

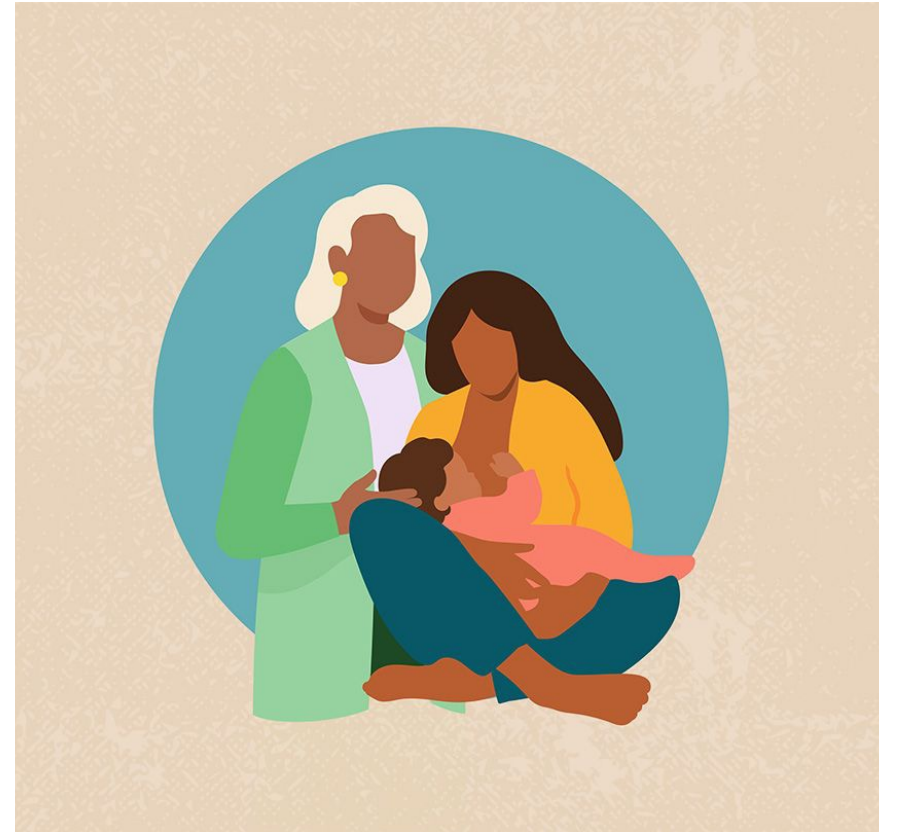
# Intergenerational trauma in Asian American communities: overview and mechanisms



