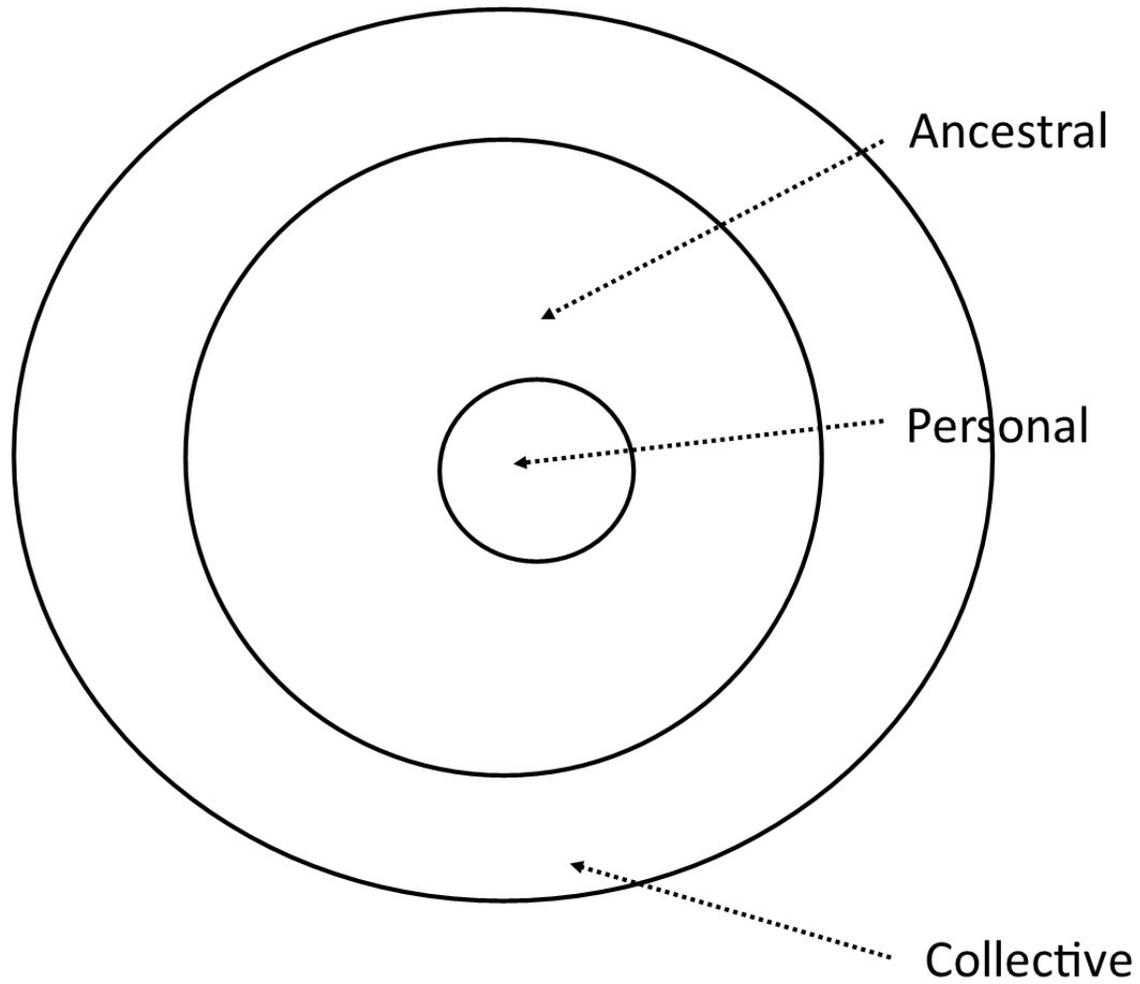


# HEALING ANCESTRAL COLLECTIVE TRAUMA

Karen Carnabucci, LCSW, TEP



3 levels of  
consciousness

- Personal
- Ancestral
- Collective

# Collective Trauma

- Collective trauma refers to the psychological reactions to a traumatic event that affect an entire society. It suggests that the tragedy is represented in the **collective memory of the group**, and like all forms of memory it comprises not only a reproduction of the events, but also an ongoing reconstruction of the trauma in an attempt to **make sense** of it.
- The individual trauma in the life of one person is not a separate and isolated event but is **embedded in thousands of years** of traumatization.
- Collective trauma is often unrecognized but **lives in the background of any situation**. By first recognizing collective trauma and then working with it, we can accelerate **individual and group healing**.

