



Nationaal
Psychotrauma
Centrum

Generaties en trauma alertering

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Familiepatronen kunnen worden overgedragen van generatie op generatie wat betreft gevoelens, gedragingen en herinneringen. In het onderbewuste worden herinneringen opgeslagen. Het zijn met name de niet verwerkte verlieservaringen en trauma's die apart worden opgeslagen en een individu kan sturen in het opnieuw creëren van situaties waar zijn of haar (voor)ouders zich in bevonden.

Regelmatig zet de ARQ-bibliotheek nieuwe publicaties over *Generaties en trauma* op deze lijst. Voor eventuele fulltext of voor eerdere updates kunt u ook mailen naar de [ARQ-bibliotheek](#). Deze alertering en meer vindt u ook in ons [themapagina Generaties en Trauma](#)

Cacace, A., & Summers, S. J. (2025). Intergenerational Trauma in Phenomenological Research—A Systematic Review. *Journal of Loss and Trauma, 0(0)*, 1–36.

<https://doi.org/10.1080/15325024.2025.2490917>

This systematic review aimed to synthesize phenomenological qualitative research regarding the lived experience of intergenerational trauma. Twenty-two studies were included in the review and were analyzed using thematic synthesis. Five analytical themes were identified: 'the adaptive or maladaptive indelible scar of intergenerational trauma'; 'between integration and fragmentation, and closeness and disconnection'; 'the interaction of silence and communication'; 'trying to survive and overcome'; and 'attitudes toward therapeutic support'. Findings highlight the role of parental coping in the transmission and impact of intergenerational trauma; perceived to influence identification processes, family communication patterns, and the likelihood of accessing mental health support. Positive attitudes toward support were linked to interventions being informed by understanding the impact of intergenerational trauma and taking a systemic and relational approach. Implications for clinical practice are discussed. Future research is needed to further explore the multi-cultural and multi-perspective elements of intergenerational trauma.

Fodor, M., & Lugossy, R. (2025a). *Constructing moral stance in intergenerational trauma memory narratives*. <https://doi.org/10.1075/ni.24080.fod>

Abstract Approaches to intergenerational memory (IgM) view it as a construct between personal and collective remembering in family stories impacting identity development. This article explores the dynamic construction of moral stance as a narrative dimension within the context of intergenerational perpetrator trauma memory accounts embedded in descendant life history narratives. Four retellings of the same IgM narrative constitute the longitudinal case study to demonstrate the construction of a moral stance by shifting the focus from what had happened to reveal the perspectives in retrospect. In these stories, IgM takes a central space where the family's moral stance emerges as a continuum. It consolidates the storyteller's evaluative statements to control possible interpretations, explore existential issues in a broad cultural context, and re-narrate trauma as a choice. We conclude that emphasizing moral stance as a dimension of IgM trauma narrative telling reconciles agency and rewrites the narrative as a tellable family history.

Lewis, A. J. (2025). *Interrupting the Cycle of Psychological Betrayal Trauma in Mother-Daughter Relationships - ProQuest* [Dissertation, Alliant International University].

<https://www.proquest.com/openview/8643a32c620f58465db539c05f0ba393/1?pq-origsite=gscholar&cbl=18750&diss=y>

Childhood psychological abuse is a pervasive and deeply impactful form of trauma, particularly when perpetrated by the biological mother. The betrayal experienced when a caregiver expected to provide safety becomes the source of harm can have lasting consequences, especially in the context of mother-daughter relationships. Survivors of maternal psychological abuse often struggle with emotional regulation, attachment, and self-concept, and may be at heightened risk of continuing harmful patterns in their own parenting. This phenomenological study explored the lived experiences of twelve mothers who survived psychological abuse by their own mothers and are now raising daughters. Using interpretive phenomenological analysis, five central themes emerged: (1) recognizing and naming emotional abuse and neglect, (2) the burden of early role reversal and parentification, (3) the conscious decision to parent differently, (4) the lingering impact of trauma on mothering and relationships, and (5) healing as an ongoing, generational journey. Participants described the challenges of navigating parenting without a healthy maternal model, the emotional toll of confronting unresolved trauma, and the intentional work involved in breaking intergenerational cycles of harm. Findings illuminate the complexity and resilience of mothers working to disrupt patterns of abuse while creating safety for their daughters. The study concludes with clinical, theoretical, and research recommendations aimed at supporting trauma-informed, contextually grounded approaches to therapy and future scholarship.

