

Transgenerational effects of the traumatic events

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Transgenerational and long-term effects of traumatic events maybe long lasting. Examples of traumatic events which might have long lasting and transgenerational effects include traumatic events due to individual traumatic events such as child abuse or due to collective traumatic events such as war, genocide and political violence and political oppression. The transgenerational trauma, therefore, affects individuals in the case of exposure to child abuse and groups in the case of collective trauma. The groups are defined as groups because of what they are, e.g. as ethnic group, and national group or as religious group. The effects of potential traumatic events are heterogeneous and may include a variety of mental health conditions, such as post-traumatic stress disorder, other stress disorders and vulnerability to mental and physical health problems. The physical and mental health problems can be biologically transmitted across generations through the uterine environment, epigenetic mechanism and socially through behaviors and relationships or lack of relationships. The aim of this talk is to present knowledge on the long and transgenerational effects of traumatic events with a focus on collective traumatic events. First, I will present data on the long and transgenerational effects of traumatic events, second the mechanisms for transmission of potential traumatic events will be explored, third certain vulnerable groups will be identified and forth implications for interventions and further research will be discussed. Because transgenerational trauma often goes unrecognized or is misdiagnosed by clinicians the needs for better understanding the effects of transgenerational trauma is needed.