

BREAKING CYCLES: HEALING GENERATIONAL TRAUMA THROUGH TRAUMA INFORMED TRANSFORMATION & COLLECTIVE CARE

Workbook

Presented for: 10th
Annual Healing the
Hurt Conference

Presented by:
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English

TIP: To use interactive elements of this workbook download a copy on your computer or device, be sure to click in grey sections, type your notes, and save after each entry!

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VULNERABLE YOUTH TO TRAUMA INFORMED LEADER



Burnout, anxiety, depression, PTSD, lack of self care, lack of healthy boundaries, lack of collective care, lack of heart-centered intervention, colorism, internalized self hate, hopelessness, under-resourced, silent violence

Witnessing and experiencing corporal punishment, physical harm, domestic violence, incest, severe cruelty, unpredictable caretakers for prolonged periods of time, colorism, suicide attempts in the household

02



Bullying in college, internalized hate, nonexistent cultural belonging and mattering

01



Life changing violence + feral policing during childhood



Transformational ancestral healing & heart-centered practices



04

Studied various modalities of wellbeing, including shamanism, Reiki, Voice Dialogue, started my own business which is now M/WBE certified, joined NYS TINRC as an advisory member, became "Tending the Roots" and Voice Dialogue certified

03



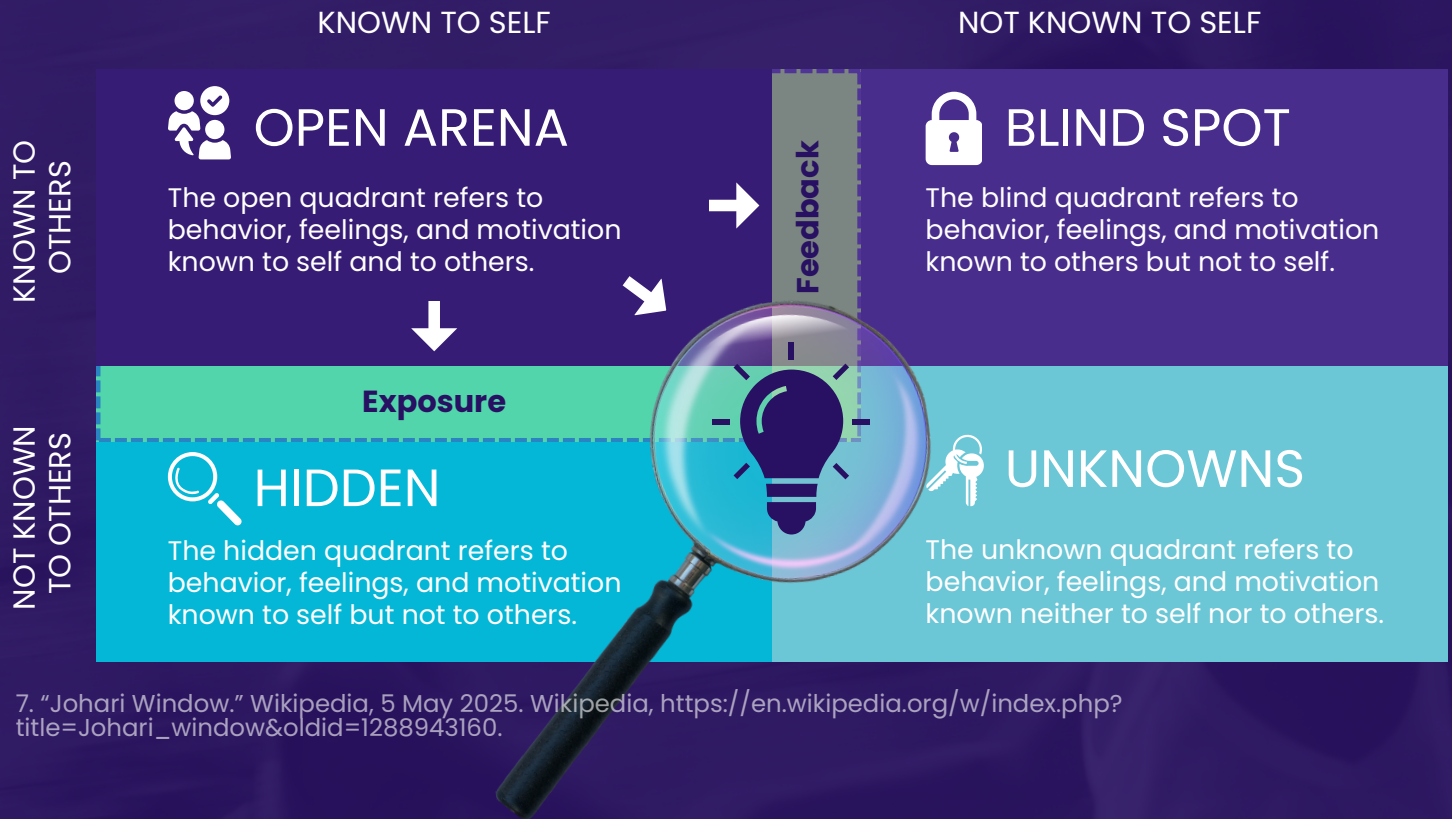
Career of firsts that included a mix of mistakes and success