Liao, H., Lu, D., Reisinger, S. N., Mehrabadi, M. R., Gubert, C., & Hannan, A. J. (2025). Epigenetic effects of paternal environmental exposures and experiences on offspring phenotypes. *Trends in Genetics*, 0(0). <https://doi.org/10.1016/j.tig.2025.04.015>

Recent decades have revealed increasing evidence for epigenetic inheritance through paternal environmental exposures and experiences, affecting offspring health outcomes across diverse species. Key epigenetic mediators in sperm may include DNA methylation, chromatin modifications, as well as small and long non-coding (nc)RNAs. Identified environmental influences extend beyond lifestyle factors (e.g., exercise, diet, alcohol, and nicotine use) to include stress, infections, pollutants, and other toxins. Evidence from humans, rodents, and other species suggests that various paternal exposures before conception substantially shape the phenotypes in offspring, via developmental modulation, including changes to brain and behavior, metabolism, endocrinology, and physiology. These findings raise concerns regarding human epigenetic inheritance, because the relevant environmental exposures have changed significantly in recent decades, potentially increasing the risk of future generations for various disorders ('transgenerational epigenopathy'). Here, we integrate evidence for paternal environmental exposures affecting offspring phenotypes, and associated epigenetic mechanisms, critically discussing potential implications for medicine and other scientific fields.

Mangrum, J. (2025). *Generational Trauma Transmission: Unveiling the Impact of Family Dynamics on Behavioral and Emotional Development*. <https://hdl.handle.net/20.500.12264/646>

Intergenerational trauma creates a complex web of emotional challenges, affecting both well-being and the fundamental dynamics of family relationships across generations. The purpose of this research is to investigate the impact of intergenerational trauma on the behavioral and emotional development of individuals within families. It is hypothesized that higher scores on the Adverse Childhood Experiences (ACE) questionnaire will correlate with increased negative emotional outcomes, such as anxiety and depression, and that family dynamics will mediate these effects. A correlational research design was

utilized, involving 89 participants recruited through an online survey platform. The survey utilized validated measures, including the ACE Questionnaire and the Depression, Anxiety, and Stress Scale (DASS-21), to assess trauma exposure and emotional states. Major findings indicate a significant positive correlation between ACE scores and emotional distress, with strained caregiver-child relationships further exacerbating these outcomes. The analysis revealed that while direct effects of ACE scores on emotional outcomes were significant, indirect pathways through family dynamics were less consistent. These results highlight the importance of trauma-informed interventions that consider family dynamics and cultural contexts in addressing intergenerational trauma. The implications of this research suggest a need for holistic approaches in mental health practices to adopt resilience and improve emotional well-being among affected individuals and families. Future studies should explore the interplay of systemic factors in trauma transmission to develop intervention strategies.

Ovakimyan, A. (2025). *The Second Generation Armenian American's Experience of Acculturation, Acculturation Stress, and Intergenerational Trauma and Relationships* - ProQuest.

<https://www.proquest.com/openview/85a518de2a934f3bc800bfd25bfd1a29/1?pq-origsite=gscholar&cbl=18750&diss=y>

Through a phenomenological lens, this study explores the acculturation experiences of second-generation Armenian Americans, examining the impact of acculturation, acculturation stress, intergenerational trauma, and cultural identity on their relationships. Acculturation and the adoption of certain host culture ideals in Western culture are inevitable. Acculturation becomes a part of the second generation's identity, whether accepted or understood. Drawing on qualitative interviews with second-generation Armenian American individuals, seven participants ranging from 22 to 48 years of age met the criteria to be part of this study. Interviews were conducted to help identify key themes that examined the experiences of the second-generation Armenian American individuals. Key themes included a sense of pride, a sense of identity, fear of losing race and intergenerational trauma, resilience, and strength. Subthemes were gratitude for family migration, value for hard work, balance of both cultures, gender roles, and feelings of shame. The results provide insight into the complexities in individuals balancing two cultures. This study acknowledges that acculturation and experiences of individuals balancing two cultural views are complex and continue to play a role in one's identity and how they interact within their relationships. Clinical implications for mental health practitioners highlight the need for integrating cultural awareness into treatment, recognizing the unique stressors of acculturation and intergenerational trauma, and fostering a therapeutic environment that supports both identity formation and family cohesion.

