

INTERGENERATIONAL TRAUMA: SCIENCE AND CYCLES



This training examines the mechanisms and effects of intergenerational trauma. We will explore the role of epigenetics, looking at how traumatic stress might cause changes in gene expression that can be passed down. The session will review key studies that confirm the transmission of trauma across generations in populations affected by historical events. Finally, we will consider the cyclical aspects of generational trauma, emphasizing the psychological and relational patterns that sustain these legacies, and providing attendees with a trauma-informed approach for disruption and healing.



Thursday, February 12



10:00-11:30am



Zoom

REGISTER NOW



CEU Eligible



Nadja Mummery

Bucks-Mont Collaborative

Training Institute Coordinator &

Learn to Heal Consulting Founder

Nadja Mummery is a community educator and the founder of Learn to Heal Consulting. With over a decade of experience in the Greater Philadelphia and North Penn regions, she helps individuals and organizations navigate complex issues like poverty, trauma, and discrimination with a trauma-informed and racial equity lens.

As a certified Trauma-Competent Professional, she provides specialized training and facilitates group processes for non-profits on topics including trauma, poverty, inclusion, and communication.

In 2024, she joined The Bucks-Mont Collaborative as their Training Institute Coordinator, where she connects member organizations with the resources they need to thrive. Nadja is passionate about empowering people to create a more just and healing world.