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The Lotus Project

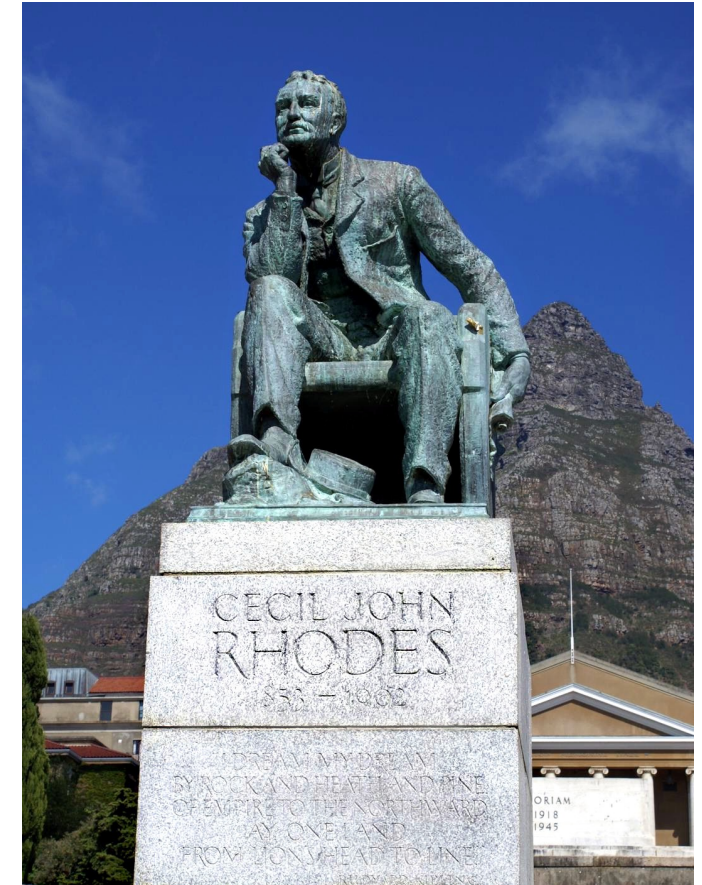
# Intergenerational trauma

- Trauma experienced in one generation affecting the health and well-being of descendants of future generations
- Can span multiple generations
- Describes mechanisms and effects of past trauma (without distinct historical and cultural context)
  - Ex. Domestic violence, poverty, chronic discrimination etc.



# Historical trauma: definition

- Collective and cumulative experiences of trauma and its sequelae that harm oppressed communities across generations
  - Ex. Psychological trauma, physical attacks, chronic poverty, torture
- Emerged to describe effects colonial and post-colonial oppression
- Direct exposure vs. indirect exposure