Ritchey, G. (2025). *The Impact of Historical Intergenerational Transmission of Trauma on Black American Women Who Endured Adverse Childhood Experiences* [Dissertation, Liberty university: School of Behavioral Sciences]. <https://digitalcommons.liberty.edu/doctoral/7079>

The purpose of this phenomenological study was to explore and describe the experiences of Black American women in the Southeastern United States who endured adverse childhood experiences and whether historical intergenerational transmission of trauma (HITT) influenced the behavior of their primary caregivers. The problem was that the connection between Post traumatic Stress Syndrome (PTSS) and HITT had not been explored as it related to Black American women. To conduct the study, Black American women were screened for HITT via the Black American Woman (BAW) Danieli Intergenerational Transmission of Trauma questionnaire. Qualitative data was accrued via semi-

structured individual interviews. The findings of ten participants were analyzed, and thematic codes were created. The findings confirm that Historical Intergenerational Transmission of Trauma in primary caregivers leads to the development of ACEs in Black American Women. The combination of these factors established that the participants were impacted emotionally. The unanimous theme among the participants was that they did not feel loved. Consequently, they are experiencing emotional detachment, distress and feeling that they lacked support during their childhood. This distress created identities wrought with low self-worth and low self-concept. This research sets the foundation for a deeper exploration of this crucial and complex area of study, unveiling valuable insights into the lasting impacts of trauma on present-day experiences and the well-being and perspectives of Black American women.

Semagn, T., Waldron, I., Williams, A., Qureshi, S., & Wahoush, O. (2025). The psychosocial well-being of sub-Saharan African migrant parents in Ontario: a scoping review. *Discover Public Health, 22*(1), 323. <https://doi.org/10.1186/s12982-025-00639-x>

The primary objective of this scoping review is to evaluate the breadth of existing literature on the psychosocial well-being of sub-Saharan African (SSA) migrant parents living in Ontario, Canada. Introduction Ontario, the most populous province in Canada, has seen a significant influx of migrants from SSA in the past several years, with Nigeria and South Africa being the top countries of origin of Black African newcomers. Conditions resulting from overcrowding and provincial attempts to accommodate this influx have led to medium-sized cities, like Hamilton and Ottawa, and small communities becoming increasingly popular destinations for immigrants. Methods This review was conducted according to the JBI guide on evidence synthesis and the results were organized and reported in line with the Preferred Reporting Items for Systematic Reviews and Meta-Analyses extension for scoping reviews (PRISMA-ScR). An extensive search strategy was developed for application across six databases: PubMed, Scopus, ProQuest, Web of Science, OVID, and CINAHL. The findings demonstrate high level of heterogeneity between studies, which were appraised independently by two researchers using the QuADS tool. Results 15 articles were included in the scoping review. The review revealed five major themes related to the psychosocial well-being of Black African migrant parents: (1) psychosocial well-being as a culturally embedded concept, (2) the politicization of health and its impact on psychosocial well-being, (3) generational dynamics and parenting challenges, (4) the interplay of trauma and resilience in the resettlement journey, and (5) agency and resourcefulness of Black African migrant parents.

Sharma, S., Sarkar, S., & Prusty, B. Dr. (2025). Parenting Styles as a Mediating Factor in the Intergenerational Transmission of Trauma. *The International Journal of Indian Psychology, 13*(1). <https://doi.org/10.25215/1301.300>

The present study is an attempt to explore the role of different parenting styles as a mediating factor in intergenerational transmission of trauma. Intergenerational transmission is defined by the APA as “the transmission of trauma or its legacy, in the form of a psychological consequence of an injury or attack, poverty etc. from the generation experiencing trauma to the following one”. (APA,2024). The trauma reaction can be distinct for every individual and this paper will examine how this affects the parenting and attachment styles of parents and whether they mitigate or perpetuate the effects of trauma. Authoritative parenting style is characterised by high warmth fosters resilience in the children and buffers them against negative outcomes. The other parenting styles like authoritarian and neglectful -

exacerbate the transmission as they lead to higher levels of psychological distress and emotional dysregulation in children and maladaptive coping mechanisms. The findings highlight the need for trauma-informed parenting interventions and therapeutic processes for the parents to break the cycle of intergenerational trauma and promote healthier development of children.

Vynnytska, M. O., Roienko, I. V., Shymanova, O. S., Vynnytska, M. O., Roienko, I. V., & Shymanova, O. S. (2025). Timely Mental Health Interventions in the Context of War and Humanitarian Crises as a Factor in Preventing the Long-term Consequences of Individual Trauma and Its Intergenerational Transmission. *Turkish Journal of Child and Adolescent Mental Health*.

