



Nidhi Tewari : Intergenerational Trauma and Resilience: Embodying Social Change



Nidhi Tewari, LCSW is a Licensed Clinical Social Worker, EMDRIA Certified EMDR Therapist, and EMDRIA Consultant-in-Training, who specializes in treating children, adolescents, and adults coping with trauma, anxiety, life transitions, and stress. She believes in the power of becoming our fully embodied, authentic selves through healing the traumas that we have survived and embracing the resilience that comes with being a survivor. Explore how intergenerational trauma and resilience can be integrated as you connect with your own story and use your embodied resilience to affect positive social change.

TOP EMBODIMENT TIP: Embodied within each of us are the stories of resilience from all generations past. If you can connect with your own experiences of resilience schematically and emotionally, you can draw upon them to enact social change.

Foundations & Frameworks: **A review of trauma and resilience basics.**

- Broadening the lens: trauma is defined by the experiencer; something that is too fast, too soon, or too much to be processed by the nervous system (Peter Levine); memories are encoded in our brain and body; physiological changes can occur.
- Behavior and brain changes, especially in amygdala, prefrontal cortex, and hippocampus.
- Trauma includes developing negative beliefs about ourselves and experiencing negative emotions.
- Moving into resilience is possible when we acquire skills to be able to process traumatic events.

Intergenerational Trauma & Resilience: **Cycles and genetics are passed through generations.**

- Cycles of trauma/resilience are passed through modeling and culture.
- The context of culture and upbringing inform our experiences, and we don't know what we don't know.
- Epigenetics influence brain/body biology: all of our mom's eggs were produced when she was in her mom's womb.
- Intergenerational social change provides the current generation with embodied resilience.

Connecting to Our Stories: **We can access embodied resilience of our past and use it for positive change in the future.**

- Our brains and our bodies are storytellers: Nidhi embodies personal story of trauma and resilience in her family.
- Life lessons and values inform decisions and behaviors, and can spur social change.
- By nature, helping people to heal from trauma is social justice; trauma is social injustice; breaking intergenerational cycles is radical social change.

Activity: **Connect to your story**

- Find a felt sense of what you are drawn toward/connected to.
- Think about the themes from each generation that came before you.
- Connecting with stories using EMDR: EMDR (eye movement desensitization and reprocessing) is an integrative approach to connecting the resilient parts of ourselves to the parts of us holding trauma.
- Utilize your inner resources for positive change wherever you can.

Resources

- ❖ **Website:** <http://www.nidhitewarilcsw.com/>
- ❖ **Social:** Facebook: <https://www.facebook.com/NidhiTewariLCSW/>
- ❖ **References:** Peter Levine, Stephen Porges, Deb Dana, Dr. Rachel Yehuda et al, Dr. Leumi, Ana Gomez



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