

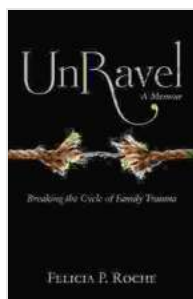
# Unravel: Breaking the Cycle of Family Trauma

Trauma is a serious issue that can have a lasting impact on individuals and families. It can manifest in a variety of ways, including physical, emotional, and psychological symptoms. Family trauma is particularly insidious, as it can create a cycle that is passed down from generation to generation. However, there is hope for breaking this cycle. With the right help, individuals and families can learn to heal from their trauma and build healthier relationships.

## The Cycle of Family Trauma

The cycle of family trauma begins with a traumatic event. This event can be anything from physical abuse to neglect to sexual assault. The trauma is then passed down from generation to generation through a variety of mechanisms. For example, children who witness abuse may be more likely to become abusers themselves. Or, children who grow up in neglectful homes may be more likely to neglect their own children.

The cycle of family trauma can have a devastating impact on individuals and families. It can lead to a variety of problems, including mental illness, addiction, relationship problems, and physical health problems.



## UnRavel: Breaking the Cycle of Family Trauma

by Felicia P. Roche

★★★★☆ 4.8 out of 5

Language : English  
File size : 1235 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 342 pages



## Breaking the Cycle of Family Trauma

Breaking the cycle of family trauma requires a comprehensive approach that addresses the individual, the family, and the community. There are a number of things that can be done to help break this cycle, including:

- **Therapy:** Therapy can help individuals and families to process their trauma and to develop coping mechanisms.
- **Support groups:** Support groups can provide individuals and families with a safe and supportive environment in which to share their experiences and to learn from others.
- **Education:** Education can help individuals and families to understand the impact of trauma and to learn about healthy ways to cope.
- **Community programs:** Community programs can provide a variety of services to help individuals and families to break the cycle of trauma, such as housing assistance, job training, and childcare.

Breaking the cycle of family trauma is a challenging but achievable goal. With the right help, individuals and families can learn to heal from their trauma and to build healthier relationships. By working together, we can create a world where trauma is no longer passed down from generation to generation.



Image of a family sitting together, smiling.

## **Additional Resources**

The National Child Traumatic Stress Network

SAMHSA's National Center for Trauma Informed Care

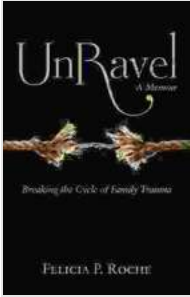
The Centers for Disease Control and Prevention's Division of Violence Prevention

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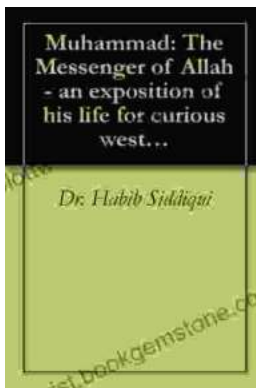
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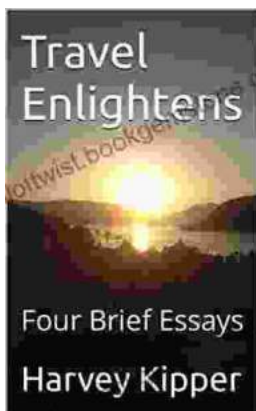


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