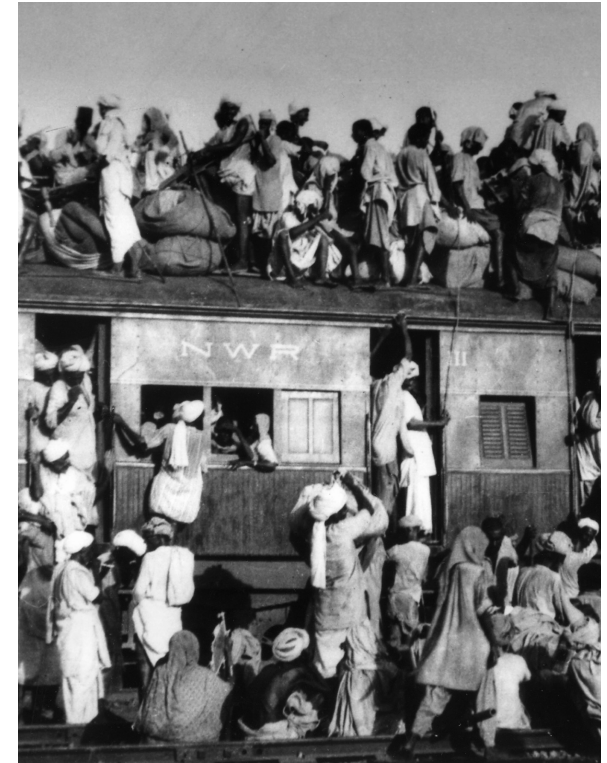
# Historical trauma worldwide



Native American  
genocide



Vietnam War

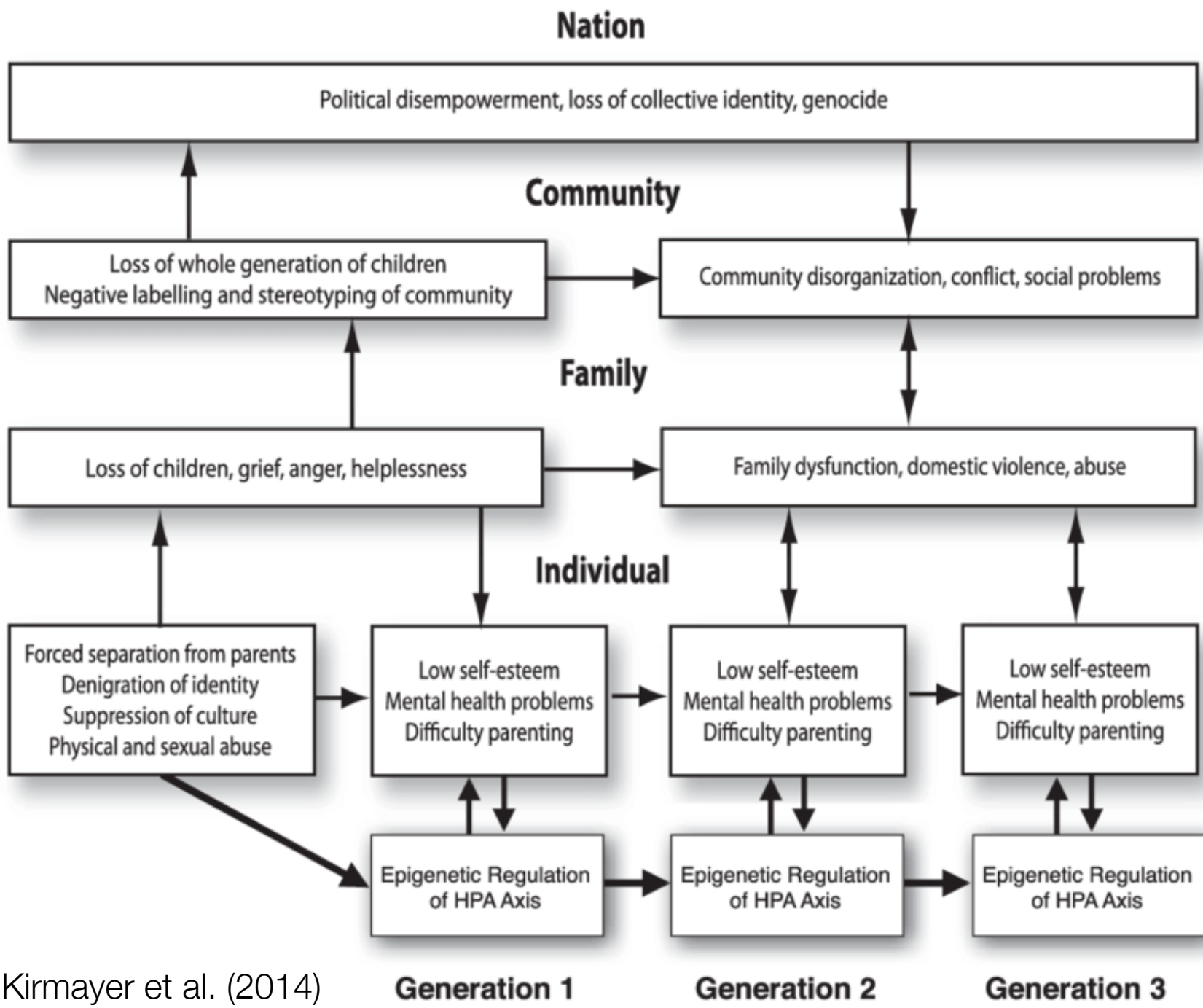


Partition of India  
& Pakistan

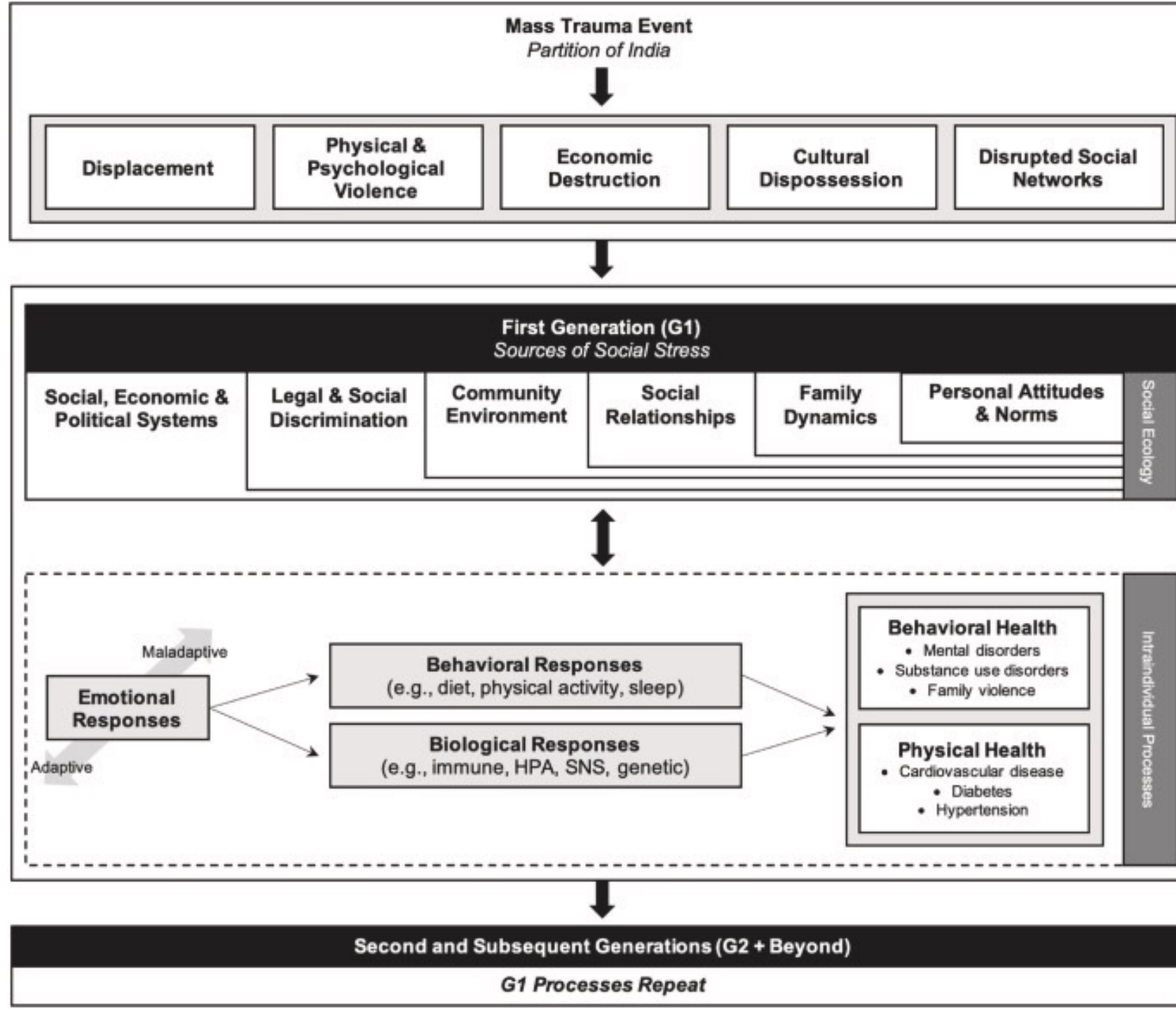
# Historical trauma among Asian Americans



1. Khmer Rouge
2. Armenian Genocide
3. Korean War and occupation
4. Vietnam War
5. European colonization of Southeast Asia
6. Cultural Revolution
7. US invasion of Middle East
8. Palestinian genocide,
9. Other global events (e.g. slavery, famine, etc.)



Kirmayer et al. (2014)