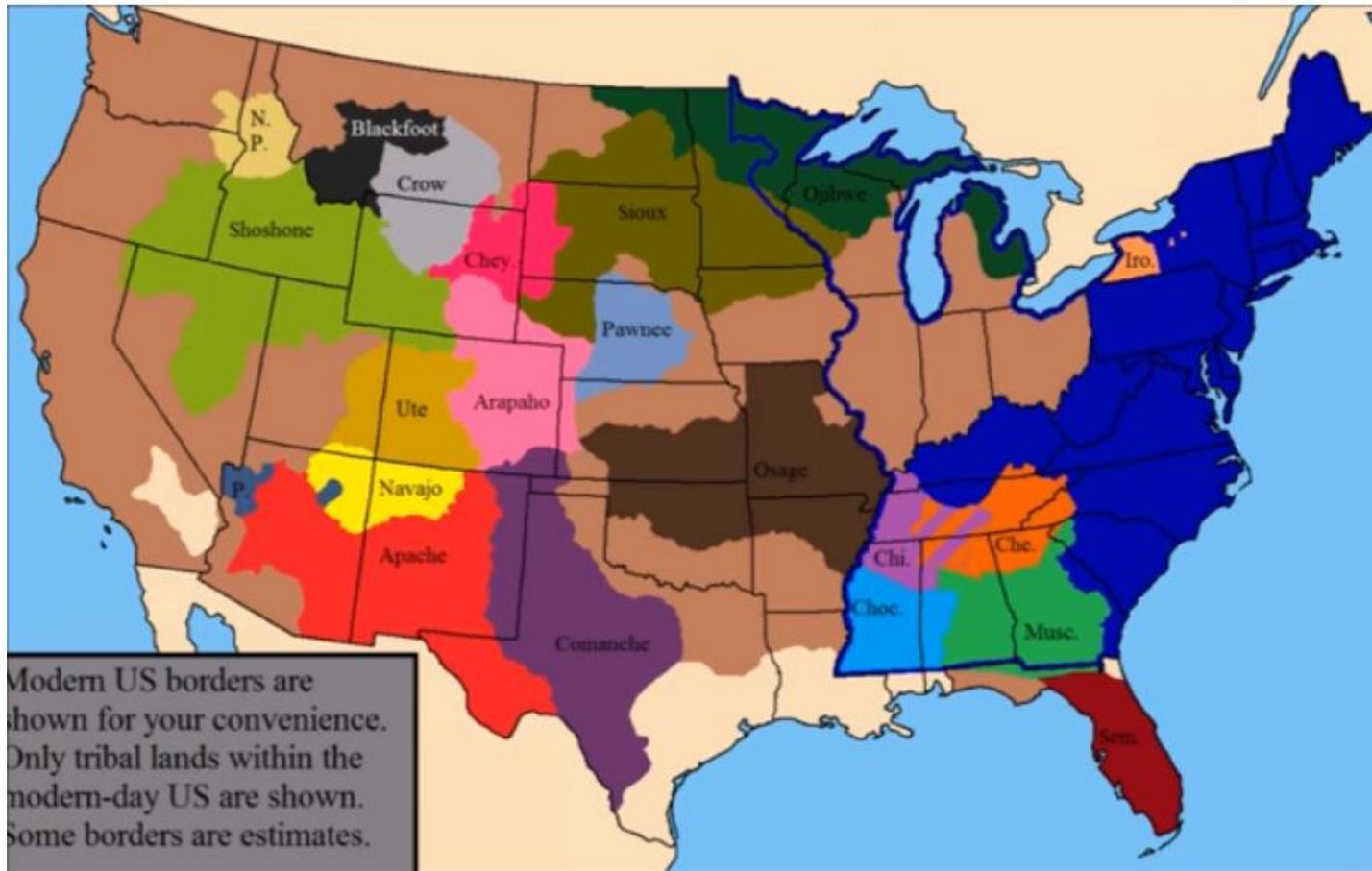


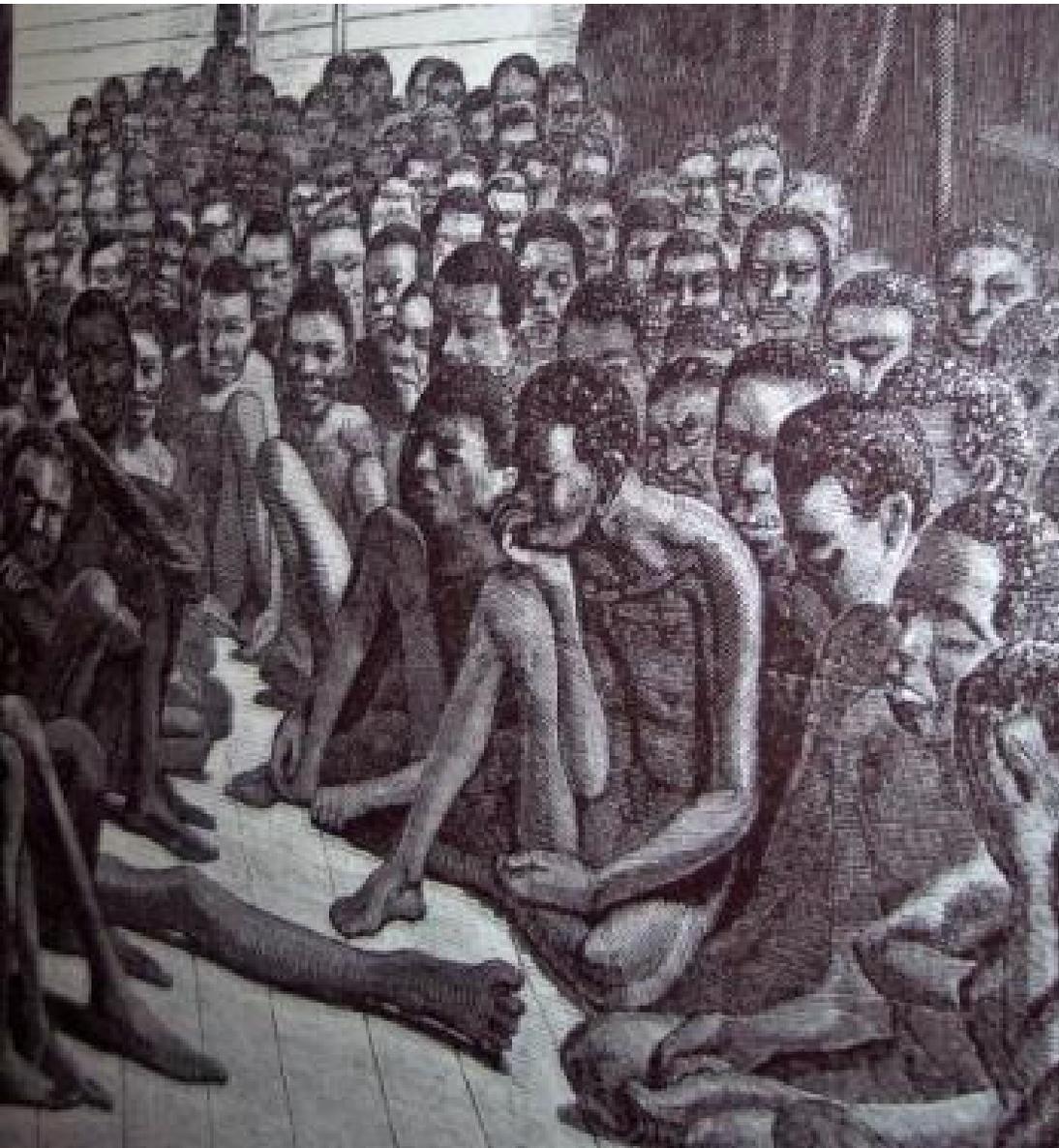
## Thomas Hübl

“Trauma is not just a personal experience. It is always embedded in a much wider chain of events and history. Examining our collective trauma is the way to tap into the evolutionary intelligence of humanity.”



CHANGING BORDERS IN EUROPE.





## The Middle Passage

...refers to the **horrific journey** of enslaved Africans from their home continent to the Americas during the period of the transatlantic slave trade, from the 16<sup>th</sup> to the 19<sup>th</sup> centuries. Historians believe 15% of all Africans loaded onto slave ships did not survive the Middle Passage—most **died** of illness due to **the inhumane and unsanitary conditions** in which they were transported.



