



Generaties en trauma alertering

Updates 17 juli 2025

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 [themap dossier Generaties en Trauma](#)

1.

Boezio, G. (2025, 19 June 2025). "Remarks of SRSG Patten at the International Day for the Elimination of Sexual Violence in Conflict, "Breaking the Cycle, Healing the Scars: Addressing the Intergenerational Effects of CRSV", 19 June 2025, New York – United Nations Office of the Special Representative of the Secretary-General on Sexual Violence in Conflict. ." United Nations Office of the Special Representative of the Secretary-General on Sexual Violence in Conflict.

<https://www.un.org/sexualviolenceinconflict/statement/remarks-of-srsg-patten-at-the-international-day-for-the-elimination-of-sexual-violence-in-conflict-breaking-the-cycle-healing-the-scars-addressing-the-intergenerational-effects-of-crsv/>

Long after soldiers retreat, and treaties are signed, the weapon of rape keeps attacking bodies and minds, relationships and reputations, families and communities. Some scholars have therefore called sexual violence the most enduring tactic of war.

For too many women and children, war is not over when it's over. Its effects echo long after the final battle and far beyond the battlefield. We see it in the eyes of survivors, in the children born of war, in the hospitals reduced to rubble and ruin, in fractured families, and in the sprawling refugee camps where civilians languish. The legacy of war is written on the bodies of women and girls, in ways that have been written out of history. Their pain has been dismissed as "collateral" or "inevitable", and prolonged through silence, denial, and neglect. Left unaddressed, the harms and trauma compound over time.

2.

Bouskos, J. T. (2025). Somatic Psychotherapy's Efficacy on Reducing Trauma Symptoms in Genocide Survivors: A Metasynthesis, <https://scholarworks.calstate.edu/downloads/gq67k150v>

It endeavors to capture the intergenerational effects of genocide-related trauma as well as what resilience is passed between generations...

3.

C. Mutuyimana, J. W. (2025). "Intergenerational associations of resilience and traumatic exposure with post-traumatic stress disorder (PTSD) symptoms." International Journal of Mental Health: 1-13. 10.1080/00207411.2025.2526219

Family resilience theory suggests that families can collectively overcome distress and build resilience, while empirical research shows that parents can influence their children's Post-Traumatic Stress Disorder (PTSD) symptoms. The aim of this study is to examine the intergenerational associations between resilience and traumatic exposure, with PTSD symptoms within mother-daughter dyads. The sample included 309 Rwandan mother-daughter dyads who had experienced traumatic events. Participants completed the PTSD Checklist for DSM-5 to assess PTSD symptoms, the Life Events Checklist to measure traumatic experiences, and the Nicholson McBride Resilience Questionnaire to evaluate their resilience levels. The data were analyzed using Actor-Partner Interdependence Model statistical techniques. Results show associations of mothers' resilience and resilience of their daughters with mothers' resilience negatively associated with their own and their daughters' PTSD symptoms, while daughters' resilience is negatively associated with their own and their mothers' PTSD symptoms. Furthermore, mothers' traumatic experiences were positively associated with both their own PTSD symptoms and those of their daughters. In contrast, daughters' traumatic experiences were only associated with their own PTSD symptoms. Resilience and traumatic experiences of mothers and daughters mutually impact their PTSD symptoms, suggesting that interventions targeting both resilience and trauma could benefit both generations. Furthermore, parents transmit not only their PTSD symptoms but also their resilience. Notably, the resilience of children can have a reciprocal impact positively influencing both their own well-being and that of their parents.

4.

Dashorst, P., et al. (2025). "Indirect intrusions about World War Two in survivor offspring: a qualitative thematic content analysis." European Journal of Psychotraumatology **16**(1): 2507452.
10.1080/20008066.2025.2507452

Background: A proportion of Dutch World War Two (WWII) survivor offspring reports intrusions about a war they have not experienced themselves. Knowledge about the content of these intrusions may provide an in-depth understanding of the themes impacting the mental health of offspring and the intergenerational consequences of parental traumatic WWII events. Therefore, this study used a qualitative approach to examine the core themes of indirect intrusions reported by survivor offspring.

