

# How to Navigate Intergenerational Trauma While Working in the Field as an Intersectionally Marginalized Person

By Trang Nguyen, MSW, ASW, PPSC







# Let's Breathe together!



## Benefits of grounding:

- 
- 
- Release of stress hormones from your body  
*(lowering cortisol levels – the body's stress hormone)*
  - Reduces Anxiety and Increases Energy
  - Stimulates the vagus nerve. *This helps to soothe parts of the brain that trigger the "fight-or-flight" responses*
  - Improves mood and self-esteem
  - Improves circulation
  - Helps us feel connected to our body



# What is Intergenerational Trauma?



Inter-generational trauma is a concept developed to help explain years of generational challenges within families. It is the transmission (or sending down to younger generations) of the oppressive or traumatic effects of a personal, social, and/or historical event.

Sadly, many families “cope” with inter-generational trauma by employing two unhealthy coping mechanisms:

Denial – refusing to acknowledge the trauma happened

Minimization – ignoring the impact of the trauma and making the traumatic experience appear smaller than it really is



# What is intersectionality?



“The interconnected nature of social categorizations such as race, class, sexuality and gender as they apply to a given individual or group, regarded as creating overlapping and interdependent systems of discrimination or disadvantage.”

“All forms of inequality are mutually reinforcing and must therefore be analysed and addressed simultaneously to prevent one form of inequality from reinforcing another.”

“through an awareness of intersectionality, we can better acknowledge and ground the differences among us.”



# How to Navigate Intergenerational Trauma



## Identify your own trauma

---

Do not minimize or deny the facts of your experiences...  
Name them and move through it...



## DO NOT project

---

Until we are able to take ownership of our own experiences, we cannot heal what we don't feel..

### What is projection?

Psychological projection is a defense mechanism people subconsciously employ in order to cope with difficult feelings or emotions. Psychological projection involves projecting undesirable feelings or emotions onto someone else, rather than admitting to or dealing with the unwanted feelings.

# Identifying our own Traumas



1.

## Be Honest with Yourself

Identify where you are intersectionally positioned

Practice acceptance

Let go ego and pride

2.

## Be Kind to Yourself

Practice self-compassion

Give yourself time



3.

## Get the support

Whether that's therapy,, support group, reiki, movement healing, whatever speaks to you

4.

## Do not internalize

Try not to isolate yourself

Heal in community vs. alone

You are not your trauma



# Being Intersectionality Marginalized...



## Position yourself

---

In a white-centered, patriarchal, cis-gendered, and heterosexual society, folx who are intersectionality marginalized will experience more disparities and inequalities navigating these spaces.



## Why?

---

Naming your positionality, and the power of that... helps us validate and reassure our own spaces and show up for others while acknowledging their complexities.



# Now what?



## Self-care + Community Care

Center joy, pleasure, in your life for yourself and your community



## Create Space

Space isn't created for us so we have to create it for ourselves- especially spaces that are validating and affirming of our identities