As a public figure, I was exposed to dominant caste supremacy culture, anti-black racism, fetishism and stalking, misogyny, exclusion resulting in barriers to equal opportunity, humiliation, bullying and gaslighting in creative industries

Notes:

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JOHARI WINDOW “UNKNOWNNS” + DISCOVERY

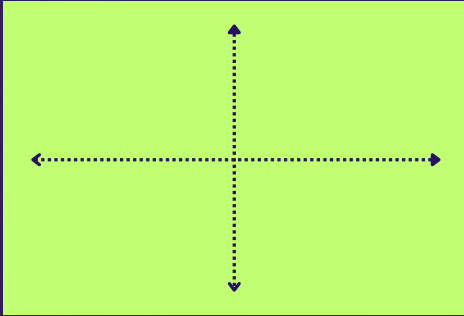


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JOHARI WINDOW “UNKNOWN” + DISCOVERY ACTIVITY

Capture examples in the four Johari window quadrants



TOOLS: Paper, Post-It Notes & writing utencil

NEXT STEPS:



Fold a piece of paper in half and open it again
Fold the paper in the other direction



Label the four sections of the Johari window c categories: “open” “blind” “hidden” “unknowns”



Use Post-Its to add a few examples in the sections

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POSITIVE AND ADVERSE CHILDHOOD EXPERIENCES

Adverse Childhood Experiences

"ACEs" comes from the CDC-Kaiser Adverse Childhood Experiences Study, a groundbreaking public health study that discovered that childhood trauma leads to the adult onset of chronic diseases, depression and other mental illness, violence and being a victim of violence, as well as financial and social problems. [1]



Adverse Community Experiences

Impact population conditions. Examples include poverty, structural racism, community disinvestment, police violence, lack of affordable housing, lack of opportunity and economic mobility, discrimination, disconnected relationships, unemployment, and deteriorating built environments. [1]



Adverse Climate Events

Impact community conditions. Examples include COVID-19, climate change, wildfires, droughts, hurricanes, earthquakes, floods, environmental injustice, and pollution. [1]



Atrocious Cultural Experiences

Impact macro and socio-historical conditions. Examples include slavery, genocide, colonization, segregation, forced family separation, removal of property, and other harmful social norms such as low sense of political and social efficacy and mistrust. [1]



Positive Childhood Experiences

In the last few years, researchers have started to examine the impacts of positive childhood experiences (PCEs) on children and adults. We at PACEs Connection are particularly interested in the interplay between positive and adverse childhood experiences. [1]



Positive Community Experiences

A positive community thrives on traits such as trust, respect, collaboration, and inclusivity. It encourages open communication, shared goals, and mutual support among its members, fostering a sense of belonging and wellbeing. [2]



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THIS IS A CALL TO ACTION!



Sign up for “Tending the Roots” Instructor Training which follows the New York State trauma-informed curriculum[4]



Attend the 2025 Annual TINRC “Join the Journey” summit this September[5]



Create trauma-informed communities to Invest in trauma-informed systems transformation.[6]



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Through Communications Strategy"

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Thank you!

Here's my digital business card:
<https://blinq.me/bHyTluonoBkO>