5.

de Beijer, D., et al. (2025). "Parent–Child Communication after Parental Exposure to Potentially Traumatic Events: A Systematic Review." Trauma Violence Abuse: 15248380251343187.
10.1177/15248380251343187

While some PTE types lack representation in this review, it was able to assess the impact of war... Intergenerational effects...

6.

Denov, M. and S.-H. Kang (2025). "Remembering to forget: intergenerational memory for Rwandan women survivors of genocidal rape and children born of conflict-related sexual violence." Journal of Gender Studies: 1-8. 10.1080/09589236.2025.2527699

In 1994, during the Rwandan genocide against the Tutsi, sexual violence was used as a powerful weapon of genocide, affecting an estimated 250,000?500,000 women and girls. Limited attention has been paid to the intergenerational implications of conflict-related sexual violence. This forum

contribution draws on the voices of 44 Rwandan women who bore children as a result of rape, and 60 youth born of conflict-related sexual violence. We explore the realities of intergenerational memory, and the ways in which mothers and children born of conflict-related sexual violence sought meaning, new memories, and built relationships despite shared post-genocide discrimination, stigma and socio-economic marginalization.

7.

El-Khalil, C., et al. (2025). "Impact of intergenerational trauma on second-generation descendants: a systematic review." *BMC Psychology* **13**(1): 668. 10.1186/s40359-025-03012-4

Collective traumas, such as war, genocide, natural disasters, and systemic oppression, have profound and lasting effects, not only on survivors but also on their descendants. Understanding how these traumas are transmitted across generations is essential to inform effective interventions and policy responses. This systematic review aimed to synthesize quantitative evidence on the physiological and psychological outcomes observed in second-generation descendants of individuals exposed to collective trauma. We included English-language, peer-reviewed quantitative studies published between 1997 and 2022 that investigated intergenerational trauma among second-generation descendants of survivors of collective trauma. Exclusion criteria included qualitative studies, and those that involved third-generation descendants. We conducted a comprehensive search across six databases: PsycINFO, PsycARTICLES, MEDLINE, Web of Science Core Collection, Embase, and PubMed. The final search was completed in December 2022. Search terms included keywords such as "intergenerational trauma," "transgenerational trauma," "collective trauma," and "historical trauma." Two independent reviewers screened titles and abstracts, followed by full-text assessments for eligibility. Discrepancies were resolved through discussion. Study quality was evaluated using the Critical Appraisal Skills Programme (CASP) checklist. Each study was assessed independently by two reviewers, with disagreements resolved by consensus. A narrative synthesis was conducted. Out of 3,904 records identified, 18 studies met the inclusion criteria. The findings revealed that physiological changes in stress regulation and brain structure suggest biological embedding of trauma across generations. Socially, intergenerational trauma shaped relationships and identity, often fostering mistrust and emotional restraint. Psychologically, descendants showed elevated distress and trauma symptoms, with parental PTSD as a key predictor. The overall quality of evidence was limited by small sample sizes, cross-sectional designs, reliance on self-reported measures, and inadequate control for confounding factors. More longitudinal and methodologically rigorous studies are needed to better understand the pathways of trauma transmission and inform prevention and intervention strategies. This review was registered with PROSPERO (CRD42023433181).

8.

