

Abstract

Transgenerational Transmission of Trauma (TTT) and Resources Dr. André Maurício Monteiro

According to AIP principles, symptoms are not the cause of current suffering, but rather the consequence of unprocessed memories from the past. The dysfunctional state-dependent information from childhood is stored in the brain, and may be triggered in the present, thus promoting reactions that are more related to the past than to what takes place in the current life of the client. Reprocessing of these early memories allows the client to experience the present with an orientation to the here and now, with a clearer distinction between past, present, and future.

Sometimes, however, early childhood touchstone events are not easily detected. Despite the ever present possibility of amnesic barriers at play, maintained by phobic defenses in relation to traumatic material that left the child in a helpless/hopeless situation, it may be that the unintegrated source of dysfunction stems not directly from the childhood of the client. Instead, dysfunction is vicariously activated from challenges the client's ancestors had to confront. The dissociated content may be maintained outside the awareness of the client, through family silences, secrets, rituals, and unexplained psychological/ psychiatric symptoms from different family members across generations.

In this presentation, I offer a strategy to help EMDR clinicians find inter and transgenerational pathogenic content, while maintaining a simultaneous AIP perspective, coupled with a family systems view of the client.

The original work on family invisible loyalties, published by Dr. Boszormenyi-Nagy proposes a creative connection between family accountability and the individual missions certain family members take on.

Learning Objectives

1. Participants will learn the principle of family accountability, as originally presented by Dr. Boszormenyi-Nagy's work on Invisible Loyalties;
2. Participants will learn how to set up a preparation extended Phase 1, where Transgenerational material may be identified and accessed through Phase 2, and funneled into the setting up of Phase 3.
3. Participants will learn the balance sheet technique in order to explore the access of both Traumatic and Resourceful material.