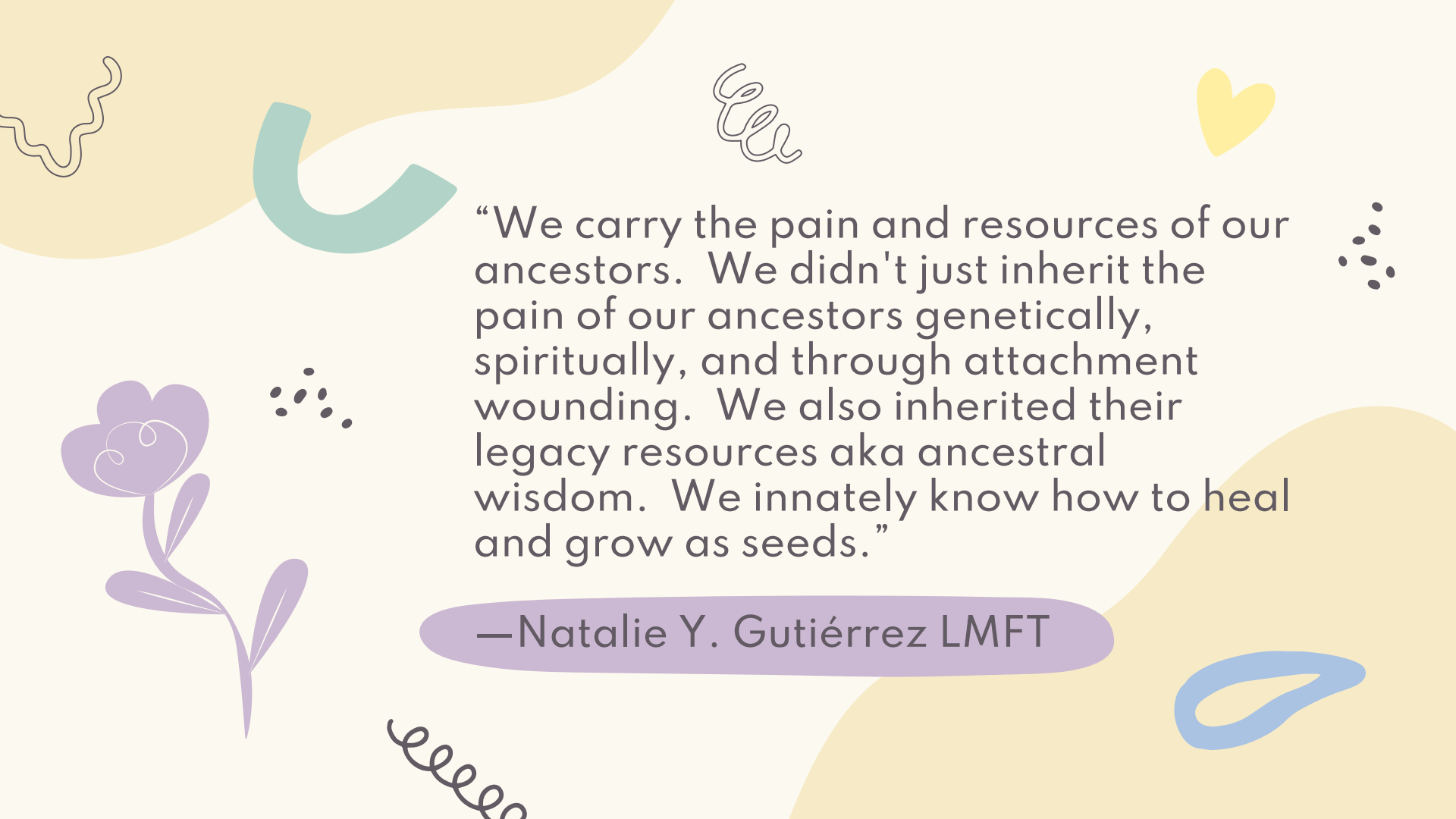


## Reassess and Reevaluate

Life is constantly changing, evolving, shifting... we have to adapt to move with the changes...

Reassess ourselves, our lives, our positionality so we can make the adjustments to create flow vs. stagnation...





“We carry the pain and resources of our ancestors. We didn't just inherit the pain of our ancestors genetically, spiritually, and through attachment wounding. We also inherited their legacy resources aka ancestral wisdom. We innately know how to heal and grow as seeds.”

—Natalie Y. Gutiérrez LMFT

# Thanks for being here!

Do you have any questions?

hello@therapywithtrang.com  
<https://linktr.ee/therapywithtrang>

**CREDITS:** This presentation template was created by **Slidesgo**, and includes icons by **Flaticon** and infographics & images by **Freepik**

# Resources



The Pain We Carry: Healing from Complex PTSD for People of Color (Book)

By Natalie Y. Gutiérrez LMFT

My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies (Book)

By Resmaa Menakem, MSW, LICSW, SEP

Decolonizing the Body: Healing, Body-Centered Practices for Women of Color to Reclaim Confidence, Dignity, and Self-Worth (Book)

By Kelsey Blackwell

The Nap Ministry: Rest is Resistance  
<https://thenapministry.wordpress.com/>

By Tricia Hersey

Decolonizing Therapy: <https://www.decolonizingtherapy.com/>

By Dr. Jennifer Mullen

Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others

By Laura Van Dernoot Lipsky