Goldberg, A. (2025). "When fears come true: The well-being of Holocaust survivors' grandchildren after the October 7, 2023, terror attack." *Psychological trauma: theory, research, practice, and policy: No Pagination Specified*. 10.1037/tra0001975

Objective: Since the late 1960s, there has been substantial research on Holocaust survivors' descendants (children and grandchildren) regarding intergenerational transmission of the survivors' trauma. This research has had complex results that show the need for further examination under stressful conditions. The current research seeks to determine whether the terror attack on Israel on October 7, 2023, had a disproportionate effect on the well-being of grandchildren of Holocaust

survivors (GHS). Impact Statement The current research found that after the October 7 terror attack on Israel, adult grandchildren of Holocaust survivors had lower well-being than did adults in Israel with no family relationship to the Holocaust. Hence, appropriate health policy decisions need to be made regarding better psychological support for grandchildren of Holocaust survivors during perceived and actual collective life-threatening events. (PsycInfo Database Record (c) 2025 APA, all rights reserved)

9.

J. Kirsch, H. H. (2025). "Collective trauma in the forced migration context: A scoping review." *Transcultural Psychiatry*. <https://journals.sagepub.com/doi/pdf/10.1177/13634615251341853>

While the impact of trauma on the well-being of forced migrants has been widely researched, there is still a notable lack of understanding regarding the consequences of collective trauma experiences within this population. This scoping review aims to explore and understand the current state of literature regarding collective trauma among forced migrants. A systematic review of the literature was conducted using Academic Search Complete, Ethnic Diversity Source, PsychINFO, Psychology and Behavioral Sciences Collection, Social Work Abstract, and SocINDEX. Of the 78 studies identified, 19 met inclusion criteria: peer-reviewed journal article; published between 2002–2022; written in English; involved forced migrants; and explored collective trauma. Six major themes were identified: (1) exploration of collective trauma; (2) impacts of collective trauma; (3) intergenerational trauma; (4) resilience and resistance; (5) practice and policy failures of the West; and (6) solutions to healing. Results support the inclusion of collective trauma in future research on forced migrant populations and advocate for interventions grounded in collective healing.

10.

Jiang, L. (2025). "Exploring the Longitudinal Impact of Patterns of Adverse Childhood Experiences (ACEs) on Later Psychological Outcomes."

<https://www.proquest.com/openview/960fdcbb07cf47d40b4a8e791f40b164/1?pq-origsite=gscholar&cbl=18750&diss=y>

Experiencing adversity in childhood (ACEs) can significantly affect an individual's health across the lifespan. However, most prior research has relied on a cumulative risk approach, focusing on the association between the total number of ACEs and psychological outcomes. Additionally, limited studies have explored how ACEs influence depression across different developmental stages. Meanwhile, most research focuses on individuals' health outcomes without considering the profound impact of ACEs on parenting, which can affect the developmental outcomes of future generations. Furthermore, few studies have examined how protective factors at multiple levels (e.g., family, school, and neighborhood) buffer the effects of various ACE combinations on adolescent depression. To address these gaps, this dissertation comprises three research projects that investigate how different ACEs patterns affect individuals' depression across adolescence and emerging adulthood, and parenting satisfaction and stress, and how multi-level protective factors mitigate the impact of ACEs on adolescent depression.

Using the National Longitudinal Study of Adolescent to Adult Health (Add Health) (N = 3,342), Study 1 aimed to identify patterns of ACEs and examine gender differences in the association between different patterns of ACEs and depressive symptoms across adolescence and emerging adulthood. Gender differences were observed in the Parental Alcohol Use and Divorce class, Abuse and Neglect class, and Multiple ACEs class in middle adolescence and emerging adulthood.

The aim of Study 2 was to examine how different combinations of maternal and paternal ACEs may affect parenting satisfaction and parenting stress using data from the National Longitudinal Study of Adolescent to Adult Health (Add Health; N = 2,578, 60.4% female). The study found nuanced differences between maternal and paternal ACEs class memberships. Parenting satisfaction differed across ACEs classes for both mothers and fathers, even though some ACEs classes might not differ from the Low ACEs class in the post-hoc tests. ACEs class memberships were not significantly associated with parenting stress.