<https://doi.org/10.4274/tjcamh.galenos.2024.71602>

Objectives There is a need to screen individuals requiring assistance, identify their specific needs, and determine predictors of the impact of war on their mental health. This will allow us to assess the burden of trauma and the mental health resources of people, with a focus on perceptions of support and recovery from the crisis. **Materials and Methods** Based on the analysis and synthesis of the psychological needs of the respondents, we have identified of mental, spiritual, hedonistic and eudaimonic needs, leading the construction of a comprehensive pyramid model. A unique inclusive model of psychological interventions has been developed proposing four dimensions for future developments: theory-centered, phenocentric, method-centered and context-centered. **Results** The timely intervention methods developed by us will enhance the existing conceptual framework of crisis and martial law psychology, providing clinical practitioners with essential guidance in organizing support for individuals affected by war. These methods will facilitate the implementation of effective integrated models of psychological therapy, counseling and support. **Conclusion** The history of our country leading up to the critical year of 2022 is marked by numerous traumatic events, including national liberation wars, the Holodomor, and various forms of repression. These experiences have instilled an profound sense of sorrow and suffering within the national psyche. The prevalence of post-traumatic disorders, threats to mental health, and the risks of transgenerational trauma underscore the significant impact of the current conflict on both present and future generations. The importance of timely intervention methods increases in proportion to the depth of unique national images and archetypes embedded in the collective unconscious of Ukrainians which serve as vital sources of resilience for post-traumatic recovery.

Westby, C., Kokotek, L. E., & Washington, K. N. (2025). Adverse Childhood Experiences, Intergenerational Trauma, and Historical Trauma: A Child's Story. *Language, Speech, and Hearing Services in Schools*. https://doi.org/10.1044/2025_LSHSS-24-00123

Purpose:The prevalence of adverse childhood experiences (ACEs) is increasing and is highest in minoritized ethnic/racial groups, most notably in Indigenous populations in the United States and Canada. Beyond ACEs, minoritized ethnic/racial groups have also experienced historical oppression, discrimination, and economic inequalities that can perpetuate ACEs and initiate intergenerational cycles of adversity. Children who have experienced multiple ACEs are at risk for learning and communication impairments that would qualify them for speech and language services. The purpose of this case study is to: (a) define ACEs, intergenerational and historical trauma, as well as describe the causes, consequences, and relationships among these three types of trauma; (b) describe the use of the International Classification of Functioning, Disability and Health (ICF) for assessment of an Indigenous child who has experienced multiple ACEs that may be associated with historical trauma; and (c)

describe implementation of the Attachment, Regulation, Competency intervention for children with complex posttraumatic stress disorder adapted for an Indigenous child. Conclusions: The concept of historical trauma arose with Indigenous populations, but it has been extended to many other populations that have experienced chronic trauma associated with oppression based on their ethnicity, race, or culture. The ICF provides a framework for conducting a comprehensive assessment and developing an intervention plan for a child who has experienced multiple ACEs, possibly related to intergenerational and historical trauma. To understand the child's strengths and needs, it is essential that clinicians consider the child's unique personal and environmental contextual factors. By considering these contextual factors, clinicians can identify which attributes serve as barriers or facilitators to children's functioning and how intervention programs may need to be adapted for the child's culture.

Wildman, D. E., Uddin, M., & Mutesa, L. (2025). Intergenerational epigenetic inheritance in relation to trauma exposure to genocide. *Médecine de La Reproduction*, 27(1), 32–40.

<https://doi.org/10.1684/mte.2025.1043>

Genocide is defined by the United Nations as “a crime committed with the intent to destroy a national, ethnic, racial or religious group, in whole or in part” [1]. This definition emerged after the Holocaust against Jews and others in the 20th century. Many instances of genocide occurred before the Holocaust, and there have been many subsequent genocides after the advent of the UN definition (table 1). One hallmark of genocide survival is exposure to traumatic events such as murder, sexual violence, and other forms of bodily and emotional harm, aiming to destroy particular groups of people [2]. As will be discussed below, these extreme adverse exposures have psychological and biological effects that last not just within the generation that experience them, but also into subsequent generations.

Epigenetics are a key biological mechanism that has been shown to effect changes within an organism due to exposures that occur outside the organism. As such, they are a key candidate mechanism for understanding how adverse exposures become biologically embedded within individuals. Conrad Waddington considered epigenetics to reflect a system of kinetic change within a cell [3]. He theorized that external activities could change cellular behavior, suggesting that cellular activity is responsive to environmental stimuli rather than predetermined solely by DNA content. This concept was initially controversial, as it contrasted with the prevailing belief that DNA alone drove cellular activity...