



Lea Denny: Healing Intergenerational Roots of Trauma: The Infinity Walk & Our Medicines



Lea Denny, MS, LPC, NCC, NMT, is the Founder, CEO, Clinical Director and Researcher for the HIR (Healing Intergenerational Roots) Wellness Center. She has a Masters in Clinical Mental Health, is trained in the Neurosequential Model of Therapeutics (NMT), is a licensed therapist and certified counsellor. The HIR Wellness Center grew out of community encouragement during research for her Master's thesis, which was a study on healing historical trauma. Lea's knowledge is profound and this presentation on healing historical intergenerational trauma is packed full of valuable information that any community can benefit from.

**TOP EMBODIMENT TIP:** "Illness becomes wellness when I become we." Healing Intergenerational Roots for All Nations - One Tribe

Learn about:

- **Mission of HIR Wellness Center**, a not for profit organisation offering free services to the community.
- **Colonial mentality**, gaslighting characteristics, **Indian boarding-school messages**
- Historical trauma, intergenerational trauma, transgenerational trauma transmission, Adverse Childhood Experiences (ACE), contemporary colonial trauma. Persistent Toxic Systems & Environments (PTSE).

Decolonize Mental Health Together: **The Infinity Walk & our medicines**

- Reclaim the narrative. Free Community Activated Medicine (CAM).
- **The New Mental Health Network** - advocacy, clinical care, and community mental health.
- Wellness Consults to Create a Circle of Therapeutic Care; social & emotional support, accompaniment, consultations, education, gatherings, support groups, elders.
- Traditional Healing; dancing, singing, storytelling, and silence are the four universal healing salves.

Epigenetics: **Blood memory**

- Learn more about the epigenetics or blood memory of intergenerational trauma. Our cellular life as an egg begins in the womb of our grandmother; each of us spent five months in our grandmother's womb, so we vibrate to the rhythm of our mother's blood before she herself is born.
- Learn more about the Unspeakable and Unacknowledged nuances that require a deep dive into the collective shadow.
- *"Pain travels through families until someone is ready to feel it."* Stephi Wagner

Resources

- ❖ **Books:** [Broken Circle: The Dark Legacy of Indian Residential Schools: A Memoir](#)
- ❖ **Website:** <https://www.hirwellness.org>
- ❖ **Social:** Instagram [HIR Wellness Institute](#), Facebook [HIR Wellness Institute](#)



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