The aim of Study 3 was to examine the association between ACEs class memberships at age 5 with depressive symptoms at age 15, and explored whether protective factors including parental warmth, school connectedness, and neighborhood collective efficacy at age 9 buffered the negative impact of earlier ACEs on adolescent depression. Using data (N = 3,425) from the Future Families and Child Wellbeing Studies (FFCWS), the study found that compared to the Low ACEs class, both the Domestic & Neighborhood Violence, Parental Depression and Material Hardship class and the Abuse, Parental Divorce, Material Hardship and Neighborhood Violence class had higher levels of depressive symptoms. Parental warmth, school connectedness, and neighborhood collective efficacy were not found to moderate the association between ACEs class memberships and adolescent depression.

Taken together, this dissertation emphasizes how ACEs can have a far-reaching impact on individuals' mental health and parenting practices. Through LCA, it offers a deeper understanding of how different ACE patterns shape psychological outcomes over time and how these effects may extend across generations. The dissertation contributes to the field by revealing the importance of considering age, gender, different combinations of ACEs and multi-level protective factors in prevention and intervention programs.

11.

Kang, S.-H. and M. Denov (2025). "Walking out of the shadows: Exploring the complexities of motherhood and intergenerational realities in the families of three Taiwanese comfort women survivors." *Transcultural Psychiatry*: 13634615251342640. 10.1177/13634615251342640

Previous studies have found that Taiwanese comfort women survivors faced multiple forms of trauma from the comfort women system, and that societal prejudice against women's sexual victimization further impacted their marriages. However, there is minimal research exploring how sexual trauma may have impacted comfort women survivors' experiences of motherhood, alongside the consequences of survivors' experiences on subsequent generations. This article explores the perceptions of eight family members, including the second and third generations, of three deceased Taiwanese Han-Chinese ethnicity comfort women survivors. In particular, we trace family members' perspectives of survivors' mothering, and how family members were impacted by their mother's experiences as a comfort woman. To ensure participants' anonymity, findings are presented using composite narratives. The narratives illustrate the ways in which survivors' sexual trauma reportedly impacted survivors' family formation and mothering, and had long-term effects on survivors' offspring. According to family members, ambivalent mother-daughter relationships and conflictual relationships resulting from the preferential treatment of the male offspring were found. In addition, family members' psychological well-being, marriages, personality, and parenting were impacted by survivors' sexual trauma and conflictual family dynamics. Nevertheless, participants showed great strength and capacity under challenging circumstances and actively undertook their healing journey. We highlight the importance of providing culture-driven multilayered services for the families of comfort women.

survivors to foster intergenerational resilience, enabling them to continue to ?walk out of the shadows? of conflict-related sexual violence.

12.

Meinck, F., et al. (2025). "What are the mechanisms underpinning intergenerational transmission of violence perpetration?: A realist review."

https://www.research.ed.ac.uk/files/522092138/Final_submitted_and_accepted_files.pdf

Successive generations are more likely to carry out acts of violence in households where an individual has been subjected to violence...

13.

Morelli, N. (2025). Long-Term Impact of Childhood Adversity: Examining Outcomes Across Development and Across Generations,

<https://search.proquest.com/openview/5cabe707694721d7e49d7ba5cc55eac6/1?pq-origsite=gscholar&cbl=18750&diss=y>

This work is crucial for shedding light on the long-term and intergenerational effects of CA...

14.

Murray, A. (2025). The Canadian Genocide: Colonial Legacies and Sexual Violence against Indigenous Women, https://mru.arcabc.ca/_flysystem/repo-bin/2025-06/Murray_Thesis_2025.pdf

The forced assimilation and mistreatment endured by Indigenous children in these schools have had intergenerational effects...

15.

Nations, U. (2025, 2025, June 19). "Sudan: sexual violence, abductions, and escalating risks for women and girls." UN News. <https://news.un.org/en/story/2025/06/1164621>

Many survivors are silenced by fears of reprisal and retaliation: "to break the cycle, we must confront horrors of the past," said UN Secretary-General, António Guterres, in a statement marking the day.

