Healing and Growing

In the Japanese tradition of Kintsugi, broken pottery is mended with lacquer tinted with gold, silver, or platinum to symbolize the healing process and beauty through growth.

It emphasizes the importance of embracing our mistakes, our fall-backs, because this is what creates the unique beings we are.

Healing like broken pottery...after trauma

We may all be familiar with the traditional idea of trauma, but the realm of trauma is expanding and we are learning more about the extent of trauma within our lives that may not feel so directly connected to what we experience day-to-day.

Intergenerational Trauma - a psychological term referring to the transfer of trauma between generations - to put this into context, trauma influencing you can extend as far back as 2 generations and the experienced trauma at that time. It can be difficult to tie certain behaviors or patterns to this form of trauma because the connection may not be clear or presenting.

What Intergenerational Trauma can affect/inflict on the Family:

- Unresolved emotions or thoughts about traumatic event
- Negative repeated patterns of behavior, including beliefs about parents
- Untreated or poorly treated substance abuse or severe mental illness
- Poor parent-child relationships and emotional attachment
- Complicated personality traits or personality disorders
- Content attitude with the way things are within the family, not striving to change

Even through our traumas, there is still hope through our growth and healing. Our faults and damage is what makes us who we are, but we do not need to remain in pieces. It is beautiful to embrace and work through difficulties instead of suppressing their existence. To get through it, we must repair and embrace new.
COMMUNITY NEWSLETTER
from Centennial Mental Health Center’s Prevention Team

IF YOU NEED ADDITIONAL SUPPORT AT THIS TIME,
REMEMBER THAT OUR TEAM IS HERE FOR YOU.

REACH OUT TO CENTENNIAL MENTAL HEALTH CENTER TO SPEAK TO
SOMEONE TODAY. USE OUR COMMUNITY SERVICE LINE

Cheyenne County
Cheyenne Wells - 719.346.8183

Morgan County
Fort Morgan - 970.867.4924

Elbert County
Elizabeth - 303.646.4519

Phillips County
Holyoke - 970.854.2114

Kit Carson County
Burlington - 719.346.8183

Sedgwick County
Julesburg - 970.474.3769

Lincoln County
Limon - 719.775.2313

Washington County
Akron - 970.345.2254

Logan County
Sterling - 970.522.4392

Yuma County
Wray - 970.332.3133
Yuma - 970.848.5412

YOU CAN ALSO FIND MORE RESOURCES AT
THE FOLLOWING LINK:
https://www.centennialmhc.org/covid-19-communications/

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