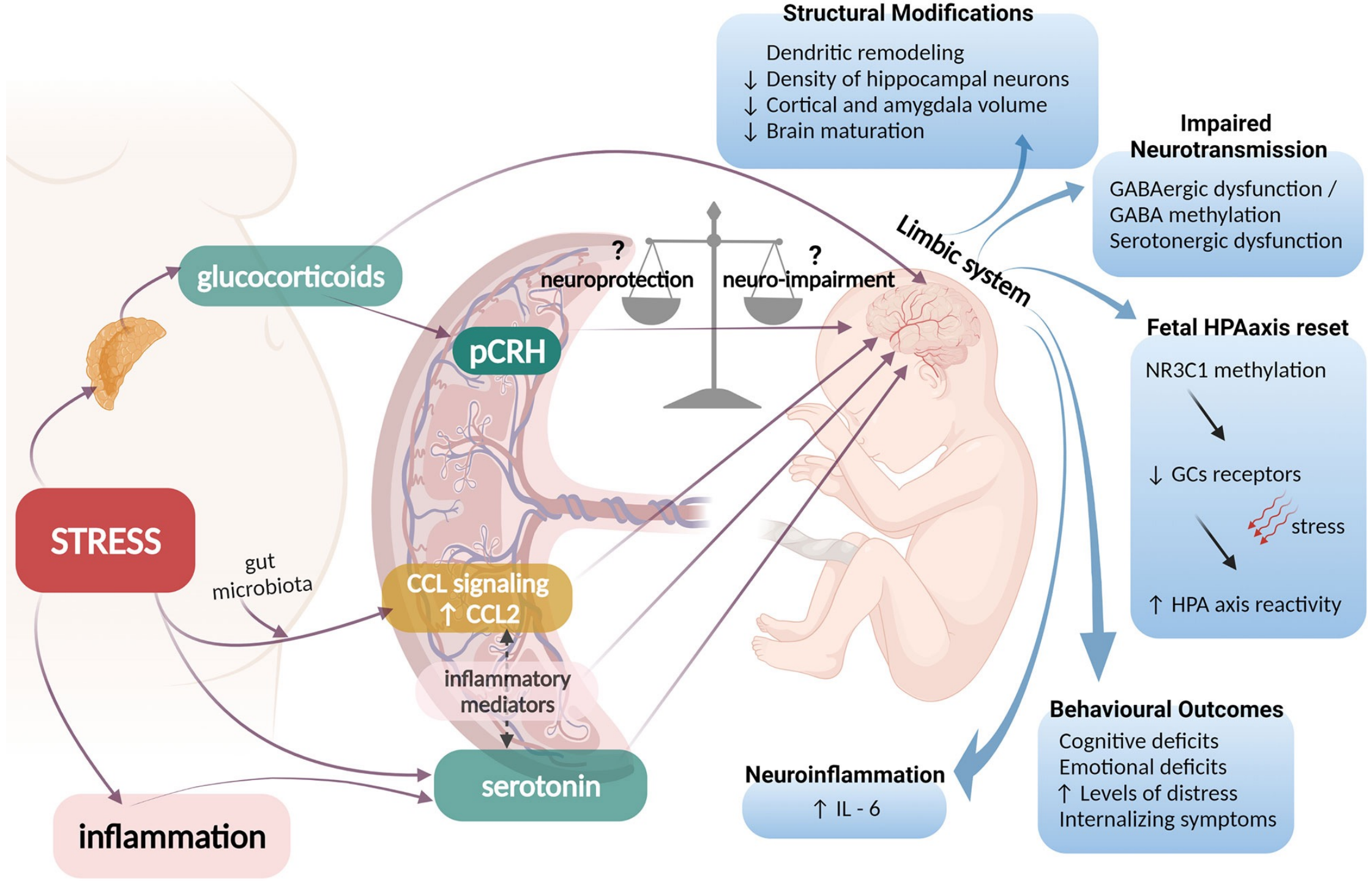
# Developmental origins of adult mental health