Trauma is not only immediate, but also creates deep and lasting intergenerational wounds, as the cycle of violence often impacts multiple generations.

Shunned from their communities, many survivors are forced to raise children born out of rape, on their own. "It's almost like their cries are being ignored by the world," said Ms. Alabre.

Survivors of CRSV and their children, often excluded from education, employment, and other essential aspects of life, are pushed into poverty – further deepening their vulnerability.

"For too many women and children, war is not over when it's over," said the UN Special Representative who advocates for all those who experience sexual violence in conflict settings, Pramila Patten.

16.

Ngala, E. M. (2025). THE EFFECTS OF INTERGENERATIONAL EPIGENETICS OF TRAUMATIC STRESS ON A SEXUAL DEFEAT RAT MODEL. *Medicine and Health Sciences*. Stellenbosch, Stellenbosch University.

Doctor of Philosophy (Medical Physiology),

[https://scholar.google.com/scholar_url?url=https://scholar.sun.ac.za/server/api/core/bitstreams/9bfa8d8f-6b6c-4702-b9ac-](https://scholar.google.com/scholar_url?url=https://scholar.sun.ac.za/server/api/core/bitstreams/9bfa8d8f-6b6c-4702-b9ac-bdd304b68295/content&hl=nl&sa=X&d=173995692575967796&ei=B5VOaL_2FdGM6rQP7_O2WA&scisig=AAZF9b-vutZvP53zBm-N-GMICX6s&oi=scholar&rt&html=&pos=0&folt=kw)

[bdd304b68295/content&hl=nl&sa=X&d=173995692575967796&ei=B5VOaL_2FdGM6rQP7_O2WA&scisig=AAZF9b-vutZvP53zBm-N-GMICX6s&oi=scholar&rt&html=&pos=0&folt=kw](https://scholar.google.com/scholar_url?url=https://scholar.sun.ac.za/server/api/core/bitstreams/9bfa8d8f-6b6c-4702-b9ac-bdd304b68295/content&hl=nl&sa=X&d=173995692575967796&ei=B5VOaL_2FdGM6rQP7_O2WA&scisig=AAZF9b-vutZvP53zBm-N-GMICX6s&oi=scholar&rt&html=&pos=0&folt=kw)

Sexual violence is a global issue with profound societal, psychological, and economic consequences. While much research focuses on survivors, limited attention has been paid to the physiological and genetic mechanisms underlying perpetrator behaviour. This study addresses this critical gap by utilizing a modified Sexual Aggression Test (SxAT) in male Wistar rats to investigate the intergenerational effects of traumatic stress on aggression and sexually aggressive behaviours. The study examines the interplay between social isolation, stress induced neurochemical changes, epigenetic modifications, and aggression-linked gene expression. Social isolation significantly increased aggressive behaviours, including forced mounting and offensive grooming, observed both prior to sexual aggression (Resident-Intruder Test, pre-SxAT) and during the SxAT. Neurochemical analyses revealed that serotonin and oxytocin levels were inversely associated with aggressive behaviours, while corticosterone and vasopressin levels were positively associated, highlighting the role of HPA axis dysregulation in aggression. Epigenetic analyses explored the effects of housing conditions in F0 males and the combined influence of F0 male housing and prenatal stress on DNA methylation (DNAm) patterns in F1 males. In F0 males, social isolation was associated with region-specific changes in DNAm across aggression-linked genes (AR, CRHR1, OXTR, 5-HT1A), reflecting the impact of chronic stress. In F1 males, the interplay of F0 male housing conditions and prenatal stress resulted in distinct DNAm patterns, with significant region- and gene-specific variations. The study also examined maternal care behaviours and their influence on F1 offspring. Reduced maternal care, influenced by prenatal stress and paternal social isolation, exacerbated aggression and anxiety-like behaviours in F1 males, while higher maternal care mitigated these effects. Maternal care emerged as a critical protective factor against the adverse behavioural and neurobiological outcomes associated with prenatal and postnatal stressors. This study provides novel insights into the biological and epigenetic mechanisms underlying sexual aggression, emphasizing the complex interplay between environmental stressors, neurochemical changes, and epigenetic regulation across generations. The findings underscore the potential for targeted interventions addressing stress and its epigenetic consequences to mitigate aggressive behaviours and prevent the perpetuation of sexual violence.

