

## 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/infect 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

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*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.*





**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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