# INDIAN LAND FOR SALE

GET A HOME  
OF  
YOUR OWN  
\*  
EASY PAYMENTS



PERFECT TITLE  
\*  
POSSESSION  
WITHIN  
THIRTY DAYS

**FINE LANDS IN THE WEST**  
IRRIGATED IRRIGABLE      GRAZING      AGRICULTURAL DRY FARMING

IN 1910 THE DEPARTMENT OF THE INTERIOR SOLD UNDER SEALED BIDS ALLOTTED INDIAN LAND AS FOLLOWS:

Location	Acres	Average Price per Acre	Location	Acres	Average Price per Acre
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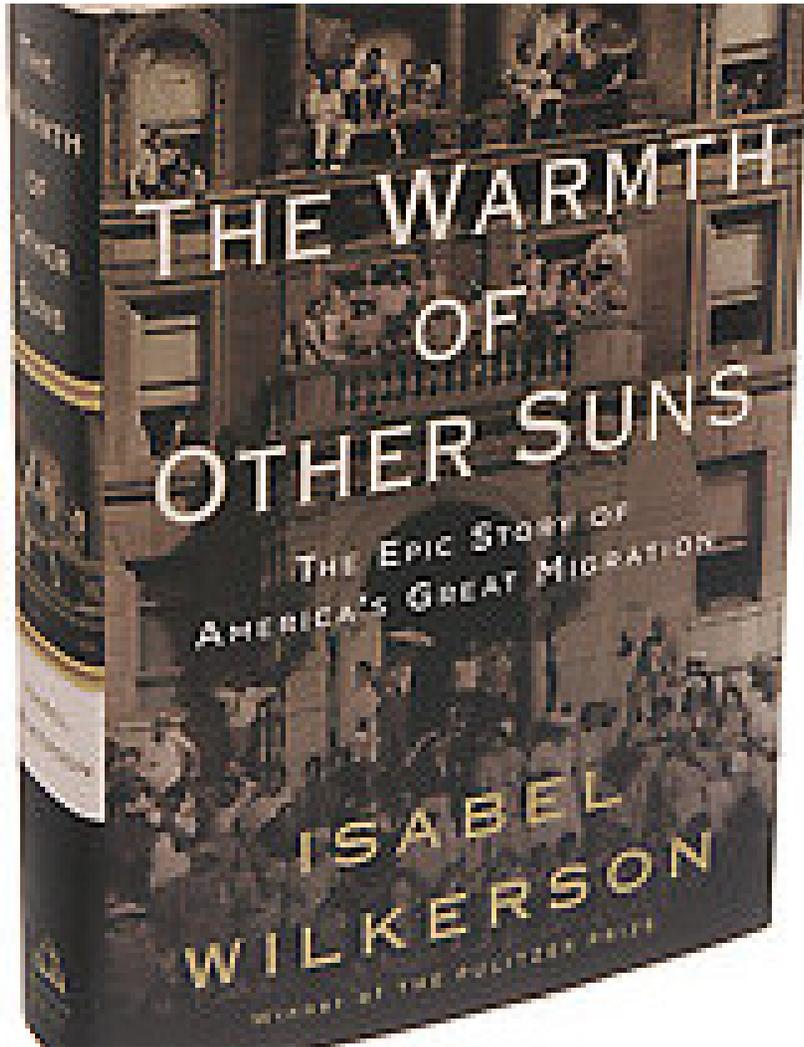
# NATIVE AMERICAN GENOCIDE



# IMMIGRATION



FEEDING CENTER IN TRANS-VOLGA, RUSSIA,  
IN 1922. SOME 38, 600 MEALS WERE  
DISTRIBUTED DAILY.



## The Great Migration

The Great Migration, sometimes known as the Great Northward Migration or the Black Migration, was the movement of **6 million African Americans** out of the rural southern United States to the urban Northeast, Midwest and West that occurred between **1916 and 1970**.



# THE GREAT DEPRESSION

...started in 1929 and continued throughout the 1930s.

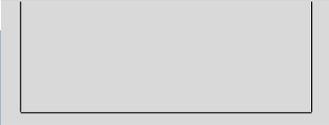


The London Blitz, 1940 and 1941. Civilian casualties on London throughout the Blitz amounted to 28,556 killed, and 25,578 wounded.









KEY POINTS TO KEEP IN MIND  
ABOUT WORKING WITH  
ANCESTRAL TRAUMA.

## Key points to keep in mind

01

Ancestral  
trauma is real.

02

Become  
educated about  
it.

03

Identify the  
kinds of trauma  
that passes in  
generations.

## Key points to keep in mind.

1

Look at how you can begin to safely address these issues in yourself.

2

Look at how you can safely address these issues in your work setting.

3

Ask about the ancestral experience.

## Key points to keep in mind.

1

Books, articles and videos can be a good start.

2

Take a neutral stance with your person.

3

Don't permit people to speak badly of others in their family system.

## Key points to keep in mind.

01

Encourage people to learn more about their ancestral system.

02

Have clients pay attention to their bodies.

03

Pay attention to your own body.