17.

Nohr, L., et al. (2025). "Distinctive factors contributing to psychological distress in second-generation offspring of Holocaust survivors: Posttraumatic stress and sense of coherence." *Journal of traumatic stress* **12**: 12. 10.1002/jts.23173

The psychological impact of historical trauma can be passed on to future generations. The simultaneous presence of historical and individual trauma may increase psychological distress, especially in older adults. Older age potentially represents a phase of life with increased challenges, distress, life review, and reminiscence. Though both historical and individual trauma appear to contribute to psychological distress, a strong sense of coherence (SOC) may reduce psychological distress and posttraumatic stress in older age and in the context of historical trauma. We conducted a

cross-sectional online survey among offspring of Holocaust survivors (OHS) from Germany, Israel, and the United States, focusing on the second generation and individuals aged 60-80 years who reported having survived individual trauma. Descriptive statistics, zero-order correlation analyses, and multiple regression were used to investigate factors influencing psychological distress, including gender, age, posttraumatic stress disorder (PTSD) symptoms, past victimization, family Holocaust knowledge, and SOC (balance, manageability, and reflection). The sample comprised 116 participants (70.1% female-identified, $M_{age} = 67.85$ years, $SD = 4.45$, range: 60-79 years). Multiple regression indicated that PTSD symptoms, $B = 2.78$, $\beta = .58$ ($SE = .37$), $p < .001$, and manageability, $B = -0.54$, $\beta = -.20$ ($SE = .25$), $p = .034$, were significantly associated with psychological distress. The final model accounted for 50.5% of the total variance in current psychological distress among older second-generation OHS. These findings highlight the importance of individual risk and protective factors in understanding distress among older people in the context of historical trauma.

18.

Ochab, E. U. (2025). Addressing the intergenerational effects of Conflict-Related Sexual Violence. *Forbes*, <https://www.forbes.com/sites/ewelinaochab/2025/06/15/addressing-the-intergenerational-effects-of-conflict-related-sexual-violence/>

Conflict-related sexual violence (CRSV) is a crime which affects all aspects of victims/survivors' lives, with consequences which are far reaching and long-lasting. CRSV may cause physical and psychological trauma, and stigma, among others, all which affect victims/survivors and their families for generations. Many survivors remain silent due to fear of reprisals, lack of support, and the stigma placed on them instead of the perpetrators. CRSV is a crime which destroys the social fabric of entire communities for generations to come. The consequences can be magnified where CRSV results in pregnancies, often leading to further societal rejection of children born in these circumstances.

19.

Pirrongelli, C. (2025, 2025, June 19). "Nuove evidenze neuroscientifiche sulla trasmissione intergenerazionale del trauma [Nieuwe neurobiologische bewijsstukken over de intergenerationele overdracht van trauma]." *SPI*. <https://www.spiweb.it/la-ricerca/ricerca/nuove-evidenze-neuroscientifiche-sulla-trasmissione-intergenerazionale-del-trauma-c-pirrongelli/>

Il lavoro di Cristiana Pirrongelli introduce una serie di aggiornamenti di SPIWEB su tema del trauma, della trasmissione intergenerazionale e dei modelli epigenetici, ritenendo che tale area di ricerca aiuti a rileggere meglio le classiche dicotomie corpo/mente, fattori psichici interni/fattori esterni, ma anche i processi di trasmissione tra le varie generazioni, secondo un'interazione più complessa e multifattoriale tra corpo, mente, genetica, ambiente e storia umana.