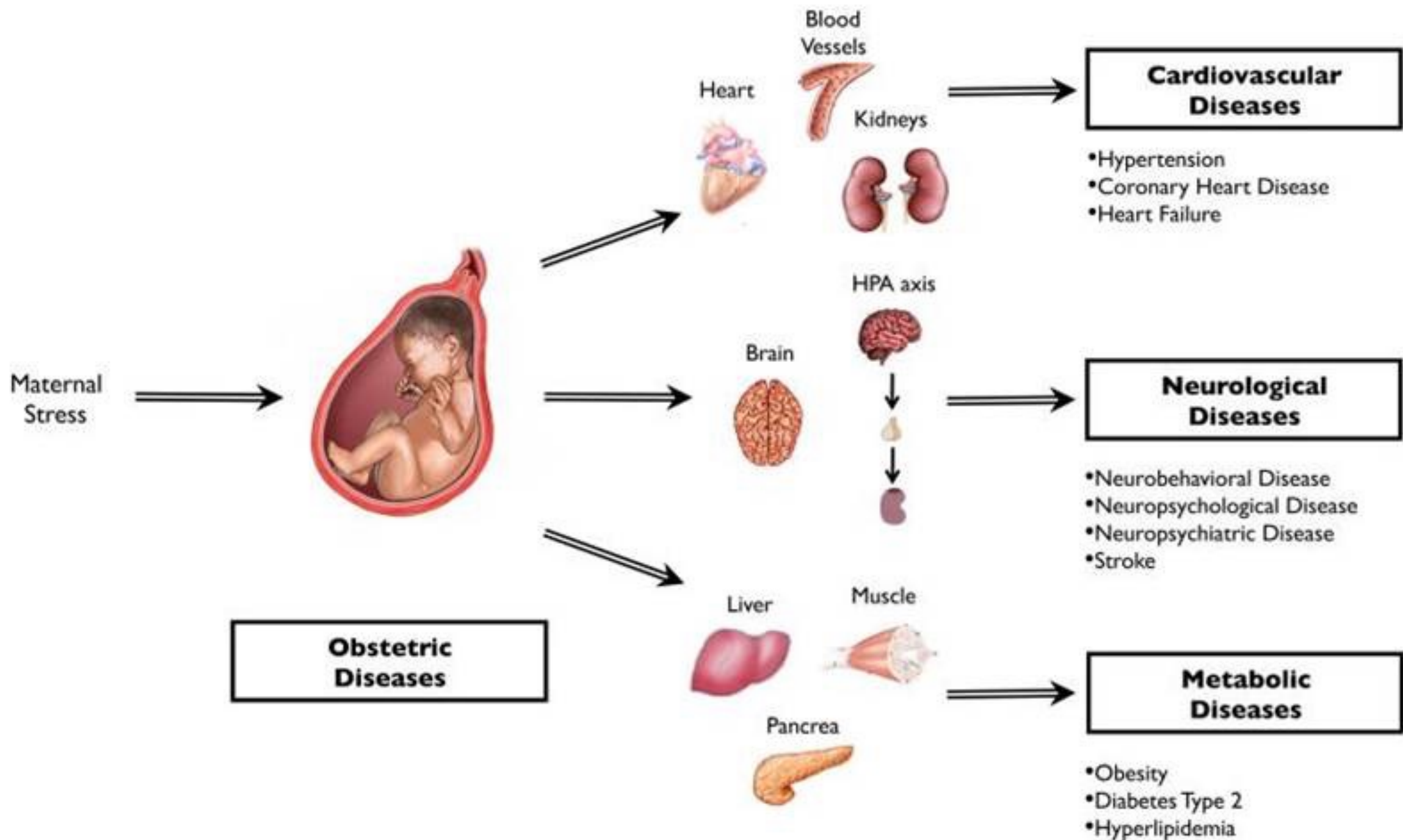
- Early life conditions predict adult health outcomes
- Growing evidence suggesting that prenatal stress → adult mental health



