, just a desire to provide unconditional love and support to those who have lived through traumatic experiences for all of their lives, beginning in early childhood. We actively listen, mindfully participate, and "live in the moment," with the person who has trusted us with their safety (mind-body-spirit) in an effort for them to connect to someone who helps them feel loved, heard, and understood. We ourselves understand the importance of self-care so that we can best serve those who are in need of unconditional love and support. We consider these moments with victims of human trafficking and violence as "sacred," and will encourage those who give us their trust and faith to reach out to us whenever we are needed. We see their lived experiences from a position of strength, not weakness as they have demonstrated their ability over and over again to overcome extraordinary trauma and hardship. Those who choose to honor us with their trust and safety are Warriors with a strength and resiliency even they are unaware of. We believe that in serving in the "spirit of trauma-informed care" we will be able to walk alongside those who are on their healing journey as they discover their strengths, resiliency, sacred gifts, and unconditional love that they can truly have for themselves and those they love."--Kelly Bohnhoff

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How does the "spirit of trauma-informed care" manifest in the service we provide to victims of human trafficking and violence?

In a study conducted by Werkmeister, Ostrander, & Feely (2018), the authors stated, "It is important to note that participants also reported positive interactions with social workers, police, delinquency judges, and other program personnel; treating them as victims, not criminals and "ruling with heart" were common attributes among these individuals.<sup>7</sup>

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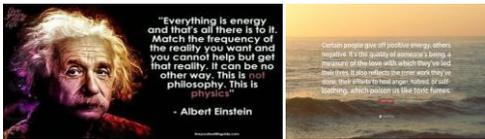
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A WORD ABOUT ENERGY

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### A MOMENT OF HA-HA



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### What has my own healing journey looked like?

Link: Healing is Messy, Do It Anyway.  
<https://medium.com/@devbeswick/healing-is-messy-do-it-anyway-abe716a90d6f>



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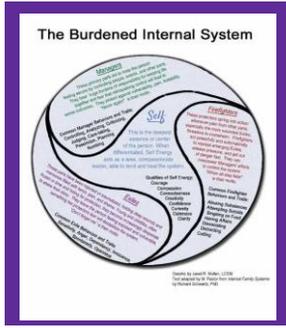
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### What is The Burdened Internal System?

Link:  
[https://www.google.com/search?q=The+burdened+internal+system&rlz=1C1PVC8\\_enUS904&source=images&tbm=isch&sa=X&ved=2ahUKEwjA2Pu3YLSa1WQWWM0KH5FCBEQ\\_AUoA\\_XoECAQAw&biw=1070&bih=548&callac=active&sa=on&imgc=glEyR5aE1c1M](https://www.google.com/search?q=The+burdened+internal+system&rlz=1C1PVC8_enUS904&source=images&tbm=isch&sa=X&ved=2ahUKEwjA2Pu3YLSa1WQWWM0KH5FCBEQ_AUoA_XoECAQAw&biw=1070&bih=548&callac=active&sa=on&imgc=glEyR5aE1c1M)



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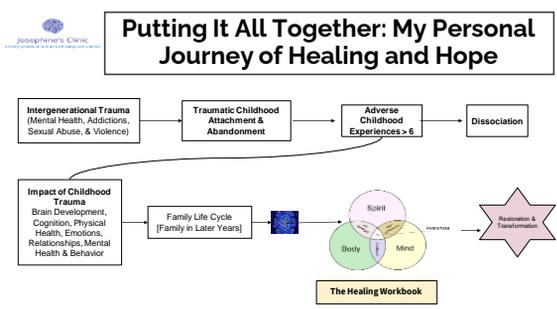
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The Story of "Candle"  
by Wanda Romans




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**Unconditional Love & Encouragement**




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Suggestions and Recommendations

- 1. **Misidentification**—As part of the identification process include interviews, assessments and procedures that explore intergenerational patterns of trauma and signs and symptoms of traumatic attachment. This additional information can provide additional risk factors for assessing the lived experiences of the minor and provide a more in-depth understanding of how the minor was bought or sold for sex as a victim of domestic minor sex trafficking.
- 1. **Response to Victims**—As part of the response to victims I would include statutorily mandated or authorized training on human trafficking and domestic minor sex trafficking that includes intergenerational trauma and traumatic childhood attachment. Further, I would extend this requirement from only law enforcement to all licensed and unlicensed health providers, legislators, investigators, criminal justice representatives, social workers, therapists, case workers, etc. in order to provide consistent training, tools, and responses to victims of human trafficking and domestic minor sex trafficking.

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Questions




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Joy, Joy, Joy!

<https://vimeo.com/462440474>

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Time for Reflection



- After participating in this Webinar:
1. What is something new that you learned?
  2. What was something you felt during the presentation?
  3. What is something you will do moving forward?

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