[Het werk van Cristiana Pirrongelli introduceert een aantal updates van SPIWEB over het onderwerp trauma, intergenerationele overdracht en epigenetische modellen, in de veronderstelling dat dit onderzoeksgebied helpt om de klassieke dichotomieën lichaam/geest, interne psychische factoren/externe factoren en ook de overdrachtsprocessen tussen de verschillende generaties beter te herlezen, volgens een complexere en multifactoriële interactie tussen lichaam, geest, genetica, omgeving en menselijke geschiedenis.]

20.

Rasmussen, E. (2025). Trauma, Stress, and Sleep: Pathways Linking Adversity to Health Across Populations and Generations,

<https://search.proquest.com/openview/f80b0d623f69c118f54ee37a4b40a87e/1?pq-origsite=gscholar&cbl=18750&diss=y>

A history of adversity has been linked to poor physical, mental, and emotional health outcomes across the lifespan...

21.

Roth, M., et al. (2025). "Psychoanalytic assistance after a massacre." Psychoanalytic Inquiry: No Pagination Specified. 10.1080/07351690.2025.2462504

On October 7th, 2023, Israel was invaded by 6,000 Hamas terrorists, who slaughtered more than 1,200 people and kidnapped an additional 251, taking them to Gaza. Among these were babies as young as nine months and elderly individuals, some of whom had survived the Holocaust. Within two days, hundreds of psychoanalysts from the three psychoanalytic societies in Israel, organized by the authors of this article, came together to aid the victims of the massacre. This paper discusses the major psychoanalytic concepts that we found most helpful in our work with the survivors of the massacre, bereaved family members, family members of the hostages, and the freed hostages who returned from Gaza after more than 50 days. We will explore the following psychoanalytic anchors: the life and death drives; from paranoid-schizoid reactions to depressive attitude and ethical stance; the recovery of good internal objects; and the importance of an "good-enough." Additionally, we will address the working through of transgenerational trauma and survivor's guilt, illustrating these concepts with short vignettes and a clinical example. This paper provides a theoretical and practical backbone for working with trauma victims in general, and with those affected by trauma on a national scale specifically. (PsyInfo Database Record (c) 2025 APA, all rights reserved)

22.

Saeedi, S., et al. (2025). "Echoes in the bone and blood: Adlerian approaches to cultural postmemories." The Journal of Individual Psychology **81**(1): 137-161. 10.1353/jip.00024

The concept of blood memory is deeply rooted in diverse cultures. It embodies the idea that memories and experiences can be inherited across generations through biological, cultural, or spiritual means. Originating from Dr. Momaday's coinage of the term in *House Made of Dawn*, blood memory finds resonance in Carl Jung's collective unconscious and Alfred Adler's emphasis on early life observations of one's environment, including live interactions and family or cultural mythology, shaping lifestyle. Marianne Hirsch's concept of postmemory illuminates how the second generation inherits profound connections to ancestral traumas, such as the Holocaust, which shape their identities. This article explores the intersections of blood memory, postmemory, and epigenetics in memory formation. Drawing from personal stories from Indigenous Canadian and Jewish authors and borrowing from neuroscience, it examines the intergenerational inheritance of memories. The significance of blood memory transcends linear understandings of memory and time, challenging traditional notions of early recollections. While scientific explanations of the transfer of individual episodic memories remain elusive, cultural wisdom offers insights into the lived experiences and phenomenological realities of memory transmission. As psychologists and researchers, embracing diverse perspectives and cultural narratives is imperative to understanding the complexities of memory inheritance and its implications.

for cultural identity, movement, and lifestyle formation. (PsycInfo Database Record (c) 2025 APA, all rights reserved)

23.