*What happens  
in the womb lasts  
a lifetime*

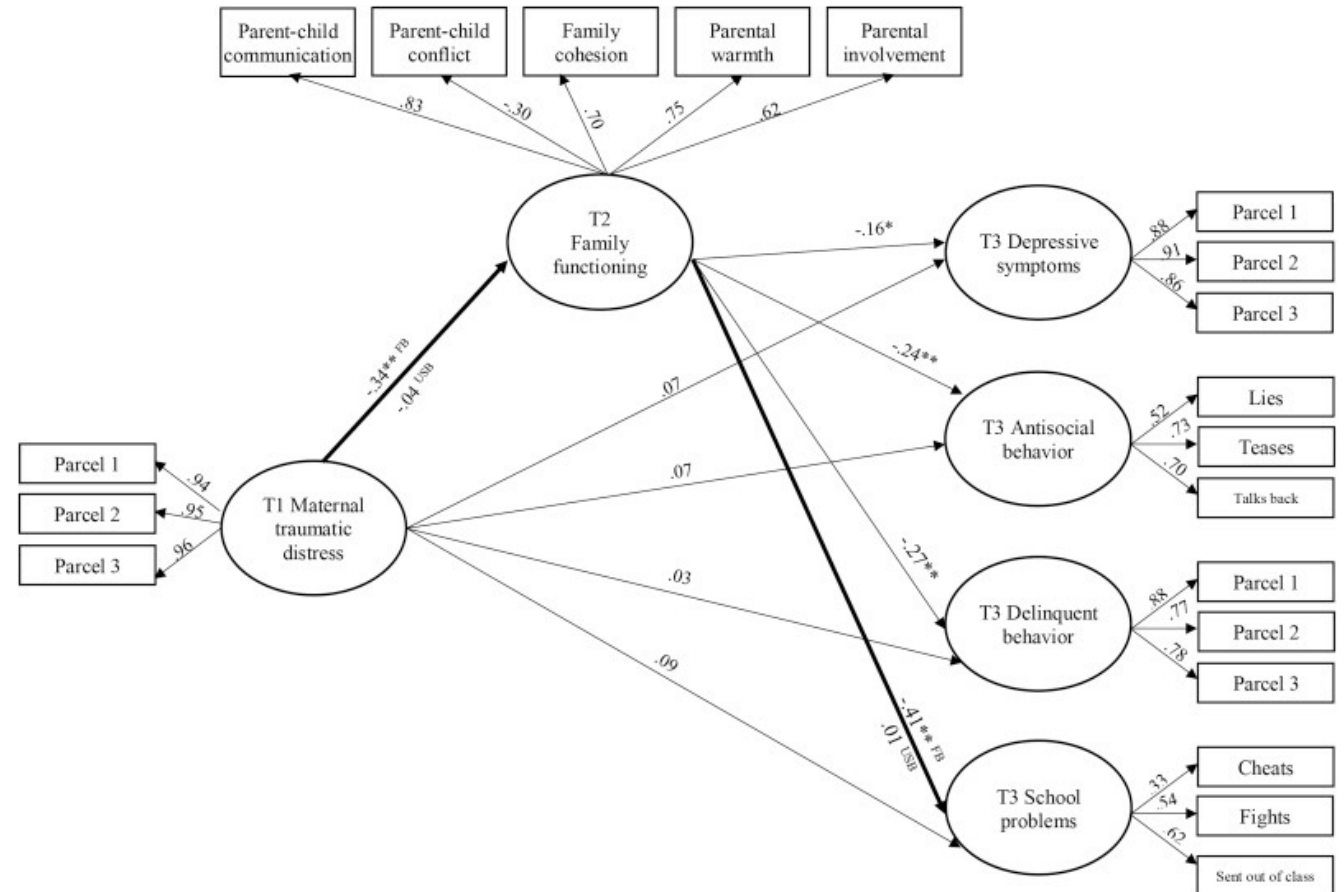






# Epidemiology

- Elevated levels of stress, trauma, disease risk
  - depression, PTSD, antisocial behavior, diabetes, high BP
- Exposures: Historical loss, traumatic events, acculturation, incarceration
- 85% reported experiences of historical loss among Southeast Asian adults in Chicago (n = 212)



# Future directions

- Mechanisms of intergenerational trauma transmission
- Culturally sensitive assessments of mental health
- Physiological and physical health outcomes
- Contextually relevant healing modalities – individual, family, community, structural



# Thank you!

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감사합니다!