Salter, M., et al. (2025). "'I see it running through my family': The intergenerational and collective trauma of ..." https://www.academia.edu/download/121175130/intergen_salter_academia.pdf

This article builds on theories of intergenerational and collective trauma to argue that dissociation should be a key target...

24.

Taffe, S. (2025, 2025, June 23). "Inherited hunger: eating disorders, legacy burdens, and internal family systems therapy." *Let's Work on That*. <https://www.letsworkonthat.com.au/articles-and-insights/inheritedhunger>

Behind every eating disorder is a system of parts working tirelessly to protect against pain. Pain that may not have started in this lifetime.

Through the lens of Internal Family Systems (IFS), we begin to see these patterns not as flaws but as inherited legacies. Legacy burdens are the emotional blueprints we absorb from family, culture, and collective trauma. They extend through generations, shaping how our parts relate to food, control, body image, and safety. Here we explore how eating disorders often carry more than just personal distress, they carry ancestral echoes, cultural mandates, and survival strategies some long outgrown. With compassion, curiosity, and clinical insight, we'll trace how healing begins when we honour our parts and hand back what was never ours to carry.

25.

Wells, J. C. K. (2025). "The Maternal Capital Hypothesis: Giving Mothers Central Place in Evolutionary Perspectives on Developmental Plasticity and Health." *American Journal of Human Biology* **37**(6): e70084. 10.1002/ajhb.70084

The "developmental origins of health and disease" paradigm has revolutionized biomedical research and raised new questions in the public domain. Not only individual disease risk, but also population health inequalities, may be profoundly shaped by experience early in life. The maternal capital hypothesis, published in 2010, is an evolutionary conceptual framework for understanding developmental plasticity on an intergenerational time-scale. The central proposition is that societal adversities can become embodied in maternal phenotype, and hence undermine the health and life opportunities of their offspring. The offspring calibrates its early developmental trajectory to maternal phenotype, not to the external environment. The framework emphasizes societal stresses from which individual mothers cannot opt out, such as malnutrition, poverty, gender inequality, colonialism, racism, war, and interpersonal violence. Conversely, mothers with greater capital can better defend themselves against these stresses and buffer their offspring. In this commentary, I revisit why the hypothesis was developed and summarize how it has stimulated further work. I review evidence for the role of maternal phenotype in the intergenerational basis of health inequalities; theoretical issues that the hypothesis can help clarify; implications for policy and intergenerational justice; and experimental studies that show that promoting maternal capital can have health benefits for both mothers and offspring. There is no intention to blame mothers when arguing that maternal phenotype plays a

unique role in intergenerational cycles of disadvantage. Rather, promoting maternal capital may not only improve maternal and child health, but also combat gender and racial inequality.

26.

Westin, E. (2024). "Trauma and Healing through Postgenerational Holodomor Survivor Research." Life Writing **21**(4): 715-734. 10.1080/14484528.2024.2409096

The Holodomor of 1932-1933 resulted in the deaths of millions of Ukrainians from starvation, execution and deportation to labour camps. Survivors were further divided and displaced by World War II, when a large proportion of the peasantry endured forced labour in Germany. Those who avoided repatriation to the Soviet Union at the end of the War formed diaspora communities in parts of the West, where a small number gave testimony to their experiences during the famine. Others, however, lived in silence for a number of psychological and political reasons, unable to give a voice to their memories. The postgenerations grew up with these silences and a growing understanding that there was more to be told. Many have undertaken academic research as an avenue to deconstruct and contextualise their familial memories, in order to contribute to processes of repairing the damage of the past. Their works bear the markings of intergenerational trauma and a 'pathology of recognition' (Oliver 2001) that drives the postgenerations' quest for recognition from the perpetrator nation and the public. This paper examines intergenerational trauma in the academic research of diasporic postgenerations and the efficacy of academia as a space for symbolically unpacking and repairing the past.